



Vaping Epidemic

Newburyport Public Schools

Sean Gallagher, Superintendent
&
Cathy Riccio, Director of Student Health Services

HOW DO WE BEGIN?



- All decisions and supports are based on creating 21st Century Graduates
- Build trusted adults throughout the Newburyport School District
- Offer counseling support options for administrators to offer students and families
- Expand the knowledge base of students, staff, parents, healthcare providers, and community members
- Develop student leadership to guide decision making and promote health (listen)
- Support faculty and staff to continue to build self advocacy and resiliency in our 21st Century graduates
- Evaluate the components of the multi-pronged approach to get better next year

What are the NPS schools doing?

COLLABORATIVE EFFORTS

- Student & Parent education
 - All Grade Levels (Health/Life Skills, Biology, advisory, student led)
 - Student Leadership (Student Council, Student Groups & Clubs etc)
 - Parent speakers, forums, communications, curriculum projects)
- Staff education & vaping protocols
 - Task Force, Focus groups, speakers
 - In-house diversion, PASS, onsite counselors, parental follow-up
- Community Team effort
 - Local physicians, counselors, school advisory committees

CORRECTIVE ACTION STRATEGIES

- 1st offense: In-house Diversion Program option
- 2nd offense: PASS Program option
- Continued use: Medical component & support
- Self-disclosure provides confidential support

In-house Diversion Program Option

4 Week After School Meetings with Trusted NHS Adults

- ❖ **Wellness Teacher:** Basic Anatomy and Health Impact (Discuss supports- change routines)
- ❖ **School Nurse:** Advertising and Big Tobacco Tricks (Eval Readiness- cravings, NRT and PCP)
- ❖ **Biology Teacher:** Respiratory Impact Second hand smoke (Understanding consequences)
- ❖ **School Adjustment Counselor and Asst. Principal Oversight:** check in and cessation support



PASS Program Option

Support, not punishment
For suspended students, an alternative to being sent home

By Paul Laughlin Staff Writer May 22, 2018

THE SALEM NEWS PODCASTS
Check out our series of podcasts on topics from high school football to Halloween in Salem.

SALEM NEWS/MSO High School Football Podcast
Week 5 of 2019: The Salem News' Phil Stacey, Matt Williams and Matt Greenway talk Week 5 of high school football on the North Shore with MSO's Matt Radwin's QB Haven!

SUPER BOWL LIII
PHOTOS | On the ground at Super Bowl 53

SBIRT Screen during one to one

SBIRT FOR TEEN SUBSTANCE ABUSE CAN PAY OFF FOR YEARS

Researchers at Kaiser Permanente health group have found long-term benefits for patients and health organizations that employ screenings, interventions, and referrals. The new study, published in the journal *Pediatrics*, suggests that the benefits can last for many years and can include sustained reductions in mental health conditions.

Lead author Stacy Sterling, Dr. P.H., M.S.W., of Kaiser Permanente's Division of Research in Northern California, found that **adolescents with access to SBIRT — short for "screening, brief intervention, and referral to treatment" — were less likely to have mental health or chronic medical conditions after 1 year.**

Source: [Kaiser Permanente](#)

Teen Quit Support Lines

This is Quitting powered by **truth**® is a free and confidential texting program for young people who vape. Young people can text "VapeFreeMass" to 88709 to get started. In partnership with the Massachusetts Department of Public Health.

My Life, My Quit™ has youth coach specialists trained to help young people by phone or text. Young people can call or text "Start My Quit" to 855-891-9989 for free and confidential help or visit mylifemyquit.com to sign up online.

Visit teen.smokefree.gov for tools and tips.

Call the [Massachusetts Smokers' Helpline](#) at 1-800-QUIT-NOW (1-800-784-8669)



STUDENT LEADERSHIP AT NEWBURYPORT HIGH SCHOOL

Parent Education on Newburyport Public Schools website



<https://www.newburyport.k12.ma.us/District-Parent-Info/Parents/VapingSubstance-Abuse-What-You-Should-Know-/index.html>

Keep each other updated



Combining counseling with NRT doubles the success rate!

We are continually trying to get better at Motivational Interviewing!

Keep in touch....together is the only way we can impact the vaping epidemic.

Cathy Riccio BSN MS MSN
criccio@newburyport.k12.ma.us 978-465-4447 x2494
