



**2023**

**Virginia Office for  
Substance Abuse Prevention**

**Annual Report**

December 1, 2023

Dear Members of the General Assembly:

The Virginia Office for Substance Abuse Prevention (VOSAP) Collaborative is pleased to provide this report in accordance with §4.1-103.02, *Code of Virginia*. Consistent with its statutory responsibilities, VOSAP provides leadership, opportunities and an environment to further strengthen Virginia's youth substance prevention infrastructure to ensure that prevention efforts are more unified, collaborative and evidence based.

This report highlights national and state youth substance use data and details the prevention efforts and initiatives VOSAP member agencies and statewide partners have implemented during fiscal year 2023.

VOSAP looks forward to providing continued leadership and coordination of Virginia's substance abuse prevention efforts. Thank you for your support, and please contact us if you would like additional information about VOSAP.

Sincerely,

A handwritten signature in black ink that reads "Timothy D. Hugo". The signature is written in a cursive style with a large initial 'T'.

Timothy D. Hugo, Chair  
Virginia Alcoholic Beverage Control Authority

# Table of Contents

Executive Information .....	3
Executive Summary .....	3
Statutory Authority .....	4
VOSAP Collaborative Mission .....	5
VOSAP Collaborative Goals .....	5
VOSAP/GOSAP Archive.....	5
VOSAP Collaborative Members .....	6
Youth Substance Use Data .....	8
Youth Substance Use Prevention Efforts.....	15
Spending.....	15
Activities and Initiatives.....	18
Gaps in Youth Substance Use Prevention Efforts .....	39
Unmet Substance Use Prevention Needs .....	40
VOSAP Collaborative Meeting Summaries.....	40
Final Summary .....	49
VOSAP Collaborative Contact Information .....	49
Future VOSAP Meeting Dates.....	49

# Executive Information

## The Commonwealth of Virginia



Governor Glenn Youngkin

### Secretariats represented in the VOSAP Collaborative

Secretary of Public Safety and Homeland Security *Sheriff Robert "Bob" Mosier\**  
Secretary of Public Safety and Homeland Security *Terrance C. "Terry" Cole\*\**

Secretary of Health and Human Resources *John Littel*

Secretary of Transportation *Sheppard Miller, III*

### Virginia Alcoholic Beverage Control Authority Leadership and Board

#### Chief Executive Officer

*Travis G. Hill*



*Timothy D. Hugo,  
Chair*



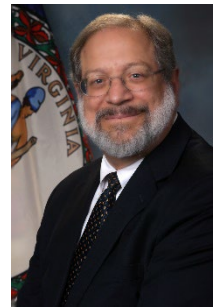
*Maria J. K.  
Everett,  
Vice Chair*



*William D. Euille*



*Gregory F.  
Holland*



*Mark E. Rubin*

\*Secretary Mosier resigned his position on June 1, 2023.

\*\* Secretary Cole assumed his position on June 2, 2023.

# Executive Summary

The Virginia Office for Substance Abuse Prevention (VOSAP), operating as the VOSAP Collaborative, is pleased to report on substance abuse prevention efforts in the Commonwealth of Virginia. VOSAP member agencies represent four secretariats including: Education, Health and Human Resources, Public Safety and Homeland Security, and Transportation. External to state government, VOSAP partners with community coalitions and other organizations that promote health, safety and wellness within the Commonwealth.

The VOSAP Collaborative promotes and supports data-driven prevention planning, evidence-based prevention programming, capacity development and formal data-driven evaluation. During VOSAP Collaborative meetings, representatives from 13 agencies and organizations reported on individual and joint projects related to prevention and identified ways to further support their shared mission to promote health and safety in the Commonwealth. While a range of prevention efforts were discussed in 2023, particular attention was paid to the state of recreational cannabis use and the law, in addition to the ongoing opioid epidemic.

## Statutory Authority

Pursuant to HB 1291 and SB 678 of 2012 (Chapter 835 of the 2012 Acts of Assembly), enacted through § 4.1-103.02 of the *Code of Virginia*, the Governor's reorganization of executive branch of state government states:

“The responsibility for the administration of a substance abuse prevention program transfers from the Governor to the Alcoholic Beverage Control Board. The bill gives the ABC Board the duty to (i) coordinate substance abuse prevention activities of agencies of the Commonwealth in such program, (ii) review substance abuse prevention program expenditures by agencies of the Commonwealth, and (iii) determine the direction and appropriateness of such expenditures. The Board is to cooperate with federal, state, and local agencies, private and public agencies, interested organizations, and individuals in order to prevent substance abuse within the Commonwealth. The Board must report annually by December 1 to the Governor and the General Assembly on the substance abuse prevention activities of the Commonwealth. [Enactments 103-104; HJ 49 #37]”

# VOSAP Collaborative Mission

The mission of VOSAP is to support positive youth development by providing strategic statewide leadership, fostering collaboration and the sharing of resources at all levels, and providing tools and training to practice evidence-based prevention to reduce the incidence and prevalence of substance abuse and its consequences.

## VOSAP Collaborative Goals

In addition to being responsive to ad hoc requests, the VOSAP Collaborative works to fulfill the following goals:

- VOSAP will be a working group where individual agency information, successes and challenges pertaining to prevention activities are openly shared and coordinated to eliminate redundancies.
- VOSAP will support the collection and analysis of state epidemiological data to support prevention planning, funding, and programming.
- VOSAP will promote use of the Substance Abuse and Mental Health Services Administration's Strategic Prevention Framework.
- The VOSAP Collaborative will use agency websites and social media to provide prevention information and highlight prevention work.

## VOSAP/GOSAP Archive

VOSAP's predecessor organization was the Governor's Office for Substance Abuse Prevention (GOSAP) and the associated GOSAP Collaborative. Members of the Collaborative voted to change the name of the organization to VOSAP in 2013. The Collaborative operates under a Memorandum of Agreement signed by all participating agency directors.

During fiscal year 2021, in compliance with Virginia ABC's records retention policies, the GOSAP records previously maintained in the archives of the Library of Virginia were destroyed.

# VOSAP Collaborative Members

VOSAP has been a part of the Virginia Alcoholic Beverage Control Authority (ABC) since 2012. The Virginia ABC Youth Education and Prevention Coordinator serves as the coordinator for the VOSAP Collaborative, among other statewide initiatives. Collaborative meetings are held quarterly. The collaborative is comprised of the following organizations:



## **Alcoholic Beverage Control Authority (ABC)**

*Wyatt Anderson, Youth Education and Prevention Coordinator  
VOSAP Facilitator*



## **Cannabis Control Authority (CCA)**

*Brianna Bonat, MPH, Health Policy and Data Manager  
Hanna Jones, Data and Research Analyst*



## **Department of Behavioral Health and Developmental Services (DBHDS)**

*Nicole Gore, Behavioral Health Wellness Director  
Jennifer Farinholt, Behavioral Health Wellness Consultant*



## **Department of Criminal Justice Services (DCJS)**

*Betsy Bell, Mental Health and Suicide Prevention Programs Coordinator  
Greg Hopkins, Juvenile Justice Program Coordinator*



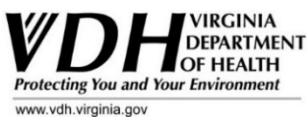
## **Virginia Department of Education (VDOE)**

*Vanessa Wigand, Health, Physical and Driver Education Coordinator  
Joseph Wharff, Director of Specialized Student Services  
Robin Shepherd, Health and Family Life Specialist  
Martha Montgomery, School Psychology Specialist*



## **Virginia Department of Juvenile Justice (DJJ)**

*Art Mayer, LCSW, CSOTP, Clinical Treatment Program Supervisor,  
Division of Re-entry, Education and Intervention*



## **Virginia Department of Health (VDH)**

*Elizabeth Zaunick, MSW, Overdose Data to Action Grant Coordinator*



## **Department of Motor Vehicles (DMV)**

*Katharine Beachboard, Virginia Highway Safety Office, Impaired Driving Program Manager*



VIRGINIA DEPARTMENT OF  
SOCIAL SERVICES

**Department of Social Services (DSS)**  
*Stephen Wade MUP; Health Equity Project Manager*



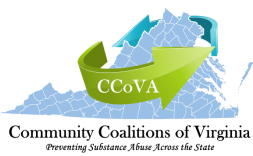
**Virginia State Police (VSP)**  
*Mary King, Youth of VA Speak Out About Traffic Safety (YOVASO)  
Program Manager*  
*Molly Jackson, YOVASO Marketing and Training Coordinator*



**Virginia Foundation for Healthy Youth (VFHY)**  
*Michael Parsons, MSW, Director of Programs*



**Virginia National Guard (VNG)**  
*Staff Sergeant Wayne B. Graves, Drug Demand Reduction-Civil  
Operation Specialist*  
*Cari Kelso, Counterdrug Coordinator*



**Community Coalitions of Virginia (CCoVA)**  
*Octavia Marsh, Vice Chair*  
*Travis Fellows, Coalition Coordinator*



**Mothers Against Drunk Driving (MADD) Virginia**  
*Cristi Cousins, State Programs Specialist*



# Youth Substance Use Data

## The Strategic Prevention Framework

VOSAP Collaborative member agencies subscribe to the **Strategic Prevention Framework (SPF)** (Figure 1) created by **SAMHSA** to guide their substance use prevention initiatives. The framework allows prevention professionals to better understand both the behavioral and environmental health issues related to substance misuse, but it can also be applied to many other public health issues that may affect a community. There are five steps to the SPF: assessment, capacity, planning, implementation and evaluation. Sustainability and cultural competence are two concepts that are interwoven throughout each step. The SPF is successful due to its emphasis on data-driven decisions and a team-based approach to prevention. The framework is represented in a circular format because prevention work is not linear; a team may return to a step in the process or perform two steps at once depending on the nature and evolution of the public health problem.

Data collection and the evaluation of available, current data is within the assessment step of the SPF. Assessment involves gathering an understanding of community prevention needs, as well as data and research that can help you identify and prioritize a health problem. During this step, prevention professionals collect information that can tell them about the nature of the problem, risk and protective factors that influence the problem and the amount of community capacity available to address the problem, including the community's readiness for change and its available resources.

VOSAP member agencies routinely reference and report on the following national and state data to inform prevention professionals of potential gaps and needs for substance use prevention services and to support the implementation of prevention initiatives.

## Monitoring the Future Survey

**Monitoring the Future (MTF)** is a longitudinal study of the behaviors, attitudes and values of American secondary school students, college students, and young adults. Each year, a total of approximately 50,000 8<sup>th</sup>, 10<sup>th</sup> and 12<sup>th</sup> grade students are surveyed. In addition, annual follow-up questionnaires are mailed to a sample of each graduating class for several years after their initial participation.

The MTF study has been funded by a series of investigator-initiated research grants from the National Institute on Drug Abuse, a part of the National Institutes of Health. MTF is conducted at the Survey Research Center at the University of Michigan's Institute for Social Research.

**Figure 1.** The Strategic Prevention Framework



Since the project's conception in 1975, it has studied changes in the beliefs, attitudes, and behaviors of young people in the United States. In recent years, the U.S. has experienced tremendous changes in public opinion regarding diverse issues, such as government and politics, alcohol and other drug use, gender roles and protection of the environment. This study focuses on youth because of their significant influence on today's social changes and, most importantly, because youth in a very literal sense will constitute our future society.

The results of the study inform policymakers at all levels of government to monitor progress toward national health goals. Study results are also used to monitor trends in substance use among adolescents and young adults, as they are routinely used in the White House Strategy on Drug Abuse.

The MTF data discussed below highlights general trends from 1975-2022, as well as lifetime prevalence rates for the most commonly used substances by secondary students (i.e. alcohol, vaped nicotine and cannabis), as well as all illicit drugs from 2019-2022. The 2020 survey data collection was completed before March 15 when the COVID-19 pandemic resulted in national social distancing policies. Thus, results from these three years provide a snapshot of how the pandemic affected adolescent substance use and its changes as pre-pandemic policies were put back into place. For a more detailed discussion of national trends and key findings in youth drug use across all substances, please see Monitoring the Future's 2023 monographs [National Survey Results on Drug Use, 1975-2022: Secondary School Students](#) and [National Survey Results on Drug Use, 1975-2022: Key Findings on Adolescent Drug Use](#).

### **General Themes and Takeaways (1975-2022)**

When tracking all drug use trends in adolescents over the last half century, MTF researchers have identified two major themes that provide context for more recent data. As illicit drug use emerged as an adolescent epidemic in the 1960s, there has been a broad decrease in prevalence rates over time, with a rapid increase during the 1990s termed the "**1990s drug relapse**." Since this time, drug use has continued to decline, now sitting roughly between all-time lows at the start of the 1990s and peak rates in the middle of the decade.

The second theme identified by MTF researchers are **cohort effects**. Youth in the same grade level tend to have similar experiences, including attitudes and behaviors surrounding drug use. Thus, if one group shows higher or lower rates of using a substance as 8<sup>th</sup> graders, this trend typically follows them over time as they mature to become 10<sup>th</sup> and 12<sup>th</sup> graders.

### **Prevalence Rates of Most Commonly Used Drugs (2020-2022)**

With these themes in mind, the past three years have represented a time of flux. After a marked decrease in youth substance use during the pandemic, some substances have returned to pre-pandemic levels, while others have remained low.

2022 data shows a small upward trend in **lifetime alcohol use** relative to 2021 ([Figure 2](#)). This trend was found to be significant for 10<sup>th</sup> and 12<sup>th</sup> graders, but not 8<sup>th</sup> graders. This increase represents a partial return to 2020 levels, before the COVID-19 pandemic disrupted the social networks of many youth. The COVID-19 pandemic may also explain why 8<sup>th</sup> graders, with less autonomy than older students, did not show the same increases.

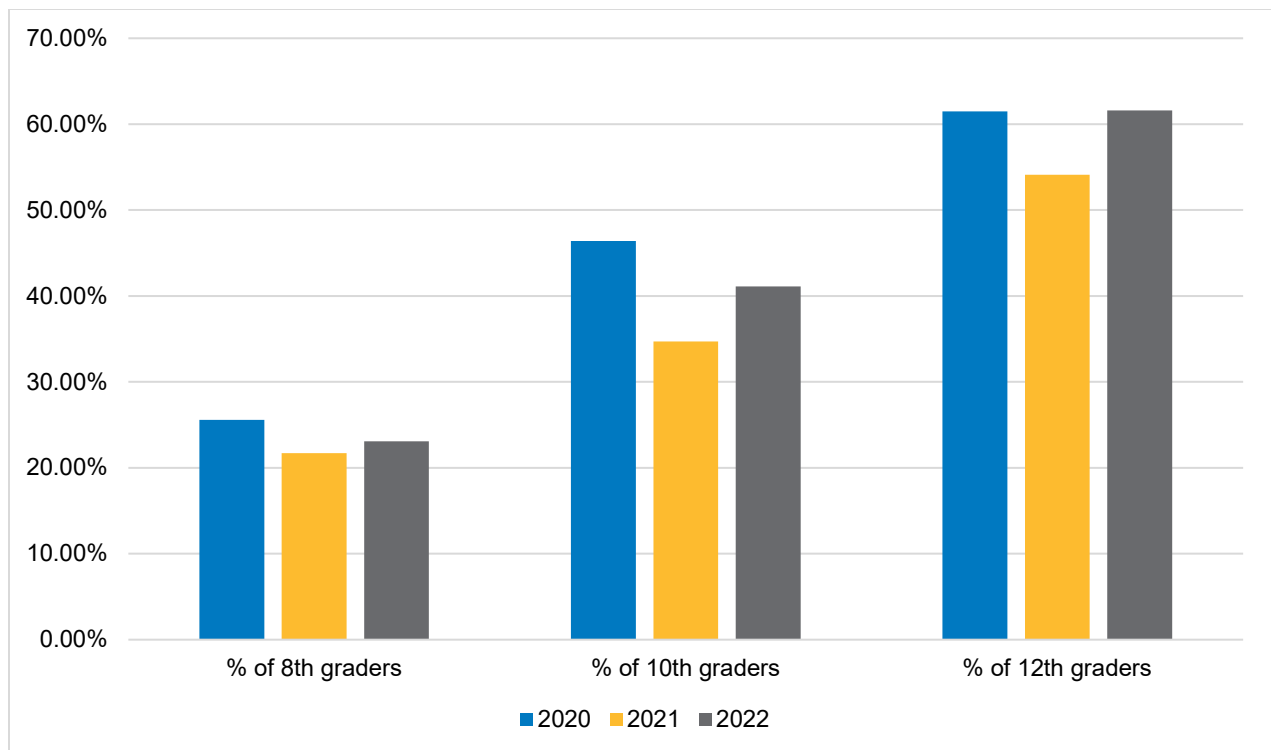
**Lifetime vaping nicotine** ([Figure 3](#)) among 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> graders showed no statistically significant increase relative to 2021. This is good news in light of the large increases in all grades

from 2017, when many vaping products became widely available, up until to 2020 before the COVID-19 pandemic.

