

Substance Abuse Resource Resource Packet

**Center for School Mental Health Assistance
(2001)**

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Introduction

Given the seriousness of substance abuse and related problems, extensive research literature has accumulated focusing on general substance abuse, addiction, prevention, and treatment. As such, there are literally thousands of resources available to broaden one's understanding of substance abuse and related issues.

This resource packet serves three purposes for those interested in learning more about substance abuse. First, it provides a brief overview of our society's problem with substance abuse and how school based mental health can help fight the war on drugs and related problems. Second, this packet informs and guides its users toward better understanding the availability of prevention and treatment resources. Third, the content in this packet not only serves as a starting point to locate available substance abuse resources, but it is also a reserve that can stand as an independent source of information on this subject.

Substance abuse problem: A brief overview

According to a report by the Robert Wood Johnson Foundation, drug, alcohol, and tobacco abuse is the cause of more deaths, illnesses, and disabilities than any other preventable health condition in the United States (see www.rwjf.org for a review). Despite nationwide efforts to prevent and stop substance abuse, drug-related problems continue to be a serious problem that affects all of America. For example, an entire special issue of the Monitor on Psychology (APA, June 2001) was devoted to addressing the substance abuse problems that our country faces. This special issue highlighted treatment of substance abuse problems as well as their need for improvement. An approach that has been initiated to improve treatments and the efficacy of substance abuse prevention has been through targeting children in schools across the country. Chamberlin (2001) discusses a CD-ROM program used in middle schools throughout the nation to teach youth the facts about drugs, tobacco, and alcohol use. Another approach to dealing with substance abuse problems is through Expanded School Mental Health (ESMH) programs.

ESMH programs provide a range of mental health services to youth in special and regular education including prevention, assessment, treatment, and case management. These programs augment traditional school mental health services offered by school counselors, school psychologists, and school social workers by linking schools to community mental health centers, health departments, and other social services. ESMH programs represent a promising direction to improve children's mental health services and educational outcomes. In working with youth in schools, typical drug related issues include: drug usage, peer pressure to use, living with substance abusing parents, and drug dealing. Clinicians have the opportunity to screen for substance abuse related issues and can treat or refer children to appropriate treatment and/or resources. Teachers, nurses, school administrators and aides also can be educated about how to recognize and help children with substance abuse problems and can be included in making referrals and implementing related substance abuse programs.

In a review of the school-based drug abuse prevention literature and interviews with prevention experts, Dusenbury and Falco (1997) found that successful programs had a solid research base and included developmentally appropriate information about drugs, social resistance skills training, and comprehensive health education. Additional promising components included social skills training, interactive teaching techniques, cultural sensitivity, adequate teacher training and support, and continued follow-up following prevention activities. With regard to guidelines for developing prevention initiatives the National Institute of Drug Abuse developed 14 principles that they recommend guide the development of substance abuse prevention activities. These principles are as follows:

1. Prevention programs should be designed to enhance “protective factors” and to move towards reversing or reducing known “risk factors.”
2. Prevention programs should target all forms of drug use, including tobacco, alcohol, marijuana, and inhalants.
3. Prevention programs should include skills to resist drugs when offered, strengthen personal commitments against drug use, and increase social competency (e.g., in communications, peer relationships, self-efficacy, and assertiveness) in conjunction with reinforcement of attitudes against drug use.
4. Prevention programs for adolescents should include interactive methods, such as peer discussion groups, rather than didactic teaching techniques alone.
5. Prevention programs should include a parents’ or caretakers’ component that reinforces what the children are learning, such as facts about drugs and their harmful effects. Moreover, the intervention should promote opportunities for family discussions about use of illegal substances and family policies about their use.
6. Prevention programs should be long term and should continue over the school career, with repeated interventions to reinforce the original prevention goals. For example, school-based efforts directed at elementary school and middle school students should include booster sessions to help with critical transitions from middle to high school.
7. Family-focused prevention efforts have a greater impact than strategies that focus on parents only or children only.
8. Community programs that include media campaigns and policy changes, such as new regulations that restrict access to alcohol, tobacco, and other drugs, are more effective when they are accompanied by school and family interventions.
9. Community programs need to strengthen norms against drug use in all drug use prevention settings, including the family, school, and community.
10. Schools offer opportunities to reach all populations and also serve as important settings for specific sub-populations at risk for drug use, such as children with behavior problems or learning disabilities and those who are potential dropouts.
11. Prevention programming should be adapted to address the specific nature of the drug use problem in a local community.
12. The higher the level or risk for the target population, the more intensive the prevention effort must be, and the earlier it must begin.
13. Programs should be age-specific, developmentally appropriate, and culturally sensitive.

