Vaping Epidemic

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

All decisions and supports are based on creating 21st Century Graduates
Build trusted adults throughout the Newburyport School District
Offer expanded 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
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

HOW DO WE BEGIN?

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
THE SALEM NEWS PODCASTS
### Day in the Life of a PASS Student

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00</td>
<td>Welcome/Breakfast, Expectations, Responsibilities</td>
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<tr>
<td>9:30</td>
<td>Psychoeducational Therapeutic Groups</td>
</tr>
<tr>
<td>10:15</td>
<td>Break – Academic Prep</td>
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<tr>
<td>10:30</td>
<td>Academics – Individual Counseling</td>
</tr>
<tr>
<td>12:00</td>
<td>Lunch</td>
</tr>
<tr>
<td>12:30</td>
<td>Community Service – Therapeutic Recreation</td>
</tr>
<tr>
<td>1:45</td>
<td>Check out / Exit Survey / Re-Entry Plan</td>
</tr>
<tr>
<td>2:00</td>
<td>Dismissal / Check in with Parents</td>
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</tbody>
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### NICOTINE REPLACEMENT THERAPY

Learn About Nicotine Replacement Therapy

Using Nicotine Replacement Therapy

Combine Counseling and Medicine
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 TM 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)

Visit teen.smokefree.gov for tools and tips.
Parent Education on Newburyport Public Schools website


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.

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