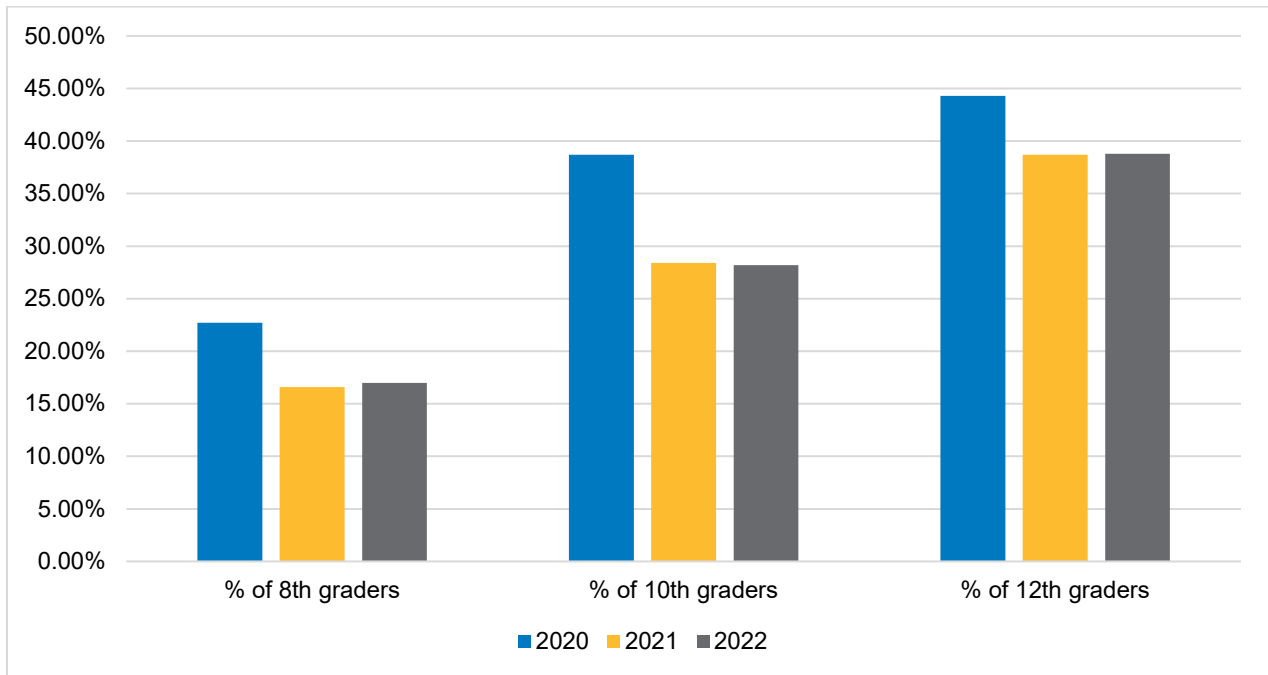
Likewise, 2022 **lifetime marijuana** use showed no significant increase relative to 2021 for 8<sup>th</sup>, 10<sup>th</sup> and 12<sup>th</sup> graders. (Figure 4). However, while far less common, data on synthetic marijuana use in the last twelve months (Figure 5) indicated a significant increase in 12<sup>th</sup> graders from 2021. Like lifetime alcohol use, this change indicates a partial return to 2020 levels, with older students showing more noticeable differences.

Finally, when viewed in total, lifetime use of **any illicit substance** showed no significant increases from 2021, remaining at a lower level than 2020 across all three grades. (Figure 6).

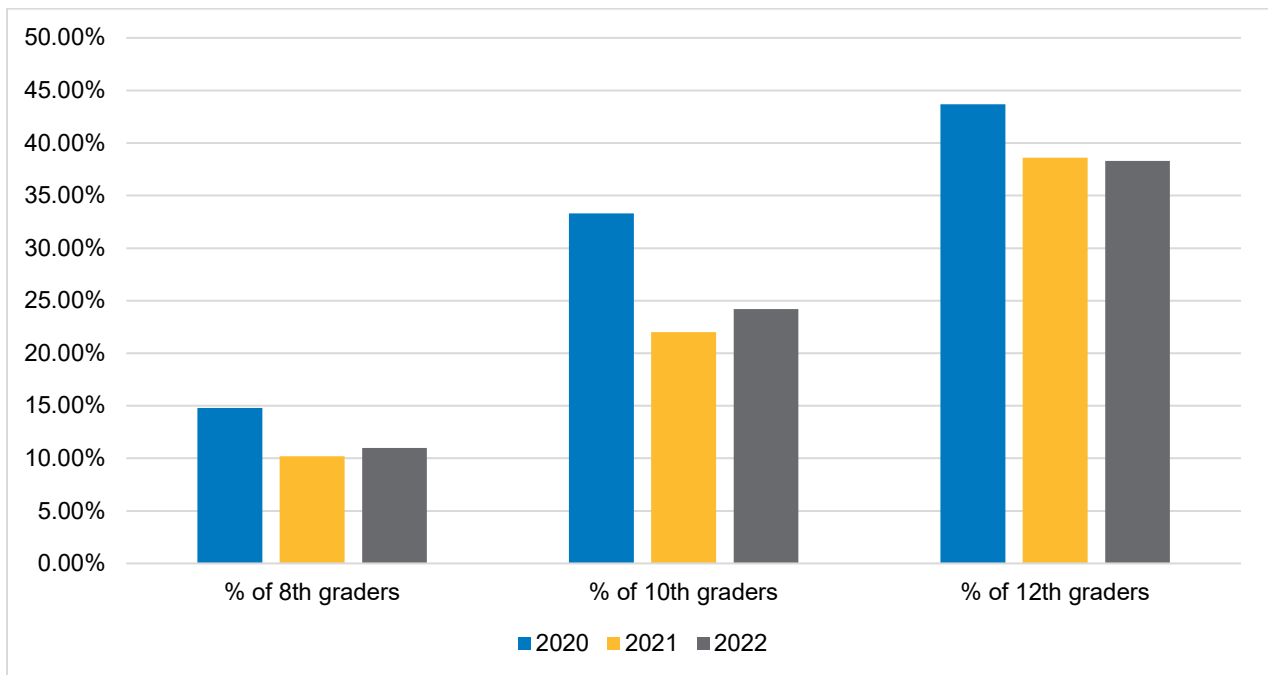
**Figure 2.** Year-to-year comparison of reported lifetime alcohol use.



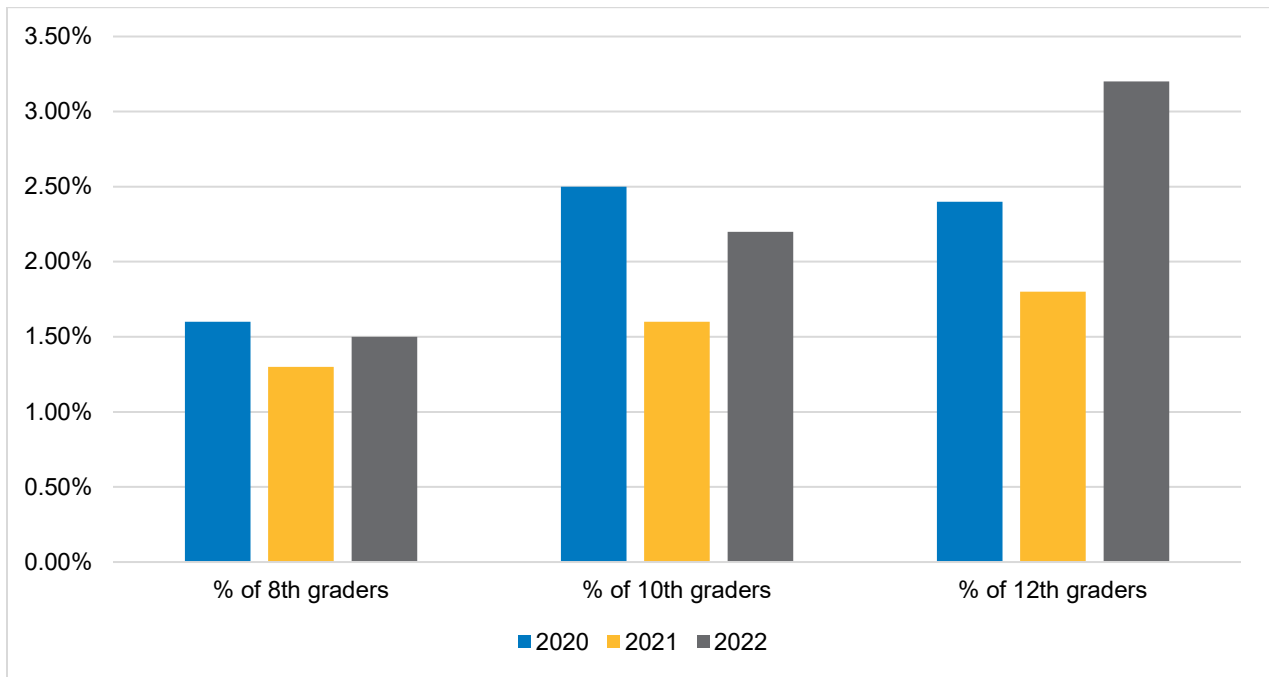
**Figure 3.** Year-to-year comparison of reported lifetime vaping nicotine



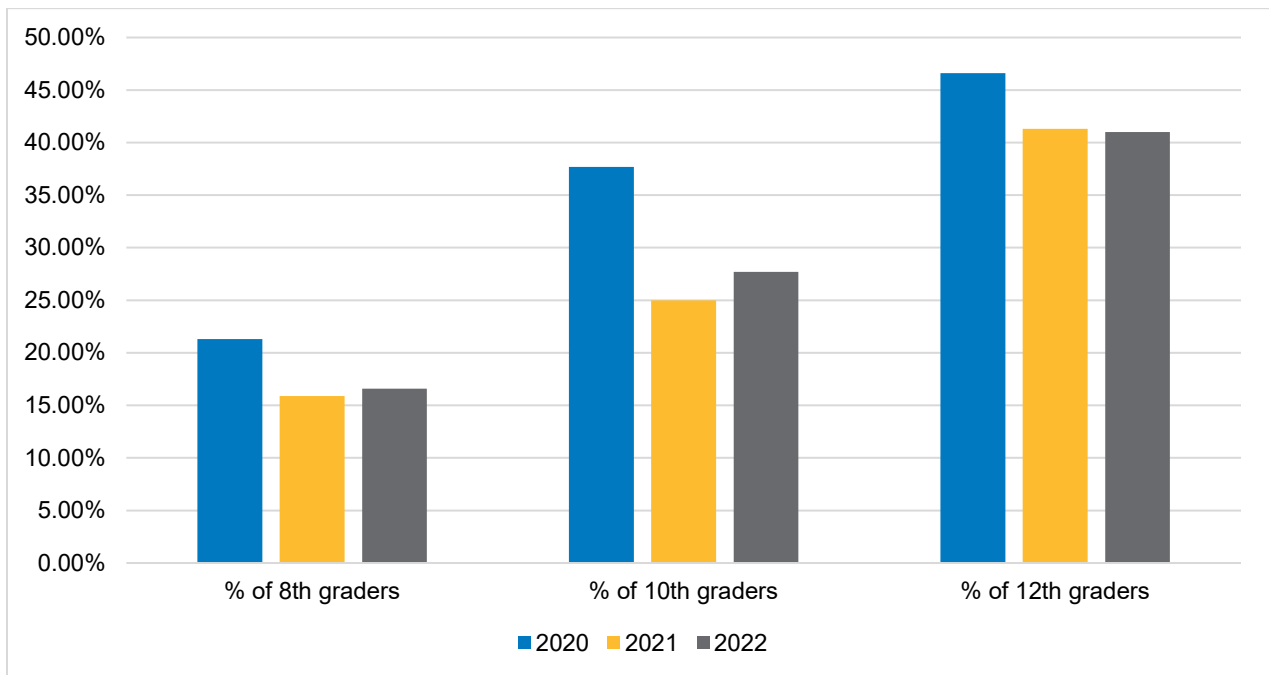
**Figure 4.** Year-to-year comparison of reported lifetime use of any marijuana.



**Figure 5.** Year-to-year comparison of reported twelve-month use of any synthetic marijuana.



**Figure 6.** Year-to-year comparison of reported lifetime use of any illicit drug.



# Virginia Youth Survey

The **Virginia Youth Survey** (VYS) bi-annually gathers information about the health risk behaviors of middle and high school students. The survey is implemented by VDH and VFHY with the support of the VDOE for dissemination of the questionnaire within schools. Information collected through the VYS is submitted for the Youth Risk Behavior Survey and is comparable with other states. Middle school students are asked about 60 questions while high school students are asked about 90 questions along with additional questions related to VFHY's peer crowd research.

## Youth Risk Behavior Survey

The **Youth Risk Behavior Survey** (YRBS) was developed in 1990 by the **Centers for Disease Control and Prevention** (CDC) to monitor priority health risk behaviors that contribute markedly to the leading causes of death, disability and social problems among youth and adults in the United States. These behaviors, often established during childhood and early adolescence, include:

- Behaviors that contribute to unintentional injuries and violence;
- Sexual behaviors related to unintended pregnancy and sexually transmitted infections, including HIV infection;
- Alcohol and other drug use;
- Tobacco use;
- Unhealthy dietary behaviors; and
- Inadequate physical activity.

Since 1991, the YRBS has collected data from more than 3.8 million high school students in over 1,700 surveys.

The YRBS includes national, state, territorial, tribal government and local school-based surveys of representative samples of 6<sup>th</sup> through 12<sup>th</sup> grade students. These surveys are conducted every two years, usually during the spring semester. Due to extraordinary circumstances of the COVID-19 pandemic, data for the 2021 survey was postponed and data became available in the spring of 2023. Data for 2023 is not yet available. The national survey, conducted by the CDC, provides data representative of 6<sup>th</sup> through 12<sup>th</sup> grade students in public and private schools. The state, territorial, tribal government and local surveys conducted by departments of health and education, provide data representative of mostly public middle and high school students within each jurisdiction.

