



Public Schools of North Carolina

Substance Abuse Programs

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Safe and Drug Free Schools and Communities Act

The purpose of Title IV is to support programs that prevent violence in and around schools;

- that prevent illegal use of alcohol, tobacco, and other drugs;**
- that involve parents and communities in such efforts; and**
- that are coordinated with related federal, state, school, and community activities and resources to foster a safe and drug-free learning environment that supports student academic achievement.**



North Carolina Safe and Drug Free Schools and Communities

- **The Safe and Drug Free Schools and Communities (SDFSC) Grant Program is the federal government's vehicle for reducing drug, alcohol and tobacco use, and violence, through education and prevention activities in our nation's schools and communities.**
- **NCDPI manages 80% of funding and 20% is managed by the NC Division of Mental Health and Human Services (Governor's Portion for the DHHS)**



Safe and Drug Free Schools and Communities

- **The Governor's Portion provides community based services to special populations and at risk youth who are normally not served by the state or local education agencies (LEAs).**
- **The Department of Public Instruction provides services to school-based programs and personnel located in the 115 LEAs and charters.**



DPI & Mental Health Collaborative Activities

- **Collaborative Applications**
- **Routine Meetings with DPI and Mental Health Staff**
- **Combined Community and School-Based Grantee Meetings**
- **Safe Schools and Character Education Conference Partnership**
- **Combined Trainings**
- **Combined attendance at National Network Meetings and Trainings hosted by the USDOE**



Principles of Effectiveness

Needs Assessment

Measurable Goals/Objectives

Parent Involvement

Research/Scientific-Based Methods

Evaluation



What Is Evidence-Based?

- **In the health care field, evidence-based practice (or practices), also called EBP or EBPs, generally refers to approaches to prevention or treatment that are validated by some form of documented scientific evidence. What counts as "evidence" varies. Evidence often is defined as findings established through scientific research, such as controlled clinical studies, but other methods of establishing evidence are considered valid as well. Evidence-based practice stands in contrast to approaches that are based on tradition, convention, belief, or anecdotal evidence.**



What Is Evidence-Based?

- **One concern is that too much emphasis on EBPs may in some cases restrict practitioners from exercising their own judgment to provide the best care for individuals. For this reason many organizations have adopted definitions of evidence-based practice that emphasize balancing the "scientific" with the "practical."**

The National Registry of Evidence-based Programs and Practices (NREPP)



Safe and Drug Free Schools and Communities Act Expectation

- **Requires LEAs receiving funds must have a plan for keeping schools safe and drug-free that includes appropriate and effective discipline policies, security procedures, prevention activities, a student code of conduct, and a crisis management plan for responding to violent or traumatic incidents on school grounds.**



SDFS Funding Categories

- **Security Equipment and resource materials**
- **Technical Assistance and Training**
- **Salaries**
 - **SDFS Coordinators, Counselors, SROs, Social Workers, Positive Behavior Support Specialists, Safety Personnel, Substance Abuse Consultants, Mental Health Providers**
- **Program Implementation**
 - **Media Literacy, Conflict Resolution, Mentor Programs, Anti-Bullying Programs, Student Assistance Programs, Anger Management, S.A.V.E., GREAT, Teen Court, Gang Prevention, Violence Prevention, and etc.**



Drug-Violence Prevention National Programs

- **The Drug-Violence Prevention (DVP) National Programs group administers discretionary grants and other programs related to developing and maintaining safe, disciplined, and drug-free schools.**
- **Programs authorized under Title IV, SDFSCA of the Improving America's Schools Act of 1994 provide financial assistance for drug and violence prevention activities in elementary and secondary schools, and institutions of higher education.**



Grant Funds

- [Models of Exemplary, Effective, and Promising Alcohol or Other Drug Prevention Programs on College Campuses](#)
- [School-Based Student Drug-Testing Programs](#)
- [Discretionary Grants to Reduce Alcohol Abuse](#)
- [Competition to Prevent High-Risk Drinking and Violent Behavior Among College Students](#)
- [Mentoring Grants](#)
- [School Emergency Response to Violence \(Project SERV\)](#)
- [Foundations for Learning Grants Program](#)
- [The Challenge Newsletter Grant Competition](#)



National Institute on Drug Abuse

Examples of Research-Based Drug Abuse Prevention Programs offered in NC Schools

- To help those working in drug abuse prevention, NIDA, in cooperation with the prevention scientists, provides examples of research-based programs that feature a variety of strategies proven to be effective.
- Each program was developed as part of a research study, which demonstrated that over time youth who participated in the programs had better outcomes than those who did not.



Programs offered in NC Schools

- **Project STAR.** Project STAR is a comprehensive drug abuse prevention community program to be used by schools, parents, community organizations, the media, and health policymakers. The middle school portion focuses on social influence and is included in classroom instruction by trained teachers over a 2-year timetable. The parent program helps parents work with children on homework, learn family communication skills, and get involved in community action.



Program Overview

- **Guiding Good Choices (GGC)** (Formerly, Preparing for the Drug-Free Years). This curriculum was designed to educate parents on how to reduce risk factors and strengthen bonding in their families. In five 2-hour sessions, parents are taught skills on family involvement and interaction; setting clear expectations, monitoring behavior, and maintaining discipline; and other family management and bonding approaches.



Program Overview

- **Life Skills Training (LST) Program.** LST is a program for middle school students designed to address a wide range of risk and protective factors by teaching general personal and social skills, along with drug resistance skills and education. An elementary school version was recently developed and the LST booster program for high school students helps to retain the gains of the middle school program.



Program Overview

- **Lions-Quest Skills for Adolescence (SFA).**
SFA is a commercially available, life skills education program for middle school students in use in schools nationwide. The focus is on teaching skills for building self-esteem and personal responsibility, communication, decision-making, resisting social influences and asserting rights, and increasing drug use knowledge and consequences.



Program Overview

- **Project ALERT.** Project ALERT is a 2-year, program for middle school students, designed to reduce the onset and regular use of drugs among youth. It focuses on preventing the use of alcohol, tobacco, marijuana, and inhalants. Project ALERT Plus, an enhanced version, has added a high school component, which is being tested in 45 rural communities.



Program Overview

- **Adolescents Training and Learning to Avoid Steroids (ATLAS).** ATLAS is a program for male high school athletes, designed to reduce risk factors for use of anabolic steroids and other drugs, while providing healthy nutrition and strength-training alternatives to illegal use of athletic-enhancing substances. Coaches and peer teammates are part of the program. Parents are involved through homework and a take-home guide on sports nutrition.



Program Overview

- **Promoting Alternative Thinking Strategies (PATHS).** PATHS is a comprehensive program for promoting emotional health and social skills. The program also focuses on reducing aggression and behavior problems in elementary school children, while enhancing the educational process in the classroom.



Our goal is to provide...

**Safe, Disciplined and Drug-Free Schools
for all students!**



THANK YOU

