



# SUPE

## *Substance Use Prevention, Education, Assessments*

Hights has developed its own Substance Use Prevention Education program protocol. A Curriculum was developed based on the evidence-based material coming from sources such as, but not limited to: DSM-5 Criteria and recommendations, SAMHSA, MindMatters, SafetyFirst, HarmReduction.org. The following is a overview of our process and the evidence to support the work that we are doing.

### Referrals

- Complete a HIGHTS referral checking Therapeutic Support at the top and Substance Use in Section 3 Send referral to [referral@hights.org](mailto:referral@hights.org).

### Substance Use Assessment

- HIGHTS is currently offering Substance Use Prevention, Education, and Assessments. A trained HIGHTS staff member will provide a free Substance Use Disorder (SUD) Assessment in order to determine the level of use, possible substance use disorder diagnosis, and referral to appropriate level of care.
- This assessment is based on elevations on the CRAFFT-N and referrals for known use. The next step is to check-in with client about willingness to engage and readiness for change. With client's consent a SASSI will be administered to determine if further assessment and treatment is needed.

### Substance Use Services

HIGHTS may provide recommendations for:

- General support groups to increase positive peer relationships and learn new hobbies and coping skills. All group participants will receive Substance use screenings.
- Substance use prevention and education groups to focus on making healthy and informed choices through a harm reduction lens, plus teaching healthy coping mechanisms.

## SUPE

### *Substance Use Prevention, Education, Assessments*

- One on one substance use counseling provided by a HIGHTS Licensed Clinical Addictions Specialist or refer out to a community partner to provide needed support.
- Group substance use therapy groups for clients who have a substance use disorder.
- Mediation services are available to those that have had offenses with school through substance use issues. HIGHTS mediators may refer to Substance Use Assessments and/or groups.

## Substance Use Education Groups

---

- The first steps in addressing substance use in youth is screening, assessments and education
- Hights will meet with students in a small group setting providing evidence-based education utilizing information from Mind Matters, AskListenLearn, and the Stanford Tobacco Prevention Toolkit
- Clients will engage in group for a minimum of 8 weeks and may result in further treatment recommendations

## Substance Use Treatment

---

- A qualified HIGHTS staff member trained in substance use will provide individual and/or group treatment to clients who are qualifying
- Qualified students will be determined through an assessment and must meet criteria for a substance use disorder using DSM-5 criteria
- Clients will engage in group for a minimum of 8 weeks and may result in further treatment recommendations

## Evidence

---

The research shows that Substance Use prevention ought to begin in elementary school (Catalano et. al, 2003; NIDA, 2016). Early Intervention is highly recommended since the earlier that youth start using substances the easier it is for them to develop dependence and then addiction (Youth.gov).

Intervening early—before high school—is critical. The data suggest that patterns of substance abuse become worse in the high school years. Individuals who begin using alcohol or tobacco when they are very young are more likely to abuse them later in life, when it becomes much more difficult to quit.

When children advance from elementary through middle school, they face new and challenging social, family, and academic situations. Often during this period, children are exposed to substances such as cigarettes and alcohol for the first time. When they enter high school, teens may encounter greater availability of drugs, drug use by older teens, and social activities where drugs are used. When individuals leave high school and live more independently, either in

## SUPE

### *Substance Use Prevention, Education, Assessments*

college or as an employed adult, they may find themselves exposed to drug use while separated from the protective structure provided by family and school.

Intervening early in childhood can both increase protective factors and reduce risk factors (Catalano et al., 2003).

The economic of early intervention is advantageous since Evidence-based interventions for substance use prevention programs help reduce medical costs and help individuals more productive adults. Programs have been estimated to return up to \$65 per every dollar invested in prevention. (O'Malley, et. al, 2014).

Hights currently has capacity to be working in a few schools. We have chosen to pilot our SUPE program at SMHS, JCS, Waynesville Middle School, and Hawthorne Heights, which was based on our partnerships, availability and access to clients.

## Resources

---

- Catalano RF, Mazza JJ, Harachi TW, Abbott RD, Haggerty KP, Fleming CB. (2003). Raising healthy children through enhancing social development in elementary school: Results after 1.5 years. *J Sch Psychol.* ;41(2):143-164. doi:10.1016/S0022-4405(03)00031-
- DSM-5 Criteria and recommendations
- HarmReduction.org
- Johnston, LD, O'Malley, PM, Miech, RA, Bachman, JG, & Schulenberg, JE (2014). Monitoring the Future national survey results on drug use: 1975-2013: Overview, key findings on adolescent drug use. Ann Arbor: Institute for Social Research, The University of Michigan.
- National Institute on Drug Abuse (NIDA) (2019), December 2. Mind Matters Series. Retrieved from <https://nida.nih.gov/research-topics/parents-educators/mind-matter-series>
- National Institute on Drug Abuse (NIDA) (2016). Principles of substance abuse prevention for early childhood: A research-based guide. U.S. Department of Health and Human Services, National Institutes of Health.
- Miech RA, Johnston LD, O'Malley PM, Bachman JG, Schulenberg JE. Monitoring the Future national survey results on drug use, 1975-2014: Volume I, secondary school students. Vol. 1. Ann Arbor, MI: Institute for Social Research, The University of Michigan; 2015.
- SafetyFirst
  - Fischer, N.R. School-based harm reduction with adolescents: a pilot study. *Subst. Abuse Treat Prev. Policy* **17**, 79 (2022). <https://doi.org/10.1186/s13011-022-00502-1>
- SAMHSA, Substance Misuse Prevention for Young Adults, Evidence Based Guide Series. (2019)
  - Substance Abuse and Mental Health Services Administration (SAMHSA): Substance Misuse Prevention for Young Adults. Publication No. PEP19-PL-Guide-1 Rockville, MD: National Mental Health and Substance Use Policy Laboratory. Substance Abuse and Mental Health Services Administration, 2019.
- Stanford REACH LAB, Stanford Tobacco Prevention Toolkit, this Elementary Version of You and Me, Together Vape-Free curriculum is a 2-lesson theory-based and evidence-informed curriculum created by the Stanford REACH Lab as well as by our Youth Action Board, educators, healthcare providers, and scientists across the U.S.
- Youth.gov. (n.d.). Evidence-based programs for youth substance abuse prevention and treatment. Retrieved November 17, 2023, from <https://youth.gov/youth-topics/substance-abuse/evidence-based-programs-youth-substance-abuse-prevention-and-treatment>