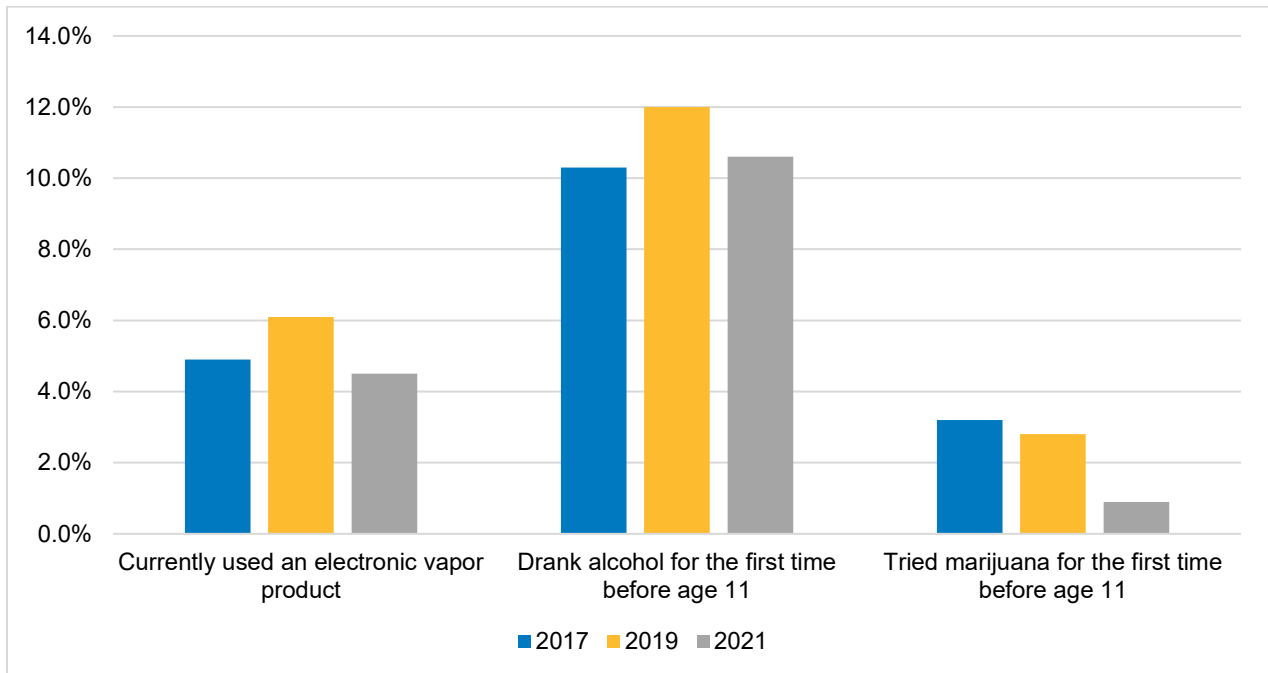
There is a gap in consistency of data collection between the middle school and high school student samples. Between the two categories, there are minimal data points that overlap among middle and high school student drug use and behavior. The data points reported for middle school (**Figure 5**) cannot be directly compared with the data points reported for high school (**Figure 6**); however, the points do relate to one another and can provide theoretical insight rather than quantitative data.

**Figure 7** is a year-to-year comparison of 2017, 2019 and 2021 middle school drug use and behaviors related to alcohol, electronic vaping products and marijuana. Current electronic vapor use and reports of drinking alcohol for the first time before age 11 showed no change relative to 2019. Reported marijuana use before age 11 showed a significant decrease relative to 2019.

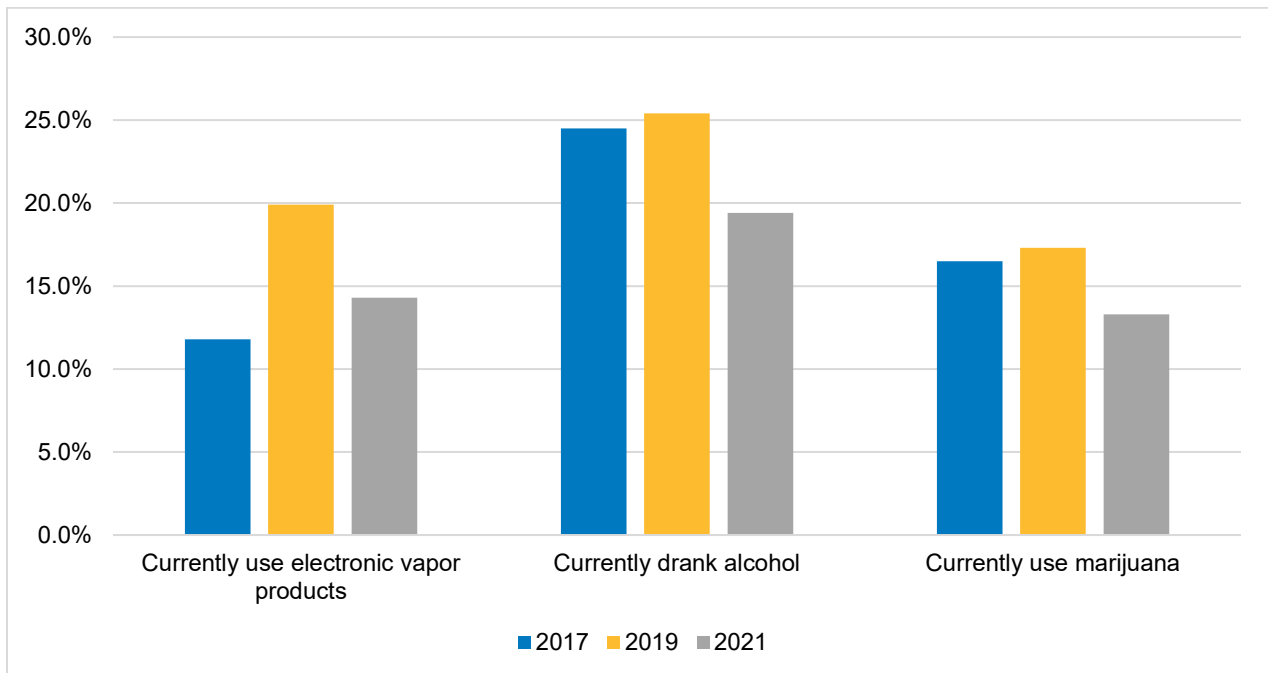
**Figure 8** shows a downward trend of current marijuana use, alcohol use, and electronic vaping product use among Virginia high schoolers. While these results are certainly encouraging for Virginia, they should be interpreted with caution, as 2021 was somewhat anomalous due to the

COVID-19 pandemic's effect on students' social networks, and previously discussed national-level data for 2022 have shown modest increases in many categories of substance use.

**Figure 7.** Year-to-year-comparison of reported current drug use and behaviors among middle schoolers.



**Figure 8.** Year-to-year comparison of reported current drug use among high schoolers.



# Youth Substance Use Prevention Efforts

VOSAP is tasked with collecting and reporting substance use prevention activity data from agencies of the Commonwealth. The following section summarizes the youth substance use prevention efforts of member agencies in the following areas: spending, activities and initiatives, gaps in youth substance use prevention efforts and unmet substance use prevention needs.

While all VOSAP Collaborative agencies contribute to preventing youth substance use, not all work explicitly on youth substance use prevention programs. Many VOSAP members conduct activities better characterized as caregiver or community support, influencing a multitude of risk and protective factors predicting youth substance use.

To provide a more comprehensive view of the interconnected nature of youth substance use prevention efforts, three focus areas were established in fiscal year 2023 to better organize the information collected from VOSAP Collaborative members in the Annual Report. VOSAP members were asked to consider the following categories when providing information on spending, as well as activities and initiatives, including any data that might provide additional insight into the state of youth substance use in Virginia:

## **Youth Access and Drug Education**

Encompasses activities to reduce risk factors of drug availability, association with substance using peers and the promotion of protective individual factors related to drug education and refusal skills more directly.

## **Caregiver Support**

Encompasses programming to support parents and caregivers directly by increasing protective factors of family engagement, family support and parental monitoring.

## **Community Support**

Encompasses programming to reduce risk factors and promote protective factors for a broader community audience including connectedness, mental health and community health more generally than a target audience of youth or caregivers.

## Spending

During fiscal year 2023, \$26,753,964 was spent throughout the Commonwealth on prevention efforts. **Table 1** provides specific organization spending totals for substance use prevention efforts.

The largest budget allocations to statewide prevention efforts were from DBHDS and VDH, respectively. Organization prevention budgets are funded through federal budget allocations, federal grants, general fund allocations, organization revenue and state grants.

While all VOSAP member organizations deal with youth substance use prevention in some capacity, not all have budget items that exclusively identify this purpose. For more detail on the budget categories that contributed to estimated prevention expenses, see each organization's description below.



**Table 1.** Total expenses for substance use youth prevention efforts by organization.

Organization	Expenses
Virginia Department of Behavioral Health and Developmental Services	\$21,531,593
Virginia Foundation for Healthy Youth	\$2,811,000
Virginia Department of Motor Vehicles	\$1,371,405
Virginia State Police	\$225,000
Virginia Cannabis Control Authority	\$203,555
Virginia Department of Criminal Justice Services	\$200,000
Virginia Department of Juvenile Justice	\$146,437
Virginia Alcoholic Beverage Control Authority	\$132,474
Virginia National Guard	\$80,000
Community Coalitions of Virginia	\$52,500
Virginia Department of Health	Unable to report*
Virginia Department of Education	Unable to report*
Virginia Department of Social Services	Unable to report*

\*Spending not collected in terms of prevention

### Virginia ABC

Virginia ABC funds substance use prevention efforts through organizational revenue. As seen in **Table 1**, Virginia ABC spent \$132,474 on youth substance use prevention efforts; however, an additional \$48,272 was spent on alcohol education and prevention efforts, not specific to youth substance use prevention, totaling \$180,746. Virginia ABC's education and prevention programs and resources target audiences through the lifespan to include: youth, parents, college students, adults 21 and older, older adults, licensees and health care professionals.

### Virginia Cannabis Control Authority

The CCA spent a total of \$203,555 on public health and safety prevention efforts in FY23. The Authority spent funding on their Safe Driving Campaign aimed at communicating the safety and legal risks of driving under the influence of cannabis, as well as cost of town halls across the Commonwealth to educate the public on cannabis laws and inform ongoing public health and safety initiatives. See activities and initiatives for more information.

### Virginia Department of Behavioral Health and Developmental Services

As seen in **Table 1**, DBHDS provides the greatest amount of funding for substance use prevention efforts (\$21,531,593). This comes from federal grant funding from SAMHSA, passed along under contractual agreements to the Prevention staff at the 40 Community Services Boards (CSBs). CSB Prevention, or Behavioral Health Wellness, teams utilize this funding to implement an array of strategies to prevent substance misuse/substance use disorders.

DBHDS is funded through federal budget allocation and the following federal grants: SAMHSA Substance Abuse Block Grant (\$7,631,593), SAMHSA Substance Abuse Block Grant ARPA One-Time Funding (\$7,600,000) and SAMHSA State Opioid Response Grant III (\$6,300,893). DBHDS was unable to provide an estimate of youth substance prevention directly because their systems do not track youth and adult prevention spending separately.

### Virginia Department of Criminal Justice Services

DCJS provided Title II Funding Opportunities to several localities to develop or implement juvenile justice prevention activities. As seen in **Table 1**, DCJS provided \$200,000 in Title II funding to support programs that offered substance abuse prevention activities.

## Virginia Department of Juvenile Justice

During fiscal year 2023, DJJ reported spending \$146,437 on prevention efforts. DJJ also manages **Virginia Juvenile Community Crime Control Act** (VJCCCA), which is administered through a \$50,000 formula grant from VFHY. Localities use budgeted funds to support substance abuse education, prevention and treatment programs. Localities develop biennial plans to use VJCCCA funds that are consistent with the needs of their communities.

## Virginia Department of Motor Vehicles

In fiscal year 2023, Virginia Department of Motor Vehicles spent or provided \$1,371,405 for five youth substance abuse prevention projects managed by various organizations (see activities and initiatives). These were funded using NHTSA federal funding categories of FAST Act 405d or BIL 154 transfer funds.

## Virginia State Police

VSP implements the Youth of Virginia Speak Out About Traffic Safety (YOVASO) program, funded by the following Federal Highway Safety Grants through the DMV **Virginia Highway Safety Office** (VAHSO) grant program:

- FY22 Youth of Virginia Speak Out (YOVASO) Peer-to-Peer Education Program - Alcohol Grant - \$275,813.00 (for period 10/1/21 - 9/30/22)
- FY23 Youth of Virginia Speak Out (YOVASO) Peer-to-Peer Education Program - Alcohol Grant - \$276,882.00 (for period 10/1/22 - 9/30/23)

YOVASO also receives two DMV Occupant Protection Grants. These grants cover some funding for alcohol prevention education when the programs also include occupant protection messaging. These include:

- FY22 Youth of Virginia Speak Out (YOVASO) Peer-to-Peer Education Program - Occupant Protection Grant - \$295,169.00 (for period 10/1/21 - 9/30/22)
- FY23 Youth of Virginia Speak Out (YOVASO) Peer-to-Peer Education Program - Occupant Protection Grant - \$295,734.00 (for period 10/1/22 - 9/30/23)

Grants are used to fund various safety campaigns and activities, in addition to the youth Summer Leadership Retreat. See activities and initiatives for more information. In addition to the YOVASO Highway Safety Grants, YOVASO receives smaller grants from insurance companies (e.g., State Farm) and donations from businesses.

## Virginia Foundation for Healthy Youth

VFHY receives no taxpayer funds and is solely funded by a share of Virginia's annual payments from the nation's major tobacco manufacturers through the **Master Settlement Agreement** (MSA). In fiscal year, 2023 VFHY spent or provided \$2,811,000 for youth substance use prevention programs across the state, not including marketing or research costs.

## Virginia National Guard

VNG reported spending \$80,000 for substance use prevention activities in fiscal year 2023. This funding falls under the work of Civil Operators, who collaborate with multiple coalitions across the state to implement programs for youth prevention. See activities and initiatives below for more information.

## Community Coalitions of Virginia

CCoVA has 501(c)3 status and is funded by membership fees, donations and occasional training and conference fees. During fiscal year 2023, CCoVA reported spending \$52,500 on youth

prevention activities and received State Opioid Response (SOR) funding from DBHDS totaling \$49,000. Additionally, CCoVA was selected by VDH to help administer Overdose Data to Action grants to coalitions across the state.

## Activities and Initiatives

While all VOSAP Collaborative agencies contribute to youth substance use prevention, not all work explicitly on youth substance use prevention programs. Many VOSAP members conduct activities better characterized as caregiver or community support, influencing important risk and protective factors predicting youth substance use.

To provide a more comprehensive view of the interconnected nature of youth substance use prevention efforts, three focus areas were established in fiscal year 2023 to better organize the activities of VOSAP Collaborative members. For ease of reference, the framework below outlines which VOSAP Collaborative members offer activities and initiatives in each of the three identified focus areas elaborated below. **Table 2** summarizes the same information visually. Organizations not included in a particular focus area may collect data or have otherwise reported a cross-cutting approach in support, and these instances are indicated in each written entry, where applicable.

### Youth Access and Drug Education

Encompasses initiatives and activities to reduce risk factors of drug availability, association with substance-using peers and the promotion of protective individual factors related to drug education and refusal skills more directly.

- Virginia ABC (ABC)
- Community Coalitions of Virginia (CCoVA)
- Virginia Foundation for Healthy Youth (VFHY)
- Department of Motor Vehicles (DMV)
- Department of Behavioral Health and Developmental Services (DBHDS)
- Department of Juvenile Justice (DJJ)
- Department of Education (VDOE)
- Department of Social Services (DSS)
- Mothers Against Drunk Driving (MADD) Virginia
- Virginia National Guard (VNG)
- Virginia State Police (VSP)

### Caregiver Support

Encompasses programming to support parents and caregivers directly by increasing protective factors of family engagement, family support and parental monitoring.

- Virginia ABC (ABC)
- Mothers Against Drunk Driving (MADD) Virginia
- Department of Behavioral Health and Developmental Services (DBHDS)
- Department of Education (VDOE)
- Virginia Department of Health (VDH)
- Virginia State Police (VSP)
- Virginia Foundation for Healthy Youth (VFHY)
- Virginia National Guard (VNG)

### Community Support

Encompasses programming to reduce risk factors and promote protective factors for a broader community audience, including but not limited to other areas like school connectedness and mental health challenges.

