



ReClaimWV



Connecting Social-Emotional
and Mental Health Supports to the
Opioid Epidemic

January 2019



**West Virginia Board of Education
2018-2019**

David G. Perry, President
Miller L. Hall, Vice President
Thomas W. Campbell, CPA, Financial Officer

Robert W. Dunlevy, Member
F. Scott Rotruck, Member
Daniel D. Snavelly, M.D., Member
Debra K. Sullivan, Member
Nancy J. White, Member
James S. Wilson, D.D.S., Member

Carolyn Long, Ex Officio
Interim Chancellor
West Virginia Higher Education Policy Commission

Sarah Armstrong Tucker, Ed.D., Ex Officio
Chancellor
West Virginia Council for Community and Technical College Education

Steven L. Paine, Ed.D., Ex Officio
State Superintendent of Schools
West Virginia Department of Education

CONNECTING SOCIAL-EMOTIONAL AND MENTAL HEALTH SUPPORTS TO THE OPIOID EPIDEMIC



VISION STATEMENT: To advance the wellness and resilience of West Virginia students so they may become lifelong learners, productive citizens, and successful individuals.

MISSION STATEMENT: In response to the Opioid Epidemic, the West Virginia Department of Education (WVDE) will support and collaborate with local education agencies, schools, communities, and families to address the physical, social-emotional, behavioral, and mental health needs of our students.

RATIONALE: West Virginia’s students are suffering from the fallout of the Opioid Epidemic that is engulfing the state’s adults. The trauma these children are experiencing at home is affecting not only their ability to learn, but their entire lives. Violent and erratic behavior — most likely a response to toxic stress — is increasing in frequency, duration, and intensity, especially among younger children. In today’s classrooms, teachers, and administrators are having to address students’ most basic physical, social-emotional, behavioral, and mental health needs before they can provide classroom instruction, putting additional burdens on educators and staff already stretched to capacity.

- 57.8 people per 100,000 died from **drug-related overdose deaths** in West Virginia (WV) in 2017, the **highest rate** in the United States.
- **6,095 children** in West Virginia were placed in foster care in 2017. **Parental substance use was a factor** in **47%** of those placements.
- **33 out of every 1,000 infants** were born with **neonatal abstinence syndrome*** in 2013; many of these children entered Kindergarten in the Fall of 2018.
- **50.6 out of every 1,000 infants** were born with **neonatal abstinence syndrome** in 2017.
- The Opioid Epidemic costs the state’s economy **\$8.8 billion a year (12 percent of GDP)** — the largest share of GDP among all states — for health care and substance abuse treatment, criminal justice costs, lost worker productivity, and the burden of fatal overdoses.

The WVDE has developed the following plan to leverage our current resources and those of our partners and stakeholders, so that we may make the best use of all our varied talents, strengths, and funds in reclaiming the students of West Virginia from the Opioid Epidemic.

Partners Funded in Part by WVDE:

- West Virginia Behavioral/Mental Health Technical Assistance Center
- West Virginia Transition Technical Assistance Center
- WVDHHR/West Virginia Expanded School Mental Health
- West Virginia Children’s Center for Justice
- West Virginia State University—Healthy GrandFamilies Program
- GRaCE Recovery Coach Academies

**Neonatal abstinence syndrome (NAS) is a postnatal drug withdrawal syndrome that primarily occurs shortly after birth among infants exposed to opioids in utero. Data provided courtesy of the West Virginia Department of Health and Human Resources.*

PARTNERSHIPS

West Virginia Governor's Council on Substance Abuse Prevention and Treatment

- **Drug Enforcement Administration (DEA 360 Strategy)**
- **Ed Venture** — West Virginia Family Engagement Center
- **EVERFI** — health education curriculum and resources
- **Family/Parent Engagement Resource Centers**
- **First Choice** — 1-844-Help4WV
- **Head Start and Early Head Start Programs**
- **High Intensity Drug Trafficking Areas (HIDTA)** program
- **Marshall University**
- **Mission WV** — supports foster care and adoption
- **Prevent Suicide WV**
- **School Personnel Professional Associations**
- **West Virginia Department of Health and Human Resources (WVDHHR)**
 - » Bureau for Behavioral Health
 - » Bureau for Children and Families
 - » Bureau for Medicaid
 - » Bureau for Public Health
- **West Virginia Higher Education Policy Commission**
- **West Virginia Homeland Security** for human trafficking prevention
- **West Virginia Parent Teacher Association Coalition**
- **West Virginia Parent Training and Information**
- **West Virginia Primary Care Association (PCA)**
- **West Virginia Secondary Schools Activities Commission (WVSSAC)**
- **West Virginia Sexual Abuse Task Force**
- **West Virginia University**

GOALS AND OBJECTIVES

GOAL ONE

Support the needs of the whole child by coordinating services and resources offered by the WVDE and its partners.

