

Virginia Office FOR Substance Abuse Prevention (VOSAP)  
AUGUST 28, 2014 - 9:30-11:45 A.M.  
VIRGINIA ABC 2901 HERMITAGE ROAD, RICHMOND VA

**VOSAP Collaborative Members in attendance:**

Gene Ayers, Virginia State Police/D.A.R.E.  
Heather Board, Dept. of Health  
Butch Letteer, Dept. of Motor Vehicles  
Gail Taylor, Dept. of Behavioral Health and Developmental Services  
Jennifer Farinholt, ABC Education and Prevention Coordinator  
Joe Cannon, Special Agent in Charge, Bureau of Law Enforcement, Special Projects & Training  
Jo Ann Burkholder, Dept. of Education  
Tracey Jenkins, DCJS  
Marty Kilgore, Virginia Foundation for Healthy Youth  
Michelle Schmitt, VCU Center for School Community Collaboration

**VOSAP Collaborative Members not present:**

Ann Childress, Dept. Social Services  
Art Mayer, Dept. of Juvenile Justice  
Donna Michaelis, DCJS  
Mark Buff, Dept. of Fire Programs  
Major Jon Chapman, Counterdrug Task Force Virginia National Guard  
Shellie MacKenzie, DCJS  
Katie Weeks, ABC Education and Prevention Section Manager

**Key: Passages in red are action items that require follow-up.**

**Welcome and Collaborative updates**

Jennifer opened the meeting at 9:40 a.m. She shared that Neal Edmonds has a new position and Major Jon Chapman will be the new Virginia National Guard representative. Joe told the group that the ABC Bureau of Law Enforcement has realigned and he will now head up the Charlottesville office. He is not sure how this will affect his participation with the Collaborative. He encouraged members to continue to contact him and he will assist in any way possible. Gail (later in the meeting) said DBHDS has enjoyed Joe's partnership on SYNAR/efforts to reduce underage tobacco sales. The sales rate in Virginia is creeping back up and e-cigarettes are also a huge concern.

Jennifer shared that the previous week she was part of the first group to attend SAMHSA [Substance Abuse Prevention Skills Training](#) offered through Virginia Foundation for Healthy Youth. Some of the training cohort members have 25+ years in the field, others—like Jennifer—are newer to their positions. The curriculum (grounded in the Strategic Prevention Framework [SPF]) was immediately relevant and the relationships formed in the class are another great benefit. Jennifer suggested we, collectively (as VOSAP) and individually, promote this and other training offered through VFHY/DBHDS.

**Planning for 2014/2015 including 2014 VOSAP Annual Report**

Jennifer said she will begin working on the VOSAP Annual Report in September and wants to enhance the information provided including the required section with substance abuse (SA) or SA-related prevention programming and estimated expenditures.

Tracey mentioned it is very difficult, sometimes impossible, to tease out specific dollars spent on SA prevention programming. DCJS hosts many training classes/conferences and coordinates/awards millions of dollars in grants; much of this is federal money. We need a better way to accurately reflect the estimated expenditures.

We decided to add a column to identify federal money spent on SA prevention efforts and possibly identify “unmet needs.” **Jennifer will send a template to collect information for the VOSAP Annual Report by late September. She will draft the report and request feedback from the Collaborative in October.**

### **Prescription Drug and Heroin Abuse**

Heather shared that DOH is working in collaboration with many entities (including the Dept. of Health Professions) on data analysis/sharing related to prescription drug abuse (particularly opioid abuse and heroin deaths.) This is a priority item for the administration. (On 9/8/14 Governor McAuliffe launched *A Healthy Virginia*, the plan includes “**Step 9: Take bold actions to reduce deaths from prescription drug and heroin abuse**-Last year, more Virginians died of overdose than were killed in car accidents. The prescription drug problem has reached a crisis in Virginia, where some county death rates are the highest in the entire nation.”) Attorney General Herring is leading parts of this initiative and there will be an Executive Summit on Heroin and Prescription Drug Abuse on October 2 in Charlottesville.)

### **Continuation of Schools and Communities Recognition Program**

Jo Ann briefed the group regarding the 2012/2013 SAVVY (Substance Abuse Awareness Vital for Virginia Youth) Schools and Communities Recognition Program and proposed that we adopt the model as the VOSAP Schools and Communities Recognition Program.

**Summary:** The Recognition Program is intended to promote best practices and community responsiveness that lead to enhanced student health, school engagement, and academic and personal achievement.