- Virginia ABC (ABC)
- Department of Behavioral Health and Developmental Services (DBHDS)
- Department of Criminal Justice Services (DCJS)
- Department of Education (VDOE)
- Virginia Department of Health (VDH)
- Department of Juvenile Justice (DJJ)
- Department of Social Services (DSS)
- Virginia State Police (VSP)
- Cannabis Control Authority (CCA)
- Community Coalitions of Virginia (CCoVA)
- Virginia Foundation for Healthy Youth (VFHY)
- Virginia National Guard (VNG)
- Virginia State Police (VSP)

**Table 2.** Summary of activities and initiatives of VOSAP Members across focus areas.

VOSAP Member	Youth Access and Drug Education	Caregiver Support	Community Support
ABC	X	X	X
DBHDS	X	X	X
CCoVA	X	X	X
CCA			X
DCJS			X
DJJ	X		X
VDOE	X	X	X
DMV	X		
DSS	X		X
MADD	X	X	
VDH		X	X
VFHY	X	X	X
VNG	X	X	X
VSP	X	X	X

Leading organizations in youth substance use prevention implement programming that is evidence-based and supported by documented research of the effectiveness. Specific prevention activities and strategies implemented by each VOSAP Collaborative member, and their partners are detailed in greater depth below, with evidence-based programming noted.

### Virginia ABC

The mission of Virginia ABC Education and Prevention is to eliminate underage and high-risk drinking by building the capacity for communities to educate individuals and prevent alcohol misuse. This is implemented through programming and resources offered for all age groups and community organizations. The following programs and resources were implemented throughout the Commonwealth during fiscal year 2023 to address youth substance use prevention.

### Youth Access and Drug Education

- **Publications** - Virginia ABC Education and Prevention provides the public with free publications for all ages. Publications are age-appropriate for all groups. The publications for elementary, middle and high school students are listed below, with Parent Publications recorded in the Caregiver Support focus area. College, Adult, Older Adult, Licensee and Health Care Professionals Publications are included listed in the Community Support area.

In fiscal year 2023, the following prevention publications were distributed for K-12 audiences:

- 24,086 Elementary Publications
- 834 Middle School Publications
- 1,558 High School Publications

- **BOLT** - Being Outstanding Leaders Together Against Drugs and Alcohol (BOLT) offers free online trainings and resources to increase the capacity of middle school prevention professionals as they work to reduce youth substance use among their students. BOLT materials align with the Virginia Department of Education ATOD Standards of Learning (SOLs) and support middle school prevention activities including in-classroom curriculum instruction and participation in substance use awareness weeks.

Through BOLT students: demonstrate knowledge of the effects of alcohol and other drugs on the body and brain, as well as identify substance use consequences; understand the importance of peer leadership and positive decision making; and recognize youth substance use influences and the key concepts of social providing and peer pressure. BOLT materials can be incorporated into both in-person and distance learning lesson plans.

In fiscal year 2023, 20 individuals completed BOLT online training for middle school professionals.

- **Miss Virginia School Tour** – Virginia ABC provides a grant to the Miss Virginia Organization, which funds the tour program. Miss Virginia visits elementary schools spreading a message of health, wellness and prevention to students and teachers. At each visit, students receive a copy of Virginia ABC’s elementary activity workbook. The Miss Virginia School Tour messaging aligns with the Virginia Standards of Learning of Advocacy and Health Promotion, Essential Health Concepts and Healthy Decisions. During fiscal year 2023 the Miss Virginia School Tour provided three methods for participation: pre-recorded, virtual live and in-person (following federal, state and local social distancing guidelines). Through the Miss Virginia School Tour, students: demonstrate knowledge of how to identify what is safe and healthy for their bodies; learn what positive choices are and how to make them and how to say “no” when something is not healthy for their bodies; learn what it means to be a leader in their community and among their friends; and learn to identify who is a trusted adult and understand the role they play in their lives.

In fiscal year 2023, the Miss Virginia School Tour visited 68 elementary schools across 42 districts, reaching over 18,000 elementary school students across the state.

- **YADAPP** - The Youth Alcohol and Drug Abuse Prevention Project (YADAPP) is a peer-led program for high school students to address underage substance use at the high school level. Typically, the annual YADAPP program kicks off with a weeklong conference each summer where students and adults are trained in substance use prevention best practices to develop a strategic plan to address a youth substance use issue in their community.

YADAPP focuses on providing Participants, Adult Sponsors and Youth Staff curriculum on leadership, drug and alcohol prevention, and strategic planning. Through YADAPP, program

participants: broaden their knowledge of substance use prevention and work as a team to create a high school substance use prevention plan for their school; learn leadership skills needed to address common issues among youth; and network and build supportive relationships with others from across Virginia.

In response to the COVID-19 pandemic, YADAPP was restructured to allow Teams of four student Participants and a dedicated Adult Sponsor to participate virtually via leadership and substance use prevention training sessions where they learned to develop strategic prevention plans addressing underage drug and alcohol use in their schools and communities. In fiscal year 2023, YADAPP was again held virtually with six Teams in attendance.

Teams received coaching from YADAPP Youth Staff to make modifications to their strategic plans to ensure they followed the Center for Substance Abuse Prevention (CSAP) prevention strategies. After the plans were finalized, Teams implemented their plans in their schools and communities utilizing leadership and prevention skills learned during the training modules. Virginia ABC provided three mini-grants of \$250 each as seed money for Teams submitting exemplary prevention plans. Additionally, Virginia ABC provided The Wheeler Award (\$500) to one Team, in support their continued work on a prevention plan that was accomplished from the previous year.

At the conclusion of the 2022-2023 school year, YADAPP Teams' prevention plans reached a total of 2,092 individuals in their schools and communities.

- **Project Sticker Shock** - Project Sticker Shock aims to raise community awareness about Virginia laws to prevent underage youth from obtaining alcohol from adults 21 or older or using a fake ID to purchase alcohol. During an event, participants place stickers and window clings that warn about the legal consequences for providing alcohol to underage youth and using a fake ID to purchase alcohol on cases and coolers of alcohol at local retailers. This program encourages partnership between community organizations, youth, retail establishments, law enforcement, media and other community members. Additionally, Virginia ABC uses Project Sticker Shock materials to label social providing prevention messaging on Virginia ABC products being delivered to customers.

In 2023, across seven Project Sticker Shock events, 9,800 stickers were used at retail locations to raise awareness, with a total of 45 youth and 16 adults participating in these events. Additionally, 36,198 retail delivery customers were reached with Project Sticker Shock materials.

## Caregiver Support

- **Power of Parents** - Virginia ABC partnered with MADD Virginia to bring the Power of Parents program, free of charge, to parents and communities in Virginia. The Power of Parents handbooks and training will improve how parents and teens relate to each other and can help guide middle and high schoolers in positive decision making. The Power of Parents handbooks and trainings are adapted from Dr. Robert Turrisi's research at Pennsylvania State University with the goal of empowering parents to have effective conversations with their children about drinking. Handbooks are available online for downloading or ordering. Training is offered online or in-person for groups.

In fiscal year 2023, 5,897 Power of Parents handbooks were distributed, with 20 individuals completing training.

- **Publications** – As indicated earlier, Virginia ABC Education and Prevention provides the public with free publications for all ages, including parents. Parent Publications provide important alcohol facts and best practices for talking to children about alcohol. In fiscal year 2023, 1,516



Parent Publications were distributed across the state.

## Community Support

- **Alcohol Education and Prevention Grants** - Alcohol Education and Prevention Grants provide funding of up to \$10,000 to organizations that are working to prevent underage and high-risk drinking. Grant applicants must address one or more priorities including: underage drinking prevention, social providing/social hosting prevention or high-risk drinking prevention. Grantees are encouraged to build partnerships and embrace collaboration to achieve a meaningful, measurable and long-lasting impact.

In fiscal year 2023, Virginia ABC provided 10 Alcohol Education and Prevention grants for a total of \$83,958 in grant funding. Of the 10 grantees, eight specifically engaged in youth alcohol prevention activities and reached 3,774,987 individuals across the state.

- **HEADS UP** - The Higher Education Alcohol and Drug Strategic Unified Prevention (HEADS UP) program provides free online trainings, resources and materials to increase knowledge of substance misuse and high-risk drinking among college faculty/staff, students and their parents, and to build the capacity of student leaders to hold substance misuse education or awareness events. HEADS UP informs and equips these individuals to effectively promote healthy decision-making and advocate for substance misuse education and prevention programming on college campuses.

In fiscal year 2023, 1,477 individuals completed HEADS UP online training, and 9,440 materials were distributed to support college alcohol misuse prevention programming events.

- **Publications** – As indicated previously, Virginia ABC Education and Prevention provides the public with free publications for all ages, with each emphasizing alcohol facts alongside relevant issues for the respective audience. College, Adult, and Older Adult publications serve a larger audience addressing topics like binge drinking and bystander intervention, responsible party hosting and medicine interactions, respectively.

Virginia ABC also offers Health Care Professionals publications with tips on how to effectively screen patients, communicate responsible drinking habits and elicit self-motivation to make healthier choices.

Additionally, Responsibility Guides for Licensees support licensees in maintaining a safe and regulated business. These publications discuss the facts of alcohol education and prevention alongside Virginia ABC's laws and regulations.

In fiscal year 2023, the following publications were distributed:

- 2,181 College publications
  - 646 Adult publications
  - 89 Older Adult publications
  - 480 Responsibility Guides for Licensees
  - 142 Health Care Professionals publications
- **VHESUAC** is a state committee established by the Code of Virginia that aims to further education, prevention, intervention and recovery efforts about substance use on college and university campuses across the Commonwealth. VHESUAC is staffed by Virginia ABC and partners with college and university staff to fill resource gaps in current campus efforts. VHESUAC resources

and efforts are guided by a five-year strategic plan that was created by campus professionals. In fiscal year 2023, VSHESUAC launched a Campus Recognition Program to publicly recognize colleges and university campuses implementing the initiatives mentioned in the VHESUAC strategic plan.

### **Virginia Cannabis Control Authority**

Virginia Cannabis Control Authority (CCA) was established in 2021 by legislation recognizing it as the principal source of government expertise in cannabis. In addition to its role developing and enforcing rules pertaining to the existing medical cannabis market and a prospective adult-use retail market, the 2021 legislation empowered the CCA to undertake initiatives and promote regulations on public safety and public health aspects of cannabis.

The CCA is currently building its strategic plan for the upcoming years. The CCA data team's goals are to produce data-driven deliverables to inform policy, regulation and education efforts; develop standardized procedures for data collection and reporting; and translate data into accessible forms of communication for each of the CCA's target audiences.

### **Community Support**

The CCA has been conducting a series of town halls across the Commonwealth within each of the five health service areas. These town halls educate the public on current cannabis laws in Virginia and inform on the CCA's ongoing public health and safety initiatives. These town halls have allowed opportunity for the public to share their perspectives and concerns and ask questions about cannabis, including questions on youth protections.

The total estimated statewide reach for FY23 was 44,538,738 individuals. The safe driving social media campaign reached 15,474,540 people; the safe driving billboard campaign reached 29,063,948 people; and the town halls reached 250 people in FY23.

The CCA monitors the following data as they plan for prevention resources: Virginia Youth Survey (state) middle and high school student use and perceptions regarding cannabis, Virginia State Police annual report (state) data on marijuana offenses resulting in arrests (<18), Youth Risk Behavior Survey (national) data on high school students use of cannabis, Blue Ridge Poison Center (locality) data on pediatric THC edible exposures, Monitoring the Future (national) data on youth cannabis use by grade level (8th, 10th and 12th) and VDH hospitalization (state) data on cannabis-related hospitalizations.

Additionally, the CCA conducted a Safe Driving Survey across the Commonwealth. Virginians 16 and older were surveyed on their attitudes and behaviors toward marijuana use and driving, alongside their personal use and perceptions on prevention messaging. The CCA has isolated the responses from Virginians <18 to observe youth use, attitudes and behaviors. Results from the Safe Driving Survey were used to inform the development and implementation of the statewide Safe Driving Campaign.

### **Virginia Department of Behavioral Health and Developmental Services**

DBHDS Office of Behavioral Health Wellness (OBHW) utilizes SAMHSA's Strategic Prevention Framework (SPF) evidenced-based planning model for program development. This includes state and community data, building community and staff capacity, using a logic model for planning, implementing evidence-based programs, practices and strategies, evaluation, cultural relevance, and sustaining positive outcomes. DBHDS OBHW has identified alcohol, tobacco, opioids and cannabis/marijuana use prevention as top state priorities which the Community Services Boards



(CSBs) and their local coalitions address with the resources (federal grant funding from SAMHSA) provided to them from OBHW.

SAMHSA's State Opioid Response III Grant allows for addressing stimulants in addition to opioids. CSBs also have the flexibility to address local issues identified in their data. Additionally, all CSBs include Over the Counter (OTC) medication in their efforts due to it being identified as easily accessible by youth for misuse. DBHDS OBHW has embraced addressing Adverse Childhood Experiences (ACEs) as a risk factor for substance misuse and abuse as identified in the research.

**2022 Needs Assessment Process.** Recent legislative changes in Virginia resulted in emerging focus areas – gaming and gambling and cannabis. Considering these developments, CSBs conducted local needs assessments to understand the scope of these issues and the readiness of their local communities to address them. Each CSB was tasked with completing several components as part of the needs assessment process: an environmental scan on gaming and gambling; community readiness assessments for gaming and gambling and for cannabis; and the implementation of the Virginia Young Adult Survey (YAS). Virginia YAS data was added to the **Virginia Social Indicator Study Dashboard (VASIS)** in 2023.

The 2022 Virginia Young Adult Survey (YAS) collected responses from 5,339 young adults across the commonwealth, with all but two localities represented. Responses come from a convenience sample so the participants may not be representative of all young adults in the state. Sub-group analyses were conducted to better understand the needs of various populations. YAS data was added to the **Virginia Social Indicator Study Dashboard (VASIS)** in 2023.

Additionally, DBHDS collects data on the distribution of their substance use prevention resources to each CSB in the state, grouped among five DBHDS regions. In fiscal year 2023, 69,479,659 prevention resources were distributed to CSBs across the state, with 5,685,021 resources specifically targeted to youth.

DBHDS and DBHDS-funded partners provide the following evidence-based prevention resources, grouped below based on the VOSAP Report focus areas.

### **Youth Access and Drug Education**

- Al's Pals: Kids Making Healthy Choices
- Healthy Alternatives for Little Ones
- Life Skills Training (Botkin)
- Second Step
- Social Marketing Campaign
- Social Norms Campaign
- SOS Signs of Suicide
- Too Good for Drugs
- Teen Intervene
- Youth Leadership Program

### **Caregiver Support**

- 24/7 Dads
- Active Parenting
- Everyday Parenting
- Healthy Alternatives for Little Ones
- Family Check-Up
- Parenting Wisely
- Systematic Training for Effective Parenting (STEP)
- Strengthening Families
- Teen Intervene
- Understanding Dad

### **Community Support**

- ACEs Training
- Applied Suicide Intervention Skills (ASIST) Training
- Brochures / Rack Cards
- Community Events
- Community Mobilization
- Community Presentations / Town Halls
- Compliance Checks
- Counter Tools (Merchant Education)
- Crisis Intervention Team
- Drug Deactivation Packets & Smart Pill Bottles (Distribution)
- Drug Take Backs
- Hidden in Plain Sight
- Kognito At-Risk for High School Educators
- Lock and Talk - Social Marketing, Community Presentations and Resource Distribution
- Mental Health First Aid- Youth & Adult
- Merchant Education – Alcohol & Tobacco
- More Than Sad
- Multi-Agency Collaboration / Coalition
- Naloxone Training and Distribution
- Permanent Drug Drop boxes
- Prescriber, Pharmacy, Emergency Department and Patient Education
- Prescription Bag Stickers
- Prescription Drug Lock Boxes
- Proper Disposal with Targeted Groups
- Project Sticker Shock
- Public Policy
- QPR Gatekeeper Training for Suicide Prevention
- REVIVE Trainings
- safeTALK Training
- Smart Pill Bottles
- Supply Reduction – Resource Distribution
- Talk Saves Lives Training
- Targeted Media Messaging

### Virginia Department of Criminal Justice Services

The DCJS Virginia Center for School and Campus Safety (VCSCS) provided virtual programming for K-12 personnel and law enforcement. These programs cover on a variety of topics but largely pertain to preventing youth drug use in the context of **Mental Health and Trauma Support** training. Relevant trainings are highlighted below under the Community Support focus area.