14. Effective prevention programs are cost-effective.

Center for School Mental Health Assistance Substance Abuse Documents/Publications:

(Note: These “documents/publications” will be included as addenda to this packet).

Center for School Mental Health Assistance (2000, March). Critical issues planning session: School-based substance abuse services for youth.

Centers, N., & Weist, M.D. (1998). Youth and drug dealing: A review of the problem. Journal of Youth and Adolescence, 27, 395-411.

References and Resources:

Chamberlin, J. (2001). Targeting middle schools with prevention. Monitor on Psychology, 32, 74-75.

Dusenbury, L., & Falco, M. (1997). School-based drug abuse prevention strategies: From research to policy and practice. In R. P. Weissberg & T. P. Gullotta (Eds.), Healthy children 2010: Enhancing children’s wellness. Issues in children’s and families’ lives. (pp. 47-75). Sage Publications: Thousand Oaks, CA.

Drug Dealing

Dembo, R., Williams, L., Schmeidler J., Wish, E., Gereu, A., Berry, E. (1991). Juvenile crime and drug abuse: A prospective study of high-risk youth. Journal of Addictive Diseases, 11, 5-30.

Feigleman, S., Stanton, B., Ricardo, I. (1993). Perceptions of drug selling and drug use among urban youths. Journal of Early Adolescence, 13, 267-284.

Li, X., Feigleman, S., Stanton, B., Galbraith, J., & Huang, W. (1998). Drug trafficking and drug use among African-American adolescents: A causal analysis. Journal of Adolescent Health, 23, 280-288.

Li, X., Stanton, B., Feigleman, S., Black, M., Romer, D. (1994). Drug trafficking & drug use among urban African American early adolescents. Journal of Early Adolescents, 14, 491-508.

Prevention

Center for Mental Health in Schools. (2000). Substance abuse prevention: Toward comprehensive multifaceted approaches. Addressing Barriers to Learning, 5(3), 1-6.

Center for Mental Health in Schools. (2000). Prevailing approaches to substance abuse prevention. Addressing the Barriers to Learning, 5(1), 9-12.

Gene, P.J. & Gerne, T.A. (1991). Substance abuse prevention activities for secondary students: Ready-to-use fact sheets, and resources for grades 7-12. Englewood Cliffs, NJ: Prentice Hall.

Treatment

Feigelman, B., & Jaquith, P. (1992). Adolescent drug treatment, a family affair: A community day center approach. Social Work in Health Care, *16*, 39-52.

Kennedy, B. P., & Minaml, M. (1993). The Beech Hill Hospital/Outward Bound Adolescent Chemical Dependency Treatment Program. Journal of Substance Abuse Treatment, *10*, 395-406.

Straussner, S. L. A. (1993). Clinical work with substance-abusing clients. New York: The Guilford Press.

Kassebaum, P. A. (2000). Substance abuse treatment for women offenders: Guide to promising practice. Technical Assistance Publication (TAP) Series. U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Treatment. Rockwall II, 5600 Fisher Lane, Rockville, MD. 20857.

Miller, W. R. (2000). Enhancing motivation for change in substance abuse treatment. Treatment Improvement Protocol (TIP) Series. U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Treatment. Rockwall II, 5600 Fisher Lane, Rockville, MD. 20857.

Relapse Prevention

Hohman, M. & Buchik, G. (1994). Adolescent relapse prevention . In C.W. LeCroy (Eds.) Handbook of child & adolescent treatment manuals. (pp. 200-239). New York: MacMillan Publishing Company.

Marlatt, G.A., & Gordon, J.R. (1985). Relapse prevention maintenance strategies in the treatment of addictive behaviors. New York, NY: The Guilford Press.

Best Practices and Treatment in the Schools

Manual of Adolescent Substance Abuse Treatment (2001). T. W. Estroff (Ed.). Washington, DC. American Psychiatric Publishers.

Nowinski, J. (1999). Substance abuse in adolescents and young adults: A guide to treatment. New York: Norton.