In 2013, the Recognition Program’s application development and evaluation team included:

- Jo Ann Burkholder, Coordinator  
Student Assistance Systems, Office of School Improvement  
Virginia Department of Education
- Cynthia Cave, Ph.D., Director  
Office of Student Services  
Virginia Department of Education
- Dewey Cornell, Ph.D., Professor of Education  
Curry School of Education and Youth-Nex Center to Promote Effective Youth Development  
University of Virginia
- Andrew Molloy, Chief Deputy Director  
Department of Criminal Justice Services
- Mike Olsen, Prevention Consultant  
Prevention Services, Office of Mental Health  
Department of Behavioral Health and Developmental Services
- Michelle Schmitt, Ph.D., Assistant Professor & Acting Director  
Center for School Community Collaboration  
Department of Counselor Education

School of Education  
Virginia Commonwealth University

- Patrick Tolan, Ph.D., Professor of Education and Psychiatry and Neurobehavioral Sciences  
Director, Youth-Nex Center to Promote Effective Youth Development  
University of Virginia

This team evaluated applications using the following seven program elements:

- Strength of Organization
- Evidence-based Programming and Quality of Implementation
- Professional Development
- Community Connection and Engagement
- Parent Connection and Engagement
- Assessment and Evaluation
- Sustainability

Fourteen school divisions applied. They were recognized as:

#### **Model Programs**

Portsmouth Public Schools  
Roanoke County Public Schools

#### **Effective Programs**

Albemarle County Public Schools  
Loudoun County Public Schools Orange County Public Schools

#### **Promising Programs**

Bristol Public Schools  
Charlottesville Public Schools  
Chesterfield County Public Schools  
Henrico County Public Schools  
Montgomery County Public Schools Roanoke City Public Schools

#### **Honorable Mentions**

Arlington Public Schools  
Newport News Public Schools Pittsylvania County Public Schools

Tracey asked whether we could expand this to colleges and universities and we agreed this is something we could explore in the future. Heather and Gail shared concerns that the Recognition Program does not effectively collect and measure outcomes and we need to be looking for long-range, sustainable improvements. We all acknowledged that we would like to bolster the Recognition Program by adding mentoring and training elements. To encourage greater involvement, we propose awarding funds to further the joint efforts of the school divisions and their communities.

The spectrum across Virginia school divisions is extremely broad—some divisions have one high school versus a division like Fairfax has more than 30. This spectrum also exists in terms of what schools and communities are doing together to prevent substance abuse. We acknowledged the Recognition Program does not collect outcomes, but it does provide an additional platform to encourage: workforce development, building partnerships (including mentorships) and education/implementation of the SPF model.

The rough timeline to roll out the VOSAP Schools and Communities Recognition Program was proposed:

- October-December>planning (application refinement, marketing strategy, associated training, budget approval, award announcement, etc.)
- January>announce the program and release the application
- March 1>application due
- April>complete review of applications
- May>announce results during the statewide prevention/wellness conference; include a “track” or workshop(s) that align with the elements of the Recognition Program application

Michelle pointed out that there are other opportunities besides the May conference (CCOVA is bringing in the CADCA training academy) and we want to be careful that we are not “preaching to the choir” if we do proceed with training during the prevention conference. We agreed we want to build on all opportunities including: conferences for the principals and superintendents. (DCJS, DOE, DBHDS and VDH are partnering to present a two-day summit entitled *Strengthening Connections: Fostering a Positive School Climate* on December 2 and 3, 2014 at the *DoubleTree by Hilton Hotel Richmond-Midlothian*.)

**Jennifer will draft a proposal, for vetting through her leadership, and report back by early October.**

#### **EPI Committee/Evidence-Based Governing/Targeting Resources**

Our discussion regarding the limitation of the Recognition Program segued into a discussion about epidemiological data and major changes underway in the commonwealth. Tracey, Gail, Heather and Marty all said that the current administration is clearly committed to evidence-based governing and is mandating quick change. Because we “can’t be everywhere,” we must target our resources for the localities/communities in need and help equip localities to build their supports and sustainability. Gail said the EPI Committee will continue what began from the [SPF-SIG](#) and broaden it, as related to substance abuse prevention. Michelle invited everyone to attend the SPF-SIG meeting on September 9.