Objective 1: Develop a WVDE website with a full menu of resources to connect programs, services, and supports to students, families, educators, and other stakeholders.

Objective 2: Maintain the current WVDE Core Team, expand the WVDE Cross-Office Working Group, and continue to develop Inter-Agency partnerships.

Objective 3: Identify community resources immediately available to help schools address students' and families' basic needs for food, shelter, clothing, utilities, foster care, medical, dental, and social-emotional behavioral health services.

Objective 4: Identify, provide, and develop resources with stakeholders for local education agencies (LEAs), schools, students, families, and the community to use in building teams to combat the Opioid Epidemic.

Objective 5: Continue collaboration with the Midwest Positive Behavioral Interventions and Supports (PBIS) Network, and with Regional Educational Laboratories (REL) to expand training and implementation of Interconnected Systems Framework as well as to develop research supports for pre-k through 12.

Objective 6: Develop a plan with WVDHHR to support and expand services for children born with neonatal abstinence syndrome (NAS) and those identified as at-risk.

Objective 7: Increase funding for the state's first WV Behavior/Mental Health Technical Assistance Center for West Virginia public schools.

Objective 8: Increase staff at the WV Behavior/Mental Health Technical Assistance Center to meet needs of schools, classroom teachers, and pre-k students.

GOAL TWO

Provide LEAs with training and technical assistance on evidence-based practices to support the whole child, particularly in social-emotional and behavioral health, including substance abuse prevention and intervention.

Objective 1: Help LEAs develop a framework to address the social-emotional and behavioral health of pre-k through Grade 12 students. Evidence-based systems may include Interconnected Systems Framework (ISF), and Positive Behavioral Interventions and Supports (PBIS).

Objective 2: Increase the number of trainers who provide mental health and substance abuse strategies, including but not limited to: Mental Health First Aid, Recovery Coach Academy, and Screening, Brief, Intervention, and Referral to Treatment (SBIRT).

Objective 3: Increase student and parent referrals to local mental health service providers.

Objective 4: Train school personnel on the following:

- How to use the Social/Psychosocial History and Risk Indicators on the HealthCheck and/or a social-emotional behavioral health screener.
- Procedures to use for prevention and intervention in crisis situations such as suicidal threats, substance abuse, and self-injurious behaviors.

Objective 5: Train teachers on evidence-based practices that support social-emotional development and build effective behavior management skills for students' affected by the Opioid Epidemic.

Objective 6: Provide online WVLeads modules, graduate credit courses, and ongoing professional development opportunities for teachers and all school personnel.

Objective 7: Provide LEAs with technical assistance on West Virginia Board of Education (WVBE) Policy 2423: Health Promotion and Disease Prevention for the HealthCheck (well-child check) for students newly entering pre-k or K, and Grades 2, 7, and 12.

GOAL THREE

Create and support peer resiliency networks that help students combat significant adversity through responsible behavior and lifelong, positive health practices. Provide students with tools to identify peers in crisis, understand crisis protocols, and address hurtful behaviors such as bullying.

Objective 1: Support LEAs in creating student chapters in schools.

Objective 2: Work with partners to create student-led groups that educate their peers about potentially destructive decisions regarding underage substance abuse, bullying, and suicide.

Objective 3: Provide training and technical assistance to LEAs, students, families, and communities in methods for developing students' self-confidence, inner strength, resilience, and positivity.

Objective 4: Provide resources and materials—particularly in ELA, social studies, and the arts—that address the Opioid Epidemic from a K-12 perspective, so students can engage with these materials in the classroom in ways that are both educational and therapeutic.

GOAL FOUR

Provide education, professional learning, and information to students, classroom teachers, and school personnel regarding WVBE policies that address opioid and substance abuse (alcohol, tobacco, and other drugs), particularly where these policies align with the goals of educational program development and content standards.