Online Resources

1. Health in Schools: <http://www.healthinschools.org/home.asp>
2. Substance Abuse & Mental Health Services Administration: [http:// www.samsha.gov/](http://www.samsha.gov/)
3. Maryland Adolescent Survey: <http://www.msde.state.md.us/>

4. National Household Survey on Drug Abuse:
<http://www.samhsa.gov/statistics/statistics.html>
5. Caron Foundation Reports on Adolescents and Treatment: <http://www.caron.org>
6. Samsha: Center for Substance Abuse Treatment, Knowledge Exchange Network:
[http:// www.mentalhealth.org/specials/schoolviolence/irenelis.html](http://www.mentalhealth.org/specials/schoolviolence/irenelis.html)
7. Center for Substance Abuse Prevention: [http:// www.covesoft.com/csap.html](http://www.covesoft.com/csap.html)
8. Drug Early Warning System (DEWS): www.ceaser.umd.edu/dews.html
9. National Clearing House on Drug and Alcohol Information: www.health.org
10. Center for Education & Drug Abuse Research (CEDAR):
Cedar.pharmacy.pitt.edu./main.html
11. Find Treatment Programs: <http://www.dhmf.state.md.us/adaa> or
<http://www.findtreatment.samhsa.gov>
12. Focus Adolescent Services – Teen Substance Abuse:
<http://focusas.com/substanceabuse.html>
13. About.com – Substance abuse Guide, Designer Drugs:
<http://substanceabuse.about.com/health/substanceabuse/msubmdma.html>
14. Join Together Online: <http://www.jointogether.org/>

Other Resources

Advocates for Youth
Suite 200, 1025 Vermont Ave, NW
Washington, D.C. 20005

Center for Substance Abuse Prevention
5600 Fishers Lane, Rockwall II
Rockville, MD 20857
301-443-0365

Center for Substance Abuse Research (CESAR)
University of Maryland at College Park
4321 Hartwick Road, Suite 501
College Park, MD 20740
301-403-8329

Center for Substance Abuse Treatment/National Recovery Month Program
(Ivette Torres, Director Office of Communication and External Liaison)
6th Floor – Rockwall II
5600 Fishers Land
Rockville, Maryland 20859
301-443-5052

Chemical Dependence Anonymous
1-800-234-0286

Community Antidrug Coalition of American
901 N. Pitt Street, Suite 300

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Alexandria, VA 22314
703-706-0560, fax 703-706-0565

Communities In Schools, Inc. National Office
277 S. Washington Street, Suite 210 Alexandria, VA 22314
Phone (703) 519-8999 Fax (703) 519-7213
Toll free 1-800-CIS- 4KIDS

Community Interventions
(Jim Crowley, President)
529 South 7th Street, Suite 570
Minneapolis, MN 55415
800-328-0417

National Association of Elementary School Principals
1615 Duke Street
Alexandria, VA 22314
1-800-38NAESP or 7030684-3345

National Association of Secondary School Principals
1904 Association Drive
Reston, Virginia 20191-1537
703-860-0200
fax 703-476-5432

The National Center on Addiction and Substance Abuse at Columbia University
633 Third Avenue, 19th Floor
New York, NY 10017-6706
212-841-5200
212-956-8020 (fax)

National Clearinghouse for Alcohol and Drug Information
(Michael Thompson, Manager –Prevention Materials Database)
P.O. Box 2345
Rockville, MD 20847-2345
1-800-729-6686

National Council on Alcoholism and Drug Dependence (NCADD)
12 West 21st Street
NY, NY 10010
212-206-6770
fax 212-645-1690

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Hopeline 1-800NCA-CALL
(24 hour affiliate referral)
(Ann Ciekot, Advocacy Director-410-625-6482)

National Crime Prevention Council
1000 Connecticut Avenue NW
13th Floor
Washington DC 20036
202-466-6272
fax 202-296-1356

National Drug and Alcohol Treatment Referral
1-800-662-HELP

National Institute on Alcohol Abuse and Alcoholism
6000 Executive Blvd
Willco Building
Bethesda, MD 20892-7003

National Institute on Drug Abuse
6001 Executive Blvd.
Bethesda, MD 20892-9561
301-443-1124

Parents' Resource Institute for Drug Education
Partnership for a Drug-Free America: Drug Free Resource Net
405 Lexington Avenue
16th Floor
NY, NY 10174
212-922-1560

Project Cork Institute
Dartmouth College Library Online System
Hanover, NH
603-646-3935

Relapse
1-800-RELAPSE

Safe and Drug Free Schools
1-202-260-3954

Dick Schaffer, author
Choices and Consequences
Published by the Johnson Institute from Hazelden
1-800-328-9000

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Student Assistance Service Corporation
(Ellen Morehouse, Executive Director)
660 White Plains Road
Tarrytown, NY 10591
914-332-1300

The Substance Abuse and Mental Health Services Administration (SAMHSA)
5600 Fishers Lane
Rockville, MD 20857
301-443-8956