

**Nassau County School District
Mental & Emotional Health Education, Substance Use
and Abuse Prevention, and Child Trafficking
Prevention Implementation Plan (Grades 6-12)**



2020-2021

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Mental & Emotional Health Education, Substance Use and Abuse Prevention, and Child Trafficking Prevention Education Overview

- I. In an effort to build resiliency among our youth and to foster safe environments conducive to student learning, the Nassau County School District will require that all students in Grades 6-12 complete a minimum of five hours of education each year with regards to youth mental and emotional health education, substance use and abuse prevention, and child trafficking prevention. The education will include the following components:
 - A. Awareness of signs and symptoms of mental health disorders
 - B. Processes involved for getting or seeking help for mental health and substance abuse
 - C. Awareness and use of essential resources
 - i. FortifyFL
 - ii. National Suicide Prevention Hotline
 - iii. Local Community Based Mobile Response Team
 - iv. School-based and community services
 - D. What to do or say to peers struggling with mental health disorders
 - E. Understanding risk vs. protective factors
 - F. Self-help strategies
 - G. Substance use and abuse prevention
 - H. Child trafficking prevention

Instructional Delivery

- I. The aforementioned mental and emotional health education, substance use and abuse prevention, and child trafficking prevention education will be delivered in a blended format utilizing direct instruction, cooperative learning, and online modules. Instruction will be delivered in the following courses:

Grade Level:	Course Delivered:
6 th Grade	Physical Education, Elective, or Other Principal Approved Class
7 th Grade	Physical Education, Elective, or Other Principal Approved Class
8 th Grade	Physical Education, Elective, or Other Principal Approved Class
9 th Grade	Physical Education/H.O.P.E or Other Principal Approved Class
10 th Grade	English Language Arts or Other Principal Approved Class
11 th Grade	English Language Arts or Other Principal Approved Class
12 th Grade	English Language Arts or Other Principal Approved Class

*Students in upper grade levels taking dual enrollment courses will still be required to complete the education and prevention instruction requirements via online learning.

Professional Qualifications

- I. Each Nassau County instructor designated to teach the Mental and Emotional Health, Substance Use and Abuse Prevention, and Child Trafficking Prevention education must satisfy the following criteria:
 - A. Be a certified teacher, school nurse, school counselor, school psychologist, or school social worker within the Nassau County School System.
 - B. Complete Youth Mental Health First Aid or Kognito training.
- II. An instructor can also be a district approved community-based expert.
- III. Oversight and implementation of the Mental and Emotional Health, Substance Use and Abuse Prevention, and Child Trafficking Prevention education will be conducted by the Executive Director of Curriculum and Instruction, Executive Director of Exceptional Student Education and Student Services, and the ESE Coordinator of Student Services.

Materials and Resources

(free resources from these initiatives will be embedded within our 5-hour education)

- I. Everfi, a free digital education, is a research-based social emotional/mental wellness education that also incorporates substance abuse topics designed specifically for students in grades 6-12. These resources are designed to equip educators with the tools to nurture skills like compassion, leadership, conflict resolution, self-awareness and resilience. The program focuses on mental wellness, prescription drug safety, alcohol consumption prevention coping skills, and recognizing and combating stigma while providing an interactive environment with the digital tool and with teacher prompted discussion points.
- II. Night Vision is an anti-drug program offered by the Florida National Guard Counterdrug Program. This program brings awareness to the dangers of the five gateway drugs (Alcohol, Tobacco, Marijuana, Prescription Pills, & Inhalants).
- III. The National Institute on Drug Abuse program for grades 6-9 is an interactive science education about the brain and the effects of drugs on the body. It includes learning modules, student resources, parent guides and online activities.
- IV. Truth About Drugs/Alcohol/Crystal Meth are e-courses designed for students to learn the reason why people take drugs, to discover basic facts about the most commonly abused drugs, to learn how alcohol affects the body, what are the short- and long-term effects of alcohol, and why crystal meth is so damaging to a person's body.
- V. Lauren's Kids Safer, Smarter Kids/Teens is an evidence-based prevention and personal safety learning series for grades PK-12. The resources provided for grades K-12 focus on personal safety information, empowering children with tools that are not only protective from abuse, but also important esteem and safety issues and empowerment. It addresses "safe" and "unsafe" situations, people and issues adolescents face in relationships with peers and adults, such as balance of power, enforcing boundaries and the grooming process.
- VI. A digital presentation of resources developed by each school team to include the school counselors, school nurse, resource officer/guardian, and school psychologist and/or school social worker will be developed and presented at the onset to inform students of the resources available on and off campus.
- VII. *PILOTED PROGRAM: teen Mental Health First Aid (tMHFA) is being piloted at Fernandina Beach High School with their 10th grade students and fulfills four and half hours of the mental health education component. tMHFA teaches high school students how to identify, understand and respond to signs of mental illnesses and substance use disorders among their friends and peers. The program gives students the skills to have supportive conversations with their friends and get a responsible and trusted adult to take over as necessary.

Data Tracking & Reporting

- I. Executive Director of Curriculum and Instruction, Executive Director of Exceptional Student Education and Student Services, and the ESE Coordinator of Student Services will ~~provide~~ a report to the Commissioner of Education by July 1st of each year verifying completion of instruction.
- II. Early Warning System indicators such as attendance, System of Care referrals, and academic performance will be monitored by school-based teams to identify at-risk students and to monitor education completion.
- III. Administration to consider possible third option as a universal screener (i.e. Youth Risk Behavior Survey)