In support of their virtual programming, DCJS collects various data related to program participation and training requests. In fiscal year 2023 requests increased for programming that addresses how substance abuse/misuse is related to other areas of mental health and childhood trauma.

### Community Support

- Handle With Care and Trauma-Informed Communication Training\*
- Mental Health First Aid Training\*
- Mental Health Topics for Pathways for Prevention of Violence Training
- Substance Abuse Prevention and Intervention Training
- Recognizing and Supporting Youth with Anxiety and Depression Training
- Trauma Informed/Sensitive Training

*\*Nationally recognized as evidence-based.*

Additionally, DCJS facilitates the Virginia School Survey of Climate and Working Conditions each year, administered to middle and high school students in alternating years. The survey measures student and teacher/staff perceptions of school rules and discipline, teacher-student relationships, student engagement in school, and the extent of bullying and teasing at school. The survey is a component of the annual school safety audit which school divisions are required to submit to the Virginia Center for School and Campus Safety (VCSCS), according to **§ 22.1-279.8.B** of the *Code of Virginia*.

## Virginia Department of Education

While there is no specific state funding allocated to the Virginia Department of Education to address substance abuse prevention and intervention efforts in Virginia schools, several efforts took place in the 2022-2023 school year. Resources and initiatives touching on youth substance use prevention are indicated below, followed by a more detailed explanation of all substance abuse prevention efforts by VDOE.

### Youth Access and Drug Education

- In October 2022, in recognition of Substance Use Prevention Month, the Office of Student Services released a **Call to Action: Substance Abuse Prevention Document** to provide school-based mental health professionals with the resources and tools they need to prevent substance abuse in their schools and divisions. The document was shared with over 5,000 professionals through the govdelivery system.
- On March 17, 2022, the Virginia Board of Education approved and adopted the proposed revisions to the *2015 Driver Education Standards of Learning*. The *2022 Driver Education Standards of Learning for Virginia Public Schools* have been refined through feedback from parents, teachers, administrators, and representatives from higher education and define the skills and competencies necessary to become a proficient user of the highway transportation system. Specifically, students analyze and describe the physiological, psychological, and cognitive effects of alcohol, marijuana and other drugs and their impact on a driver's awareness of risks and involvement in collisions. Students also identify and analyze the legal and economic consequences associated with alcohol, marijuana and other drug use while driving.
- Developmentally appropriate scaffolded substance use prevention standards of learning are an integral component of the **Health Standards of Learning (SOL)** the **Health Education Standards of Learning Curriculum Framework**. Substance abuse is an indicator in the health SOL and students learn about substance use and addiction beginning in Kindergarten. In elementary school students may participate in evidence-based lessons using **HealthSmartVA** with a focus on Identifying medicine as a pill or liquid that can be taken to feel better when sick but can cause harm if misused; medicine and other substances can be helpful or harmful; and identification of adults to ask for help and assistance with harmful and unknown substances. In middle school students may participate in **HealthSmartVA** lessons with a focus on defining addiction; identifying the types of support available at school and in the community for substance use disorders; the link between addiction to alcohol, tobacco and other drugs; chronic disease; engaging in risky behaviors; and understanding that addiction is a compulsive physiological need for and use of a habit-forming substance. In high school, evidence-based **HealthSmartVA** lessons may focus on developing a set of personal standards to resist the use of alcohol, tobacco and other harmful substances and behaviors. Lessons may also analyze and draw inferences about behaviors connected to addiction and mental health. Students may also research trends and factors that contribute to teen use/abuse and non-substance use of varying drugs and their impact on the community.

### Caregiver Support

- Pursuant to **House Bill 1073** (2020), the Code of Virginia was amended by adding a section numbered 22.1-273.3 directing each school board to annually provide educational information to parents of students in kindergarten through 12<sup>th</sup> grade regarding the health dangers of tobacco and nicotine vapor products consistent with guidelines set forth by the Department of Education.
  - In addition, resources such as **Getting Candid: Framing the conversation around youth**

**substance abuse for tobacco and vaping** and **Parents against vaping and e-cigarettes** are readily available to school health staff.

## Community Support

- Pursuant to **House Bill 1108 D** (2022), the Department of Education (Department) has developed guidelines that provide a roadmap for each school division to develop instruction concerning problem gambling and the addictive potential thereof. These guidelines also inform and educate school divisions about gambling and problem gambling, decision making and problem gambling, gambling prevention programs for youth, and treatment and recovery services. Primary prevention of problem student gambling parallels substance abuse prevention.
- **Virginia Tiered Systems of Supports.** The Virginia Tiered Systems of Supports (VTSS) offers ongoing training and technical assistance to school divisions to integrate and align evidence-based practices in a cohesive manner to address Tier 1 substance use prevention activities. In 2022 VTSS offered virtual training options on systems to develop and maintain trauma sensitive classrooms to create a support system within schools for students and families experiencing trauma. This is particularly helpful for students and their families as universal trauma sensitive approaches have been identified as a key area to address the impacts of substance use in the K-12 environment. Through this work VTSS has identified several key partners to collaboratively approach the work of substance use and prevention. On multiple occasions VTSS coaches presented materials related to trauma sensitive approaches in statewide and local training events. Overall, VTSS continues to provide training and technical assistance areas that assist school divisions to select and embed evidence-based practices into their existing framework. Additionally, in 2022, the VTSS developed a series of aligned training modules with substance use content experts and experts in multi-tiered systems of supports (MTSS) that introduced evidence-based substance use activities at the universal, targeted and individual levels of intervention and provided detailed information on substance use and substance use prevention. This work will continue to grow and expand in support of school divisions across the Commonwealth in the 2023-2024 school year.
- **School Health Services.** School Health Services focused on mental health and the challenges presented by the COVID-19 pandemic to school health staff, students and the greater school community. Factors related to the pandemic such as social isolation, stress, disruption of school and lack of access to drug treatment or emergency care heightened the potential for substance abuse for students and school personnel. Post pandemic efforts focus on training of school health staff to recognize these concerns.
- VDOE School Health Services cultivated numerous professional development opportunities for school health staff that focused on mental health, substance abuse awareness, and vaping. These activities took place virtually or in-person and focused on mental health content related to students and school staff. Partners in the training and professional development activities included the Virginia Department of Health (VDH); the American Academy of Pediatrics, Virginia Affiliate; George Mason University, Concussion Initiative Project; Department of Criminal Justice, Center for School and Campus Safety; Childrens Hospital of Richmond; and the University of Virginia (UVA). Activities included 7.5 hours of Youth Mental Health First Aid Training, a spring conference **Preparing for the Unexpected**, which featured 15 hours focused on trauma response, fentanyl awareness, increasing use of opioids, human trafficking and suicide prevention in the school community and beyond. UVA's Dr. Chris Holstege shared a link to the new **ToxTalks** biweekly newsletter for healthcare providers. School nurses also received updated information on employee assistance programs available to support school employees. Monthly **virtual meetings**

are recorded/posted for school nurses and provide a platform for additional shorter presentations on substance abuse content, suicide prevention, tobacco and vaping.

- The VDOE collaborated with the Virginia Department of Health (VDH) and the Virginia Department of Behavioral Health and Developmental Services (DBHDS) to link the ordering process for free Naloxone through VDH Central Pharmacy to the training provided by DBHDS for schools. Once the website revision is completed it will allow schools to access a link to training resources and order needed medication with one simple click.
- **Social Emotional Learning (SEL).** The Virginia Department of Education's social emotional learning (SEL) efforts are driven by 2020 legislation and a commitment to ensure that every student in Virginia attends a school that maximizes their potential and prepares them for the future: academically, socially and emotionally. The VDOE established a uniform definition of social emotional learning based on the Collaborative for Academic, Social, and Emotional Learning (**CASEL**) definition. Virginia defines social emotional learning as:

*“The process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.”*

The Virginia Department of Education (VDOE) developed the **Virginia Guidance SEL Standards** for all public students in grades Kindergarten through 12 in the Commonwealth. Local school boards may choose to adopt all, or portions of, the *Virginia SEL Guidance Standards* as part of their own local policies, and/or use them as guidance as they implement SEL programming based on the needs of their community. Effective implementation integrates SEL throughout the school's academic curricula and culture, across the broader contexts of schoolwide practices and policies, and through ongoing collaboration with families and community organizations. These coordinated efforts support substance abuse prevention efforts through fostering youth voice, agency and engagement; establishing supportive classroom and school climates and approaches to discipline; enhancing adult SEL competence; and establishing authentic family and community partnerships. Additional information can be located on VDOE's **Social Emotional Learning webpage**.

- **School Counseling.** Individuals seeking initial licensure or renewal of licensure with an endorsement as a school counselor are required to complete training in the recognition of mental health disorders and behavioral distress including substance use (section 22.1-298.1 of the *Code of Virginia*). To assist counselors in meeting this requirement a **series of recorded webinars** and corresponding knowledge assessment were designed to increase school counselors' awareness and capacity to support students with substance use issues. The Substance Use Prevention section includes three webinars: Overview of Substance Use Disorders, Understanding Substance Use Disorders, and Responding to Substance Use Disorders.

### **Virginia Department of Juvenile Justice**

Virginia Department of Juvenile Justice (DJJ) does not typically provide prevention services but rather provides intervention to youth for whom petitions have been filed. The agency provides and contracts with mental health / substance abuse treatment providers to conduct substance abuse treatment services to youth under community supervision and in direct care status who are assessed as needing substance abuse treatment. Youth in direct care status receive those services in a variety of settings including Bon Air Juvenile Correctional Center (JCC), Community Placement Programs at local detention facilities and contracted residential treatment centers.



In fiscal year 2024, DJJ will provide additional anti-tobacco programming to Direct Care residents at BAJCC, as well as participating CPPs. This programming includes:

- INDEPTH, (Intervention for Nicotine Dependence; Education, Prevention, Tobacco and Health) program is an alternative to suspension or citation program that is offered as an option to middle and high school students who face suspension for violation of school tobacco use policies.
- Not On Tobacco (N-O-T), a youth cessation program that is offered to students who complete INDEPTH and wish to cut back or quit using tobacco altogether. N-O-T is an evidenced-based program as cited by the VFHY.

DJJ will additionally explore prevention options to address the evolving fentanyl crisis as it continues its mission of protecting the public by preparing court-involved youth to be successful citizens.

### **Youth Access and Drug Education**

All committed youth at the Department of Juvenile Justice (DJJ) who are assigned to Bon Air Juvenile Correctional (BAJCC) or a Community Placement Program (CPP) at a regional Juvenile Detention Center undergo a comprehensive psychological evaluation, which includes detailed background history and information regarding previous mental health treatment, family dynamics, interpersonal functioning, academic functioning, and history of criminal / delinquent behavior. Recommendations regarding treatment in the areas of mental health treatment (including psychiatric services), substance abuse treatment needs, aggression replacement training and other treatment recommendations - as applicable, are made at this time.

In part of the evaluative process youth receive a drug and alcohol assessment, which utilizes the Substance Abuse Subtle Screening Inventory-A2 (SASSI-A2), or if 18 years or older, the SASSI-4. The SASSI-A2 helps to identify individuals who have a low or high probability of having a substance use disorder. The SASSI-A2 is designed to help service providers determine if an adolescent needs further assessment and possible treatment for a substance use disorder. Further, any substance abuse history is documented on the JCC Intake Medical History Form, which questions frequency of use, age of first use and last use for a variety of drugs and alcohol including: cigarettes, alcohol, marijuana, cocaine, crack cocaine, heroin, hallucinogens, inhalants, designer and prescription drugs.

Residents in direct care also receive the YASI at the Court Services Unit (CSU) prior to commitment to help evaluate risk, needs and protective factors to help develop case plans for juveniles. This tool includes a battery of questions on substance use and history. The YASI is updated quarterly at the facilities to enhance re-entry goals in collaboration with CSU staff and community partners.

Based on the battery of evaluations, assessments and screens that include the psychological evaluation, YASI and SASSI, staff determine the best track for youth treatment: Track I: Cannabis Youth Treatment 12 (CYT 12) – Residents who meet the DSM-5-TR criteria for Substance Use Disorder will be deemed to need Track I services., Track II: Cannabis Youth Treatment 5 (CYT 5) – Residents who have experimented with substances, but do not meet the DSM-5-TR criteria for Substance Use Disorder, will be deemed to need Track II services.

JCC residents assigned to participate in substance abuse treatment are encouraged to collaborate with their treatment team and/or QMHP regarding their individualized treatment plan. It should be noted that treatment plans may vary from basic completion of CYT5 or CYT12, to the addition of specific treatment objectives within a specialized therapy group (typically referred to as an ITP

group), where residents with co-occurring disorders address individualized clinical issues. Clinical areas an ITP may address include:

1. Skill building to address: alcohol and drug refusal techniques; decision making/problem solving; relapse prevention; coping with alcohol and drug cravings; peer relations / peer pressure; etc.
2. Recognizing medical/physical effects, social consequences and other various impacts of drug and alcohol abuse.
3. Understanding the process and science of addiction.
4. Therapies to address a co-occurring disorder.
5. Recognizing basic defenses and how they relate to substance abuse.
6. Understanding the effects of chemical dependency on the family.
7. Examining how cognitive distortions (thinking errors) affect substance abuse and/or poor decision making.
8. Examining how communicable diseases can be related to substance abuse and high-risk behaviors.
9. Understanding cultural and gender issues and how they may relate to chemical dependency and recovery.
10. Demonstrating coping skills related to relapse prevention.

In FY23, DJJ additionally rolled out **CATCH My Breath**, a youth vaping prevention program, that focuses on vaping and e-cigarettes. This program is peer-reviewed, evidence-based and was developed by The University of Texas Health Science Center at Houston School of Public Health. Regarding Catch My Breath, DJJ specifically trained 10 Behavioral Services Unit (BSU) clinicians at BAJCC and an additional two staff members from Shenandoah Community Placement Program.

The Catch My Breath prevention program was administered to approximately 78 Direct Care Residents at BAJCC, within eight housing units, which was approximately 54.17% of the total population at the time. Of these, 69% reported using an e-cigarette at least once. Survey results indicated broad improvements following CATCH My Breath, with responses to the following statements about e-cigarettes:

Before CATCH My Breath, I wanted to smoke e-cigarettes.

- 20% chose Strongly Agree
- 27% chose Agree

After CATCH My Breath, I do not want to smoke e-cigarettes.

- 41% chose Strongly Agree
- 29% chose Agree

After CATCH My Breath, I learned something new about e-cigarettes.

- 36% responded Strongly Agree
- 40% responded Agree

Substance Use Group: The Chesterfield Youth Detention Home – Community Placement Program (CYDH CPP) partners with Chesterfield County's Community Services Board to facilitate a substance use group. The group is facilitated weekly for 12 weeks by a licensed clinician and is a closed group, meaning residents begin and complete the group as a cohort. The program is reserved for residents on Track 1 for Substance Use.

The curriculum is adapted from **The Seven Challenges**, a comprehensive counseling program that incorporates work on alcohol and other drug problems. It is designed to motivate residents to evaluate their lives, consider changes they may wish to make and then succeed in implementing the desired changes. It supports them in taking power over their own lives. In The Seven Challenges program, people address their drug problems, their co-occurring life skill deficits, and their situational and psychological problems.

Although counselors in the program provide a structure for groups, the content of each session is exceptionally flexible, in response to the immediate needs of the client. It is not pre-scripted. The Seven Challenges uses an approach called “Mastery Counseling,” which helps people look at what is happening in their lives. They learn to recognize what is going well and what is problematic. Whatever is not going well, or as well as they would like it to be going, is identified as an “issue.” In Seven Challenges sessions, counselors teach people to work on their issues. As they do their work, the “challenge process” is used to help them make thoughtful decisions, including about drugs. The Seven Challenges are as follows:

1. We decided to open up and talk honestly about ourselves and about alcohol and other drugs.
2. We looked at what we liked about alcohol and other drugs, and why we were using them.
3. We looked at our use of alcohol and other drugs to see if it has caused harm or could cause harm.
4. We looked at our responsibility and the responsibility of others for our problems.
5. We thought about where we seemed to be headed, where we wanted to go, and what we wanted to accomplish.
6. We made thoughtful decisions about our loves and about our use of alcohol and other drugs.
7. We followed through on our decisions about our lives and drug use. If we saw problems, we went back to earlier challenges and mastered them.