Objective 1: Promote and provide training for interdisciplinary/cross-curricular teaching of WVBE Policy 2520.5: College- and Career-Readiness Wellness Standards; WVBE Policy 2520.19: College- and Career-Readiness Dispositions and Standards for Student Success for Grades K-12; WVBE Policy 2525: West Virginia's Universal Access to a Quality Early Education System; and WVBE Policy 4373: Expected Behavior in Safe and Supportive Schools.

Objective 2: Provide continued educational information on WVBE Policy 2423: Health Promotion and Disease Prevention—including the physical and mental effects of substance abuse, signs of abuse (human trafficking, sexual abuse), infectious diseases (Hepatitis A, B and C, HIV), primary and secondary trauma, and opioid overdose reversal medications to:

- provide students with a clear understanding of the harmful, possibly life-altering, effects of poor health choices
- help LEAs develop policies for opioid overdose reversal medications during school hours and school events
- support LEAs and their partners in requests for grants and other funding related to addressing the Opioid Epidemic and its effects on pre-k through Grade 12 students

Objective 3: Provide professional learning for principals and other school administrators regarding trauma-skilled schools.

Objective 4: Develop, with partners, educational marketing materials on health promotion, and opioid prevention and treatment, for schools.

GOAL FIVE

Address the violent and erratic student behaviors among our students that are increasing in frequency, duration, and intensity, especially among younger children. These behaviors are a response to the Opioid Epidemic, and frequently result in mental health issues.

Objective 1: Provide Functional Behavior Assessment (FBA) and Behavior Intervention Plan (BIP) training for schools

Objective 2: Provide training on the use of restraints, including prevention and de-escalation techniques, as well as alternatives to the use of restraints per WVBE Policy 4373 Expected Behavior in Safe and Supportive Schools.

Objective 3: Create a new classification for service personnel with at least an Aide-III status to become trained as student behavioral support specialists. (Upon legislative and State Board approval.)

Objective 4: Address the mental health needs of educators who are experiencing compassion fatigue, burnout, and stress originating from the growing needs of their students because of the Opioid Epidemic.

ACTION STEPS

- Create programmatic guides containing prevention and intervention strategies for teachers at the various programmatic levels from PreK to grade 12 (preschool, elementary, middle, and high) to be available for the 2019-2020 school year.
- Develop youth networking groups for peer-to-peer interventions and preventions; to be available for the 2019-2020 school year.
- Create e-learning course(s) for teachers that address the mental health needs of their students; to be available for the 2019-2020 school year.
- Create ReClaimWV website as an online reference for students, educators, families, and community members to access information regarding trauma, mental health, and substance abuse; to be available for the 2019-2020 school year.
 - » A section for Educators—by programmatic level—will provide “Quick Wins” and “Long-Term Solutions,” including evidence-based strategies that address the mental health needs of students experiencing trauma and the effects of adult substance abuse. This section will also align with WV Policy 2520.19 West Virginia College- and Career-Readiness Dispositions and Standards for Student Success for Grades K-12.
 - » WVDE partners will be listed as additional resources for educators, families, and community members to contact for specialized help and resources.
 - » A calendar section will list trainings offered by WVDE and its partners related to trauma, substance abuse, and mental health issues among students.
- Expand the WV Behavior/Mental Health Technical Assistance Center which is currently funded by WVDE, U.S. federal funds, and the Project Advancing Wellness And Resilience in Education (AWARE) State Education Agency (SEA) grant
 - » In July 2018, WVDE partially funded four regional Behavior Support Specialist positions at the WV Behavior/Mental Health Technical Assistance Center.
 - » In December 2018, WVDE funded the expansion of the WV Behavior/Mental Health Technical Assistance Center by adding two Early Childhood Behavioral Support Specialist positions
 - » Additionally, plans are underway to seek full funding for the regional current four Behavior Support Specialist positions and hire:
 - *One PBIS Coordinator*
 - *One Administrative Assistant*
 - *One Data Specialist*
 - *Four additional Behavior Support Specialists*
- In December 2018 the WVDE submitted a new five-year Substance Abuse Mental Health Services Administration (SAMHSA), WV Project AWARE (Project Advancing Wellness and Resilience Education), grant for \$9 million. As of April 10, 2019, grant award notification is still pending.



West Virginia
Behavior/Mental Health
Technical Assistance Center

For more information, please contact:

304.558.2696

Susan Beck • sbeck@k12.wv.us

Diana Whitlock • dwhitloc@k12.wv.us



West Virginia DEPARTMENT OF
EDUCATION

NOTES

NOTES



Steven L. Paine, Ed.D.
West Virginia Superintendent of Schools