CYDH CPP also utilizes the **Botvin LifeSkills Training (LST)**: LST is a research-validated substance abuse prevention program proven to reduce the risks of alcohol, tobacco, drug abuse and violence by targeting the major social and psychological factors that promote the initiation of substance use and other risky behaviors. This comprehensive and exciting program provides adolescents and young teens with the confidence and skills necessary to successfully handle challenging situations. LST is a 10-week closed-group program facilitated by the CPP Case Manager and/or CJDH Instructional Assistant. The program is facilitated once a week for 45-60 minutes. Residents assigned to either Track 1 or Track 2 will complete LST.

Developed by Dr. Gilbert J. Botvin, a leading prevention expert, Botvin LifeSkills Training is backed by over 30 scientific studies and is recognized as a Model or Exemplary program by an array of government agencies including the U.S. Department of Education and the Center for Substance Abuse Prevention. The Botvin LifeSkills Training program consists of three major components that cover the critical domains found to promote drug use. Research has shown that students who develop skills in these three domains are far less likely to engage in a wide range of high-risk behaviors. The three components are:

- **Drug Resistance Skills** – Enables young people to recognize and challenge common misconceptions about tobacco, alcohol and other drug use. Through coaching and practice, they learn information and practical ATOD (Alcohol, Tobacco, and Other Drug use) resistance skills for dealing with peers and media pressure to engage in ATOD use.
- **Personal Self-Management Skills** – Students learn how to examine their self-image and its effects on behavior; set goals and keep track of personal progress; identify everyday decisions and how they may be influenced by others; analyze problem situations and consider the consequences



of each alternative solution before making decisions; reduce stress and anxiety and look at personal challenges in a positive light.

- General Social Skills – Students develop the necessary skills to overcome shyness, communicate effectively and avoid misunderstandings, initiate and carry out conversations, handle social requests, utilize both verbal and nonverbal assertiveness skills to make or refuse requests, and recognize that they have choices other than aggression or passivity when faced with tough situations.

The CYDH CPP additionally utilizes the **Stanford Tobacco Prevention Toolkit**: The Tobacco Prevention Toolkit, which is a theory-based and evidence-informed educational resource created by educators and researchers aimed at preventing middle and high school students' use of tobacco and nicotine products. The Tobacco Prevention Toolkit is a six-week closed-group program facilitated by the CPP Case Manager and/or CJDH Instructional Assistant. The program is facilitated once every other week for 45-60 minutes. Residents assigned to either Track 1 or Track 2 will complete the Tobacco Prevention Toolkit

VJCCCA During FY23, VJCCCA provided funding to the following localities who chose to use part of their VJCCCA budget to provide substance abuse/educational prevention services:

- Bath County has substance abuse prevention on their plan; however, it was not utilized. They would have contracted with 3rd Millennium, an online agency.
- Colonial Heights served 16 youth with 80 service units. They have local employees trained in Botvin Life Skills to provide substance abuse prevention services.
- Chesterfield County served 18 youth with 23 service units. They have local employees trained in VISION to provide substance abuse prevention services.
- Orange County has substance abuse prevention on its plan; however, it was not utilized. They would have contracted with 3rd Millennium, an online agency. Per the Code of Virginia, HB1771, an assessment must be completed for youth to participate in the VJCCCA prevention programs. The youth who participate in these programs have not been identified by the community as having a behavior that could result in a delinquent charge. This funding stream is used to prevent youth from coming to intake. HB1771 was approved by the General Assembly in 2020. Localities can elect to participate in prevention services if their community finds a need or is able to allocate part of their VJCCCA budget. There were not additional funds allocated to the localities for such services.

The following fields may be collected for youth at various levels of formal supervision in the juvenile justice system and are likely unavailable for youth at the front-end/prevention stages:

- Associates the youth spends his/her time, including pro-social and delinquent youth
- Admiration of high-risk delinquent peers
- Amount of free time with negatively influencing or delinquent peers
- Strength of negatively influencing/delinquent peer influence
- Alcohol and drug use by ever used, number of times used in the last three months, age of first use
- Alcohol and drug use disrupting education, family conflict, peer relationships, or health
- Alcohol and drug use's contribution to behavior
  - Youth's attempts to cut back alcohol and drug use
    - Youth is receptive to participation in alcohol/drug treatment

- Youth previously received alcohol/drug treatment
- Substance use
- Current exposure to alcohol and drugs based on DSM criteria
- Substance abuse treatment need
- Alcohol and drugs static risk and dynamic risk. Youth are referred to these programs as a result of school or community related substance abuse issues in lieu of being charged with a criminal offense

### **Caregiver Support**

The following fields may be collected for youth at various levels of formal supervision in the juvenile justice system, however, they are typically unavailable for youth at the front-end/prevention stages:

- Current and historical familial alcohol/drug problems
- Parental/custodial supervision of the youth
- Family static risk, dynamic risk, and dynamic protective

### **Community Support**

The following fields may be collected for youth at various levels of formal supervision in the juvenile justice system and are likely unavailable for youth at the front-end/prevention stages:

- Youth self-report data on feeling support from various people (e.g., parents, caregivers, extended family, friends, friends' families, teachers, coach, other school personnel, mentors, religious establishments)
- Number of existing positive adult relationships in the community
- Pro-social community ties (e.g., church, community service clubs, volunteer activities)
- Statewide trauma assessment tool (ages 7-12 and ages 13+)
- Diagnosed, current treatment, past treatment, receiving current medication, received medication previously for various mental health issues
- Homicidal and/or suicidal ideation
- Indication of sexual aggression
- History of experiencing physical or sexual abuse
- Indication of victimization for sexual vulnerability/exploitation, bullying, physical assault, property theft/vandalization
- Frustration tolerance
- Impulse control skills to avoid getting in trouble (e.g., reframing, replacing delinquent/criminal thoughts, problem solving, negotiation, relapse prevention)
- Loss of control over delinquent/criminal behavior
- Community and peers static risk, dynamic risk, and dynamic protective
- School static risk, dynamic risk, and dynamic protective

### **Virginia Department of Health**

As the chief public health agency, the Virginia Department of Health (VDH) continues to coordinate an agencywide drug overdose prevention response, which includes active monitoring and surveillance, primary prevention and rescue initiatives, comprehensive harm reduction (CHR) efforts, and efforts identified in Right Help, Right Now: Transforming Behavioral Health Care for Virginians (RHRN). VDH remains focused on combating the addiction emergency in partnership with local, regional, state and federal agencies across the lifespan. VDH's primary goals and objectives for addiction response include:

Prevent injury and death from addiction:

- Implement provider-level strategies (prescription monitoring, education on safe

prescribing practices)

- Increase access to naloxone
- Establish process to address needs of infants born to addicted mothers
- Increase education of the public and populations at risk.

Prevent and reduce infectious disease relating to addiction:

- Increase education of the public and populations at risk
- Promote identification of disease status (hepatitis/STD/HIV testing)
- Conduct disease surveillance
- Promote treatment as prevention (linkage to care, access to medications)
- Implement Comprehensive Harm Reduction (CHR) programs

Prevent and reduce the disease of addiction:

- Support development of regional and community coalitions
- Increase access to treatment via provider trainings on addiction disease management
- Advocate for and assure access to treatment for substance abuse
- Support expansion of Medication-Assisted Treatment (MAT)
- Collaborate to assure and implement successful policy strategies

Use data to monitor and evaluate the addiction epidemic:

- Collect, analyze and share data and information to inform evidence-based and data-driven decision making

VDH comprises 119 local health departments statewide, administratively grouped into 35 local health districts (LHDs). Many health departments coordinate community education activities with schools, libraries and drug reversal tool trainings in their communities. As such, VDH substance abuse prevention activities and initiatives tend to influence risk and protective factors surrounding Community Support, while some initiatives are more cross-cutting and address Caregiver Support.

### **Youth Access and Drug Education**

VDH data on youth substance use behaviors is limited. While the Virginia Social Indicator Dashboard reports substance use behaviors by locality and CSB service areas, youth data are not specifically reported. The VDH Virginia Youth Survey does collaborate with VFHY and VDOE to collect statewide youth substance use behaviors every odd year.

### **Caregiver Support**

- Adopting a Shared Risk and Protective Factor Approach across programs to leverage resources, with an emphasis on behavioral health, economic stability, connectedness and social norms.
- Referrals to social determinants of health resources and promotion of state Medicaid resources at the state and local level.
- Promotion of health and healthy relationships at home and in communities across programs.
- Reduction of stigma around seeking help with parenting challenges or substance misuse, depression or suicidal thoughts across programs.
- Implementation of Safe Environment for Every Kid and Maternal Mortality quality improvement projects in partnership with Virginia Chapter American Academy of Pediatrics and academic universities, embedding community navigators into health systems, partnership with Virginia's

Trauma Informed Network.

- Partnership with Families Forward to develop plans for implementation of Child Parent Centers.
- Implementation of the VDH Home Visiting Program to update workforce development trainings to address suicide risk and intimate partner violence.

### **Community Support**

The VDH Injury and Violence Prevention Program works to support overdose primary prevention strategic efforts, such as the shared risk and protective work outlined below.

- The program supports administration priority initiatives, advancing Virginia Prescription Monitoring Program functionality in partnership with the Virginia Department of Health Professions, Project ECHO platform Healthcare Provider academic detailing trainings, LHD strategic planning, public safety-public health opioid response, community linkages of care, health system interventions, and naloxone planning efforts.
- The program collaborated with the Virginia Commonwealth University Center on Society and Health to develop an opioid cost calculator to inform lawmakers, policymakers, and Virginians about the economic impact of the opioid epidemic statewide.
- Over 7.5 million social media and 56,000 TV and radio communication ads have been distributed statewide through the Public Education Partnership leading Virginians to treatment. The VDH Office of Epidemiology (OEPI) Division of Disease Prevention houses VDH's CHR programs pursuant to § 32.1-45.4 in the Code of Virginia for Virginia's eight current CHR sites and projected additional sites.
- Over 7,500 clients were enrolled in VDH-supported CHR programs between 2018 and 2023 during 45,993 unique visits; and 3,715 overdose reversals were reported by 2,706 clients.
- The VDH OEPI Division of Pharmacy Services (DPS), staffing a team of pharmacists, serves Virginia's local health departments by providing pharmaceuticals, vaccines and biologics that enable LHDs to treat communicable diseases, treat chronic diseases and respond to public health emergencies.
- VDH and DDP created a naloxone partner's program in 2020 for non-profits and other businesses that have direct, regular contact with People Who Use Drugs (PWUD) to obtain free naloxone from VDH to dispense to these individuals. Community services boards, LHDs, authorized CHR sites, approved naloxone partners, law enforcement agencies, fire service, EMS agencies and public schools are eligible to obtain naloxone at no cost. Fentanyl test strips are also available for LHDs and authorized CHR sites.
- A Partnership with VDH Youth Advisory Group identifies ways youth can be connected, promotes social-emotional learning, strong attachment relationships, safety, critical stimulation at critical times, mastery and resilience through the implementation of ACEs initiatives.
- Empowering Communities: Communications campaigns for help-seeking behavior; suicide prevention, intimate partner violence, and child abuse and neglect; implementation of bystander approaches.

## Virginia Department of Motor Vehicles

The Virginia Department of Motor Vehicles Highway Safety Office administers federal transportation safety grant funding to various organizations that engage in youth substance abuse prevention activities. Organizations receiving funds that involve youth substance use prevention are highlighted below, including VSP's Youth of Virginia Speak Out (YOVASO) program (see VSP section for more information).

Strategic goals for fiscal year 2024 include reducing crashes, injuries, fatalities and associated costs by identifying transportation safety issues and developing and implementing effective integrated programs and activities. Focuses will include prevention, intervention communications and outreach efforts, as well as enforcement efforts.

### Youth Access and Drug Education

- **Continuing Mobility Safety in Young Adults: Virginia SADD**

Students Against Drunk Driving (SADD) Inc. is a national non-profit dedicated to the safety and wellness of all students. SADD operates through school and community chapters like student clubs dedicated to advocating healthy decision-making, which includes preventing substance use. In federal fiscal year 2022, Virginia SADD hosted seven college outreach events.

- **It's All Impaired Driving Phase IV Grant: Chesterfield Substance Abuse Free Environment**

Chesterfield SAFE has received several national prevention awards which are driven by their data analysis of problem areas and populations throughout Chesterfield County. They held eight outreach events in 2023.

- **Choose Your Vibe - Arrive Alive! Virginia Association of Driver Education and Traffic Safety (VADETS)**

VADETS social media campaign focused specifically on prevention and made a total of 1.1 million impressions.

- **Youth of Virginia Speak Out (YOVASO)**

YOVASO is a Peer-to-Peer Education Program of the Virginia State Police. In federal fiscal year 2022, 87 prevention outreach events to high schoolers were hosted across the state. See Virginia State Police section for more information on YOVASO.

- **Washington Regional Alcohol Program (WRAP)**

In federal fiscal year 2022, WRAP conducted several public information, education and youth outreach programs. WRAP received numerous awards for their Act Like It campaign which was designed to reach a data-identified audience of males 18-34 to reduce impaired driving. Additionally, seven prevention presentations were given at high schools around Northern Virginia.

## Virginia Department of Social Services

As a part of the mission to design and deliver high quality human services that help Virginians achieve safety, independence and overall wellbeing, VDSS promotes and connects local departments of social services with resources and community events aimed toward substance use prevention.

### Youth Access and Drug Education

SPEAKOUT (Strong Positive Educated Advocates Keen on Understanding the Truth) is an advisory group for youth in foster care and foster care alumni (an adult previously in foster care) who are interested in using their voice to help change and improve the foster care system. DSS recognizes the importance of hearing the voice of the youth to make a difference in the way youth are

served in the foster care system. SPEAKOUT is responsible for providing feedback directly to VDSS, legislators, other state agencies, LDSS directors, the Board for Social Services and others.

### **Caregiver Support**

The Kinship Navigator (KN) programs provide information, referral, education and advocacy for kinship families. Our collaborations are based upon the Kinship Navigator's federal Children's Bureau grant associated with the passing of the Family First Prevention Services Act (Family First) on February 8, 2018, which has as its goal identify private (informal) kinship families and to connect them to the Kinship Navigator and local resources. Kinship Navigator programs in Virginia provide services and supports to strengthen the kinship caregivers' capacity to provide a safe, nurturing home for the child and to help achieve permanency for the child. Additionally, supports and services should assist the kinship caregiver in addressing the effects that maltreatment may have had on the child in their care. For kinship caregivers in Virginia, there is a toll-free support services hotline that operates 24 hours a day, 365 days a year. Call (888) 593-1972 to receive information and referrals for your family's needs, including: housing benefits (Medicaid, SNAP, TANF, Child Care) physical/dental health services school information, etc.

There are also services available under **Family First** practices Multi-systemic Therapy, which is a community-based, family-driven treatment for antisocial/delinquent behavior in youth. It focuses on "empowering" caregivers (parents) to solve current and future problems. The MST client is the entire ecology of the youth - family, peers, school, neighborhood. It is highly structured clinical supervision and quality assurance processes.

In association with a consultant contracted by the federal government, a Parent Mentor pilot program is in development. It is called "Expanding Evidence on Recovery and Reunification Interventions for Families" (R3). This project is a chance to build critical evidence on promising interventions that use recovery coaches to improve outcomes for families involved with the child welfare system due to parental SUD. R3 was first developed by Morrison Child and Family Services in Portland, OR, and the study is authorized under the 2018 SUPPORT for Patients and Communities Act. It will empower and motivate parents to sustain recovery and access critical services to improve child welfare and recovery outcomes at any stage of child welfare system involvement. The parent mentors will have lived experience with child welfare involvement and SUD recovery and offer peer recovery coaching.

### **Community Support**

DSS has published a new training and technical assistance website, [www.recoveryallyvdss.com](http://www.recoveryallyvdss.com), in partnership with VCU Rams in Recovery to support students and families who are dealing with substance misuse. DSS's goal is to help support and unite families dealing with substance use disorders (SUD). Additionally, VDSS is working to engage peer recovery specialists to support those in recovery. VDSS is partnering with DBHDS and Virginia Department of Medical Assistance Services (DMAS) for funding for future projects.

Internally, the VDSS hosts monthly Recovery Ally training sessions developed in collaboration with VCU Rams in Recovery and the SpiritWorks Foundation. This training explores how recovery is a long-term process with unique implications for success; confronts myths and stigma regarding addiction and recovery; considers appropriate and person-centered recovery language; develops listening skills to support people in need; dives into resources for people in recovery.

A companion website to the Recovery Ally training with additional resources exists called the "Substance Use Disorder (SUD) Ally Training Hub." The Hub provides Local Department of Social Services (LDSS) staff, partners and the public with information to build knowledge around SUD, help better connect families to resources, increase SUD prevention activities, strengthen



community collaboration and promote recovery. The videos and additional resources support a community of prevention, treatment, recovery and harm reduction and enable staff to activate strategies and solutions and encourage advocacy.

In addition, the Virginia Community Action Agency funds a statewide membership association for Virginia's 31 non-profit private and public community action agencies called the Virginia Community Action Partnership (VACAP). VACAP's mission is to build the capacity and competencies of Virginia's community action agencies to achieve their mission of creating economic opportunities and facilitating mobility from poverty for Virginians. VACAP is committed to a future in which all of Virginia's community action agencies are high impact and people and places across Virginia are thriving. A Community Action Agency (CAA) is a local organization with the mission of reducing poverty through programs and services that are targeted to the specific needs of the community. CAAs exist in almost every county and city in the United States. Most agencies are private nonprofits, and some agencies are units of local county or city governments. CAAs are designated by the governor and locally controlled. They are governed by a tripartite board that represents the low-income community, local elected officials and private and public community stakeholders. CAAs receive funding and authority from the federal Community Services Block Grant. One example of a CAA that works on substance use is the **Appalachian Community Action and Development Agency, Inc.** They are working to enhance availability of community-based programs to help those affected by substance abuse, to include family members of substance users.

### **Virginia National Guard**

The Virginia National Guard provides requesting Community Based Organizations (CBOs) with resources and personnel support in developing and implementing community initiatives outlined below. Our personnel in the Drug Demand and Reduction Outreach (DDRO) program are trained in the SAMHSA Strategic Prevention Framework (SPF) and help CBOs tailor this strategy to their specific coalition needs. This framework is a dynamic, data-driven process that practitioners can use to understand and more effectively address the substance abuse and related mental health problems facing communities.

The Virginia National Guard Counterdrug Task Force (CDTF) continues to be an integral part of the Commonwealth's efforts to reduce the availability and demand for illegal drugs by supporting law enforcement agencies with investigative case analysis, aviation support and by integrating U.S. Army and Air Guardsmen in community substance abuse prevention coalitions.

### **Youth Access and Drug Education**

- Youth drug education and refusal skills
- CHILL Programming

### **Caregiver Support**

- Family history of substance use
- Parental attitudes towards substance use
- Parental monitoring
- Parental substance use

### **Community Support**

- School connectedness
- Academic achievement
- Childhood sexual abuse\*

*\*Nationally recognized as an evidence-based program.*

## Virginia State Police

Despite a Zero Tolerance Law in Virginia which makes consuming alcohol or driving under the influence of alcohol a serious criminal offense, alcohol remains a concerning factor for young drivers and passengers. To combat this problem, VSP receives a DMV VAHSO grant to implement the Youth of Virginia Speak Out About Traffic Safety (YOVASO) program.

The mission of YOVASO is to engage, educate, and empower youth to influence a safe driving culture through leadership development and innovative outreach programs. YOVASO fulfills its

mission by working with high schools, middle schools and youth groups to establish youth-led advocacy programs throughout the Commonwealth.

These programs all directly relate to VOSAP's Youth Access and Drug Education focus area, while addressing Caregiver and Community Support through engagement with parents of youth participants.

### Youth Access and Drug Education

- **YOVASO Summer Leadership Retreat**, July 14-17, 2022. Educational conference at JMU for high school students and teachers who work with teen safe driving programs. Includes educational programming on Zero Tolerance Law and driving under the influence of alcohol and/or drugs. Prepares teens to be leaders and advocates for safe driving.
- **Drive For Change Campaign**, September 6 - December 16, 2022. A peer-led campaign for middle and high schools in Virginia to encourage teens to buckle up and obey posted speed limits. Also, includes educational components on Zero Tolerance and impaired driving prevention. A Halloween safety component encourages teens to celebrate without drugs and alcohol and to drive safely during the holiday period. During the three-month campaign, teens and school clubs develop activities, social media messaging, creative projects and other initiatives to influence peers to develop good attitudes and behaviors as drivers and passengers.
- **Jingle Your Way to a Safe Holiday Contest**, December 2022. This social media contest is open to all middle and high school students statewide. Students are encouraged to develop a song or jingle with safe driving messaging that reminds their peers to celebrate without drugs/alcohol and drive safely during the holidays. The jingles are placed on social media for public voting and the winning jingles are shared on social media through New Years.
- **Arrive Alive Campaign**, March 6 - May 31, 2023. A peer-led campaign for high and middle schools in Virginia to encourage teens to celebrate responsibly and drive safely during the high-risk warm weather period. The campaign also includes programming on drug/alcohol prevention for prom and graduation. During the three-month campaign, teens and school clubs develop activities, social media messaging, creative projects and other initiatives to influence peers to develop good attitudes and behaviors as drivers and passengers.
- **Interactive Safe Driving Experiences**. VSP and YOVASO partner to provide schools and communities with several hands-on experiences to teach teens about the risks associated with driving. The Distracted and Impaired Driving Simulators enable teens to navigate a cones course with a VSP instructor using Fatal Vision goggles to simulate impairment and/or by being distracted by cell phones, passengers, loud music, etc. Students experience first-hand the dangers of all types of impairment while driving. The ScanEd:Physics of a Crash Program enables students



to view a wrecked car while hearing details about risky behaviors that caused the crash. Students then scan QR codes on the vehicle to watch PSAs and short videos on risky driving behaviors, such as impaired driving, distracted driving, lack of seat belt use, etc. The program also includes a classroom component that uses physics to show teens why they should obey speed limits, wear a seat belt, drive alcohol/drug-free, etc.

- **Youth Leadership Training.** YOVASO provides training throughout the school year to prepare teens to be safe driving mentors and advocates. The training includes components on Zero Tolerance and DUI laws.

### Caregiver Support

- **YOVASO Summer Leadership Retreat** (see above) includes a parent meeting to educate parents on how to talk with their teen about safe driving. The parent meeting provides an overview of GDL laws, Zero Tolerance and DUI laws. It also encourages parents to develop a safe driving agreement with rules and consequences. Additionally, the parent meeting provides tips on how to talk with teens about safe driving and the importance of monitoring driving behaviors throughout the teen years.

### Virginia Foundation for Healthy Youth

Virginia Foundation for Healthy Youth (VFHY) empowers Virginia's youth to make healthy choices by reducing and preventing youth tobacco use, nicotine use, substance use and childhood obesity.

### Youth Access and Drug Education

In addition to their collaboration on the Virginia Youth Survey with VDH and VDOE, VFHY funds community partners with evidence-based programs through a grant process to reduce and prevent youth substance use throughout the Commonwealth each year. In fiscal year 2023, VFHY and community partners reached over 35,000 youth with substance use prevention resources. The following evidence-based programs were provided:

- All Stars
- Al's Pals
- Botvin LifeSkills Training
- CATCH My Breath
- Healthy Alternatives for Little Ones (HALO)
- INDEPTH
- Not on Tobacco
- Project Action
- Project SUCCESS
- Project Toward No Tobacco Use (TNT)
- Stanford University Tobacco Prevention Toolkit
- Strengthening Families Program
- Too Good for Drugs

VFHY also funds and implements the following prevention marketing initiatives statewide:

- Behind the Haze
- Down and Dirty
- Unfazed

Additionally, in April 2023, VFHY hosted the first Champions for Youth Summit, where nearly 500 prevention professionals came together – united by their desire to empower youth to make healthy choices. The next Champions for Youth Summit will be held September of 2024.

## Community Coalitions of Virginia

Community Coalitions of Virginia (CCoVA) is a statewide group of coalitions representing large and small, rural and urban communities, working collaboratively to prevent and reduce substance abuse and related risk factors in Virginia communities that are measurable and improve quality of life.

In fiscal year 2023, CCoVA provided experts in the field on Alcohol, Tobacco and Other Drugs (ATOD) prevention and used speakers and prevention coalition spotlights. There was a particular focus on cannabis and opioids.

Additionally, CCoVA members have expressed that many organizations are looking to CCoVA to provide guidance and education on issues that they are independently working on. CCoVA is in the early stages of updating its website and information sharing capabilities to better serve in this role. In fiscal year 2024, CCoVA has strategic goals surrounding member recruitment and retention, expanding coalition outreach and promoting training opportunities.

## Youth Access and Drug Education

Monthly Membership Meetings (August 2022-June 2023) were held virtually on Zoom on the first Monday of every month with, on average, 35-40 members in attendance each month. Education and Advocacy Coordinator tracks bills during General Assembly session and keeps members informed on pending legislation, as well as opportunities to educate lawmakers.

## Community Support

This year CCoVA was excited to be selected by VDH to help administer the Overdose Data to Action grants to coalitions across Virginia. These additional funds allowed the coalitions to expand their reach within their communities.

## Gaps in Youth Substance Use Prevention Efforts

VOSAP members' efforts, considered together with national and state youth substance use trends reveal a number of gaps.

A lack of funding exclusive to youth prevention in many organizations led to difficulty in reporting spending on youth prevention activities and initiatives. In these cases, youth substance use prevention activities are embedded within initiatives that might target caregivers or other community members more generally, while addressing risk and protective factors important for preventing youth substance use (e.g., parental support, mental health and trauma support). The VOSAP Collaborative sought to address this gap by providing an expanded way of reporting these activities that still impact youth substance use, though more clarifications should be developed to provide the most sensible and accurate picture of available youth prevention activities.

Additionally, each organization collects and reports youth substance use prevention efforts and measures in a different way. Some organizations report youth prevention efforts in age groups up to 18 years of age, while others report youth prevention efforts in age groups up to 22 years of age.

Another gap is regional spending tracking and reach of each organization's youth substance use prevention activities. Reporting formats vary per organization; some initiatives implemented by VOSAP member agencies are implemented and reported statewide, and data is not broken down by locality or region. Prior VOSAP Annual Reports utilized eight reporting regions across the state, under which city/county spending and reach data could be captured. However, in practice, the number of organizations providing only statewide data or regional data that was not compatible with

VOSAP reporting regions provided an incomplete picture, which made aggregate data less useful for comparison.

Continued development of a standardized, unified method of data collection and reporting would benefit the Commonwealth as it relates to youth substance use prevention. Incorporating metrics from Virginia data dashboards that speak to or predict youth substance use and individual substances of concern indicated by the Virginia Youth Survey could further organize reported activities of VOSAP members. This is key in effectively integrating and streamlining prevention efforts and providing a unified front on youth substance use prevention.

## Unmet Substance Use Prevention Needs

The following organizations identified unmet substance use prevention needs which have been described below.

### Virginia Cannabis Control Authority

The CCA is currently working on the production of youth and parent-focused educational materials to provide more information on cannabis use prevention, cannabis laws in Virginia and health and safety consequences of youth cannabis use.

### Virginia Department of Behavioral Health and Developmental Services

DBHDS struggling with workforce capacity and retention.

### Virginia Department of Criminal Justice Services

DCJS seeks more resources and programming on Fentanyl awareness and response.

### Virginia Department of Health

VDH does not have federal or state funding solely for youth substance use prevention.

### Virginia State Police

VSP would like to have resources to provide educational programs for parents on safe teen driving, including education about the Zero Tolerance Law and DUI laws.

### Community Coalitions of Virginia

CCoVA contracted with an evaluation service to begin developing a logic model. Local data from member coalitions was requested, but there is some resistance due to various agency/coalition policies. Having more data would allow CCoVA to be more effective in the future.

## VOSAP Collaborative Meeting Summaries

Meeting notes from all fiscal year 2023 VOSAP Collaborative meetings in order from July 2022 to June 2023 are detailed below. Full copies of meeting minutes can be found on the [Commonwealth Calendar](#).

### August 18, 2022, Discussion Topics

- Meeting Program: Review of VOSAP 2022 Annual Report data and submissions
- Organization Updates:

- **CCoVA** recently underwent a strategic planning process and is getting ready to roll out committees. They are also working to dispel a myth that legal cannabis means that it must be safe. New staff members were hired recently to help track legislation and produce toolkits to help local coalitions.

The next CCoVA meeting will be the second Monday in September (September 12).

- **DBHDS** reports many activities summarized below.
  - ACES training is being facilitated across the 40 CSBs.
  - Currently facilitating a Community Needs Assessment to address cannabis use among youth to be completed September 30, 2022.
  - Facilitating Youth MHFA training across communities for adults who work with youth.
  - Education for tobacco and alcohol merchants to address product placement and advertising that influences youth use.
  - Safe storage and disposal of prescription medications to decrease youth access.
  - Continues to partner with community coalitions to promote awareness and address favorable attitudes that exist within communities.
  - Will be partnering with the Virginia Foundation for Healthy Youth as facilitators for the inclusion of a substance use and misuse track at the conference being held in April.
- **DCJS** reports that they recently awarded 13 localities with DCJS programming. Some of the communities were identified as part of an assessment that was assigned in 2020. They are also offering many trainings as a part of the Virginia Center for School Campus Safety and Public Safety Services.

Additionally, DCJS held the Summer School Safety Forum for K12 and Higher Ed at the end of July with about 900 participants. There were both pre-conference and main conference sessions focusing on substance abuse/misuse prevention and intervention. The Strengthening Connections conference is coming up November 29-30 in Glen Allen at the Crossings. The conference focuses on improving school and community climates.

- **DJJ** reports working with INDEPTH, a nicotine dependence intervention program, as part of a grant from VHFY. Trainings are being planned.
- **DMV** is closing out FY22 grants and kicking off FY23 grants. In the coming year, over 360 grants will be issued to law enforcement, state agencies, colleges and non-profit organizations. The greatest outreach to youth is through teen driving programs.
- **VDOE** has several updates as the coordinator of K-12 education.

Sudden cardiac arrest guidelines for student athletes and state guidelines for heat illness prevention have been created. The Board also approved curriculum framework for Physical Education. VDOE is currently working on parent resources (as per legislation) for vaping prevention. Cannabis and gambling legislation are also being examined.

Additionally, VDOE recommends Virtual Virginia and HealthSmart Virginia. Virtual Virginia delivers a wide variety of training to teachers and students, and HealthSmart Virginia is a collection of curriculum and instructional resources for social, emotional, physical and environmental health. HealthSmart Virginia does not currently have funding.

- **DSS** reports partnering with Rams in Recovery to build an online portal which highlights training. They are currently working to integrate peers into the DSS systems.
- **Virginia ABC** hired Vida Williams as the Chief Digital and Branding Officer. Wyatt Anderson was hired as the Youth Education and Prevention Coordinator, and Hanna Jones was hired as the Data, Research and Evaluation Specialist for the Education and Prevention division at Virginia ABC.

The Education and Prevention division has two new toolkits available on the Virginia ABC Education website: one on health communication and another on social media best practices. Additionally, we have two new white papers available on the control state system and the suboptimal effectiveness of drunk goggles as a prevention method, respectively.

Virginia ABC is looking at supporting individuals, communities and organizations as casinos begin to open in the state.

- **VDH** continues to support the three Opioid Case Management Project ECHO hubs at UVA, VCU and Carilion Clinic. VDH is also partnering with ASAM to host DEA x-waiver trainings for clinicians so that prescribers can prescribe buprenorphine for MAT of opioid use disorder to greater than 30 patients. VDH is also developing the process for establishing the Opioid Rapid Response Program in Virginia that would ensure continuity of care for patients whose access to prescribed opioids and other medications is disrupted due to law enforcement action being taken against their prescribers. VDH also continues to work closely with and support the authorized Comprehensive Harm Reduction sites in Virginia.
- **VFHY** completed a marketing campaign called Unfazed, geared toward youth prevention. This campaign gives straightforward facts about marijuana. It is no longer televised but still exists on the VFHY website. The website contains information about marijuana use and data from a statewide study about marijuana.

VFHY will be hosting a conference April 23-26, 2023, is looking for speakers.

- **VSP** held the YOVASO summer leadership retreat in July. 80 participants took part in this first in-person retreat since the pandemic. Next summer's retreat is July 13-16, 2023, at James Madison University.

Youth of Virginia Speak Out (YOVASO) is peer-to-peer program education program for teen driver safety. This will be a rebuilding year, so there are efforts to help schools bolster attendance and participation.

YOVASO's fall program is Drive for Change. Schools can compete by designing materials, but schools can still participate without competing. The program is Arrive Alive.

- Meeting Program: Cannabis laws in the Commonwealth
  - Brianna Bonat, Health Policy and Data Manager at Cannabis Control Authority presented on cannabis laws in the Commonwealth.

- Organization Updates:

- **CCA** has developed several resources on cannabis public health and safety. These resources and more information can be found at <https://www.cannabis.virginia.gov/>. A new website is set to launch November 28.

The CCA is also working on a Safe Driving Campaign and shared results on a Safe Driving Survey they conducted with Stratacomm. Results of the survey included a summary of Virginians' behaviors, attitudes and policy involving marijuana-impaired driving. A detailed report of the survey findings can be found [here](#). A safe driving campaign is expected to launch in January 2023.

The Cannabis Public Health Advisory Council will meet December 12 from 2 to 5 p.m. in the East Readings Room of the Patrick Henry building. The meeting is open to the public and will include presentations from the Department of Agriculture and Consumer Services and the Department of Forensic Science.

The CCA is holding interviews for several new positions and is hoping to double in size by January 2023. The CCA is holding a series of town hall events, with at least one town hall in each health district in Virginia. Town halls began in Fall 2022 and are continuing into 2023. CCA board meetings are open to public attendees. Contact us at: [info@cca.virginia.gov](mailto:info@cca.virginia.gov).

- **CCoVA** now has 50 members across the state. Community Anti-Drug Coalitions of America (CADCA) host two conferences a year and hold a variety of trainings. CCoVA are working on securing grants to provide equal opportunity for members across the state to be in attendance. DBHDS has been effectively bringing in trainers and conferences/workshops within the state, for greater accessibility to these resources.

CCoVA members are planning a rally week at the Virginia General Assembly on January 27, 2023, at the capital. CCoVA meetings are held virtually on the first Monday of every month and the next will be December 12. For more information, email [infoccova@gmail.com](mailto:infoccova@gmail.com).

- **DBHDS** is conducting a community needs-assessment for marijuana and gaming and gambling. In early December, during their annual summit, a presentation of those findings will be shared. All of DBHDS coalitions use logic models, so now additions of marijuana use and gaming and gambling will be added into existing frameworks. DBHDS is currently looking for topics and speakers relevant to suicide prevention among men.

On November 18, DBHDS welcomes Charisma Dixon, who will work on youth cannabis use prevention.

- **DCJS** is in the middle of grant season. Grant committee meetings are currently being held in several counties in the state. One focus is on juvenile justice programming and message dissemination in hard-to-reach areas of the state. Some highlights include many



applications for gun violence reduction strategies. This is the first year the juvenile justice and youth grant is being offered after a three-year gap, when DCJS did not have access to this federal funding.

DCJS is also accepting school safety grants for prevention and intervention, efforts as well as physical safety in schools. School Resource Officer (SRO) training has been revised. This new training contains a stronger mental health focus and will launch fully in January 2023. The Handle with Care initiative includes behavioral de-escalation and trauma-informed practices are being adopted. We are always looking for great people to lead workshops on prevention among youth.

- **DSS** will hold its first annual Permanency Conference. Presentations will be held including child welfare and substance abuse, along with trainings for recovery, substance use 101 and practice in policy and guidance. The conference will take place December 7-8 in Hampton.
- **Virginia ABC** hired Ajai Blue-Saunders as Community Engagement Coordinator in the Education and Prevention division. The Alcohol Education and Prevention grant program will be accepting applications from January 1-March 1, 2023.

The Youth Alcohol and Drug Abuse Prevention Project (YADAPP) will be returning to an in-person kickoff conference this summer, the first since 2019. YADAPP is a peer-led conference where teams of student leaders develop actionable plans with adult sponsors to bring back to their schools and communities for implementation. YADAPP will take place July 17-21, 2023, at Longwood University.

- **VNG** now has two Drug Reduction Outreach (DRO) Specialists. VNG has continued partnerships in supporting organizations like VOSAP and CCOVA for their drug prevention strategies. A main focus of VNG has been increasing human trafficking campaigns. VNG has been holding presentations for human trafficking prevention, and their materials have even been shared with the Department of Defense. A new presentation with the Chesterfield Police Department is in the works for January. A date has yet to be set. Additionally, VNG has been working with the Richmond Police Department and its youth homelessness unit involving substance use to reallocate high-risk individuals and provide treatment resources.
- **VDH** is continuing partnerships with three different stakeholders for Project ECHO. Fully executed contracts are finalizing now, and the agency will continue work through the end of its current grant cycle. VDH is completing trainings for Virginia prescribers and individuals suffering from opioid misuse behavior.
- **VFHY** has put out a new campaign for youth cannabis perceptions and use under the umbrella of nicotine and tobacco. Champions For Youth summit will be held in person for the first time since 2019, and the summit will be for prevention professionals regarding nicotine and tobacco use and wider substance use pertaining to youth. The summit will take place April 24-26 in Falls Church. The Virginia Youth Survey 2021 results will soon be available. Data from the survey will be able to be manipulated and broken down by region, age, grade and trends.

## February 16, 2023, Discussion Topics

- Meeting program: Using data to inform collaborative efforts.
  - John Oh and Leslie Egen – Framework for Addiction Analysis and Community Transformation presented on their dashboard and data collection efforts.
  - VOSAP Coordinator presented focus areas to better organize data around risk and protective factors in future VOSAP Annual Reports.
- Organization Updates:
  - **CCA** hired Hanna Jones as Data and Research Analyst and Rebecca LaBelle was hired as Healthy Policy Analyst. The CCA has conducted a Safe Driving Campaign, which includes data on opinions and perspectives on driving with cannabis. This data is available on their website along with fact sheets on cannabis laws.
  - **CCoVA** welcomes Travis Fellows as the new coordinator. CCoVA has been tracking and monitoring legislation in the General Assembly. The next monthly virtual meeting is on March 6 in which data from young adult surveys, logic models will be presented. CCoVA is working with VDH on opioid prevention strategy grants with twenty grant applications. CCoVA is targeting a fall Summit event in Roanoke.
  - **DBHDS** will possibly receive funding for cannabis use prevention programs, depending on the outcome of legislation before the General Assembly. On January 26, DBHDS Office of Behavioral Health Wellness convened a kickoff for a Youth Cannabis Advisory Workgroup to ensure that all agencies involved in the oversight and prevention of youth cannabis use are coordinated, working together and aligning strategies.
  - **DCJS** is preparing for the upcoming School Safety Training Forum. Age-appropriate videos for K-12 students have been created to address school threats.
  - **DJJ** is working with VFHY on a three-year grant, promoting the Catch My Breath program. On the juvenile side, DJJ was just awarded twelve grants.
  - **DMV** is currently in the FY 2024 grant application process. Grants will close on February 28. In 2023, 320 grants were distributed. There is now a focus on doing more community engagement and education. Most applicants are law enforcement and state agencies, but it is open to non-profit organizations focusing on community engagement and education. Highway Safety Summit will possibly be in May of this year.
  - **VDOE** is promoting the **Governors' Physical Activity Program** to enhance the overall health and well-being of school personnel and model and inspire healthy lifestyles for students.

PBS is creating videos to be placed on school websites for parents/community. The Hidden in Plain Sight is being recorded. Asks for feedback on what else should parents ought to know about vaping/opioids/gambling.

There are a number of legislative initiatives if any would be willing to serve as a reviewer.

- **HB 1073** Parental educational information; tobacco and nicotine vapor;



- **HB 1108 D.** Instruction concerning gambling and the addictive potential thereof,
- **HB 1215** Grades seven and eight physical education class shall include at least one hour of public safety training;
- **HB 850** Lyme disease; instructional resources and materials:
- **HB 1023-** Family life education optional instruction on human trafficking of children

VBOE guidelines for HB 1108 D Instruction concerning drugs, alcohol, substance abuse, tobacco and nicotine products, and gambling.

- D. Instruction concerning gambling and the addictive potential thereof shall be provided by the public schools as prescribed by the Board.

**SB 78** - adds 90-minute parent/student component to all state-approved classroom DE courses and includes a **section on the dangers of alcohol and other drugs and driving**. Other legislation of interest related to age-appropriate mental health course of instruction (SB 818), hazing prevention training (HB 1102), Title IX and sexual harassment prevention training (HB 1560), safety while accessing technology (HB 1575).

Applied for CDC Grant, School-Based Interventions to Promote Equity and Improve Health, Academic Achievement, and Well-Being of Students

In collaboration with the CDC, Virginia Department of Health (VDH), and other key partners like Charlottesville City Schools, we aim to enhance academic achievement by focusing strategies and activities within the context of the Whole School, Whole Community, Whole Child (WSCC) model to improve health for generations of students.

- **DSS'** Speak Out program is addressing policy to support youth in foster care. Recovery Ally is addressing risk and protective factors surrounding substance abuse in families. Working on the Governor's behavior health initiatives.
- **Virginia ABC** has their Education and Prevention Grant Program's deadline coming up on March 1 at 5:00pm. Grants of up to \$10,000 are offered to address underage drinking, social providing/social hosting prevention, or high-risk drinking prevention. Currently process of hiring a new Data, Research, and Evaluation Specialist. The Youth Alcohol and Drug Abuse Project (YADAPP) Kick-Off Conference is back in person, at Longwood University July 17-21. Early bird registration opens April 1.
- **VDH** Violence and Substance Abuse Prevention Epidemiologist just started.
- **VSP** announces that registration for YOVASO's Youth Retreat opens March 27, with the conference being held the week of July 10 at James Madison University. This year's theme is decades.

YOVASO's Arrive Alive campaign is happening this spring beginning in March, promoting safety around Prom and graduation events.

## May 18, 2023, Discussion Topics

- Meeting program: Virginia Department of Education Initiatives

- **Robin Shepherd**, Health and Family Life Specialist in the Office of STEM and Innovation at Virginia Department of Education gave a presentation on VDOE initiatives, highlighting efforts and insights on hazing prevention, passive drunk driving, vaping prevention, driver education curriculum, the Central Virginia Overdose Working Group and free resources.

- Organization Updates:

- **CCOVA** annual membership coming up in July. Organizations as well as individuals can join.

Annual Summit will be held on Oct. 23, at the Hotel Roanoke. It will focus on the intersection of mental health and substance use.

CCoVA acted as a pass-through from VDH to provide funding to 22 coalitions across the state.

- **CCA** issued a contract to Reingold who will help create the next round of safe driving campaign messaging. The next round will include commercials, ads, etc.
- **DBHDS** has experienced substantial turnover. Continuing to implement ACES training and trauma responsive trainings. There are 450 trainers statewide. Also implementing mental health first aid.
- **DCJS** is blanketing the state with ACES training and trauma training, particularly about how to respond in school systems. Train the trainer - Handle with Care program event set for June 26. Projecting 34 schools and localities participating.

Summer conference (Summer School Safety Forum) July 24-27, Hampton. If interested in attending or having a resource table, let Betsy Bell know.

- **VDOE** shared many updates in their presentation (see minutes for full slides), as well as others below.

Hazing prevention is a top priority, and alcohol is recognized as a dangerous component. Parent education is being developed, and a PSA script was created in collaboration with WHRO.

Shared information on Driver Alcohol Detection System for Safety Program with learning modules on Virtual Virginia and Discovery Hub. Students can use these, and staff can earn CEUs.

Shared draft guidelines in response to House Bill 1073 (2020), which directed the Department of Education to create a framework for school boards to annually provide parents with educational information needed to assist with understanding health dangers of tobacco and nicotine vapor products.

Shared updated Driver Education standards related to students analyzing effects of substances on risks and collisions, as well as legal consequences.

Health and Safety Physical Activity Institute at James Madison University, July 9-12.

VADETS Preconference is July 9. Additional vendors are always appreciated.

VDOE OSS included many substance abuse prevention resources in the School Counseling October Newsletter. School Counseling Substance Use Modules are also available.

- **Module 1** (682 views): Overview of Substance Use Prevention
- **Module 2** (578 views): Understanding Substance Use Disorders
- **Module 3** (579 views): Responding to Substance Use Issues
- **Substance Use Disorders and Opioid Addiction in School Communities** Modules (Series of 9)

**2021 Model Guidance for Positive, Preventative Code of Student Conduct Policy and Alternatives to Suspension:** Encourages schools to create interventions for students who previously were suspended and/or referred to law enforcement for drugs and alcohol.

### Best Practices for Administration of Naloxone in the School Setting

#### Naloxone Administration Procedures Form for School Health Personnel

- **DSS** has been working closely with the Opioid Abatement Authority. Medical examiners report came out showing that overdoses under 18 jumped dramatically.
- **Virginia ABC** hired Data, Research and Evaluation Specialist Matt Santucci.

Many Virginia ABC regulations are available for public comment until July 7 on the Virginia Regulatory Town Hall site at [www.townhall.virginia.gov](http://www.townhall.virginia.gov). Those relating to alcoholic product advertising and label approval requirements may be of particular interest to VOSAP stakeholders.

- **VDH** submitted new CDC overdose data to action grant. This five-year grant assists VDH with funding to continue work already being done. Liz Zaunick resigned from her position.
- **VSP** is wrapping up the year. Youth of Virginia Speak Out's (YOVASO) Summer Leadership Retreat is occurring at James Madison University July 13-16.

# Final Summary

Through the review of information submitted for fiscal year 2023, \$26,753,964 was spent on substance use prevention. To better capture the interconnected nature of youth prevention efforts, reporting organizations considered three focus areas pre-determined by VOSAP Collaborative members when reporting spending and activities: Youth Access and Drug Education, Caregiver Support and Community Support. Evaluation of these data starts shows a wide berth of programs and resources to prevent youth substance use, with substantial gaps in how information is reported in terms of spending and reach on a regional level.

Additionally, data on youth substance use behaviors is limited. While the **Virginia Social Indicator Dashboard** reports substance use behaviors by locality and Community Service Board service areas, youth data is not specifically reported. This gap in data collection does not allow for a direct comparison of regional youth substance use behaviors and the need for youth substance use prevention initiatives in those regions. The **Virginia Youth Survey** does collect statewide youth substance use behaviors bi-annually.

Moving forward, the VOSAP Collaborative will consider ways to improve the reach and impact of programs across the Commonwealth, as well as methods to facilitate sharing data between member organizations.

## VOSAP Collaborative Contact Information

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## Future VOSAP Meeting Dates

VOSAP meets on a quarterly basis on the third Thursday of the first month of the quarter. Meetings are held virtually or at a collaborative organization's location. Upcoming meeting dates are:

- February 15, 2024
- May 16, 2024