Jo Ann shared that DOE recently worked with DCJS on a study of Schools in Improvement. A data crosswalk identified a direct relationship between discipline rates and SOL scores. One result is the schools will work on strengthening the protective factor of enhancing school engagement. There is a continuing need to help illustrate the connections of: *how substance abuse problems affect students’ ability to succeed*. **Interpreting the data is very important!** Jo Ann said part of the challenge is to create an understanding that is common across all disciplines. We all agreed we need the data at a very well-developed level to make the case that CSBs, coalitions, schools, principals, parents, etc. need to work together. The VOSAP Schools and Communities Recognition Program, and accompanying awards/promotion/training, could be a powerful instrument to keep the synergy going.

#### **VOSAP SOL review**

Jo Ann opened a discussion regarding review of the Health Standards of Learning (SOL) for K-10. Every six years these SOLs are updated and revised. This summer, Jo Ann notified DOE Health and Education Instruction Supervisor Vanessa Wigand that the VOSAP Collaborative would like to provide input during this review period. (Marty identified Heidi L. Hertz MS, RD, Obesity Prevention Coordinator, to represent Virginia Foundation for Healthy Youth on the SOL review committee.)

Vanessa's Wigand's message through Jo Ann: "Please ask VOSAP to review the *Standards of Learning for Health Education*, and to provide underline/strikethrough recommendations. Following is the link to Health Smart Virginia which has the SOLs and the curriculum framework: <http://healthsmartva.pwnet.org/>."

We looked at the link online and noted that we have the opportunity to make suggestions for "Resources" and "Lesson Ideas" too. Heather believes that the resources can be updated at any time but the SOL review needs to be completed by sometime in October. There is also the possibility of providing our suggestions when the SOLs are released for public comment. **Jennifer will check with Jo Ann to determine the timeline and next steps.**

At the meeting Heather, who was already involved with the SOL review, volunteered to identify the specific SOLs that apply to substance abuse. Subsequently, Heather shared, "Here are the SOLs that staff had identified as being relevant to the prevention of Rx drugs. Although these were originally identified in relation to Rx drugs, they appear to be broad enough to address multiple substances."

- K.1 The student will explain that the body is a living and growing organism. Key concepts/ skills include
  - c. the effects of drugs and medicines on the body;
- 1.2 The student will explain that good health is related to health-promoting decisions. Key concepts/skills include
  - c. the harmful effects of misusing medicines and drugs;
- 2.2 The student will explain that personal health decisions and health habits influence health and wellness throughout life. Key concepts/skills include
  - b.the harmful effects of drugs, alcohol, and tobacco;
  - d.the importance of learning and using refusal skills to make good decisions;
  - e.the use of nonviolent strategies to resolve conflicts.
- 3.3 The student will identify the effects of drugs, alcohol, tobacco, and other harmful substances on personal health. Key concepts/skills include
  - a) improper use of medicines;
  - b) the use of refusal skills to counter negative influences;
  - c) the effects of nicotine, alcohol, and other drugs on body systems;
  - d) the use of common household items as inhalants;
  - e) the effects of mind-altering drugs on behavior.
- 4.3 The student will describe and evaluate the effects of alcohol, inhalants, tobacco, and other drug use on self, family, and community. Key concepts/skills include
  - a) the impact on self, family, and community;
  - b) the short- and long-term consequences of drug use;
- 6.1 The student will apply critical-thinking skills and personal-management strategies to address issues and concerns related to personal health and wellness. Key concepts/skills include
  - d) refusal strategies related to alcohol, tobacco, and other drugs
- 6.4 The student will analyze the consequences of personal choices on health and wellness. Key concept/skills include:
  - c) the use of resistance skills to avoid violence, gangs, weapons and drugs
- 7.2 The student will describe and exhibit the behaviors associated with a physically active and healthy lifestyles. Key concepts/skills include
  - c. strategies for avoiding drugs, alcohol, tobacco, inhalants, and other harmful substances;

- 9.3 The student will analyze, synthesize, and evaluate the relationships among positive health behaviors, prevention and treatment of injury, and premature death. Key concepts/skills include
- e. the effects of alcohol and other drug use.
- 9.5 The student will evaluate the benefits of collaboration in relation to community health and wellness initiatives. Key concepts/skills include
- e. the awareness of health-related social issues such as organ donation, homelessness, underage drinking, and substance abuse.
- 10.1 The student will demonstrate an understanding of health concepts, behaviors, and skills that reduce health risks and enhance the health and wellness of self and others throughout life. Key concepts/skills include
- c. the effects of tobacco, alcohol, inhalants, and other drug use;
- 10.5 The student will evaluate how different types of behaviors impact the family and community. Key concepts/skills include
- g. the negative influence of teenage drug and alcohol use on younger members of the community.

### **VOSAP website**

**Please share your agency news and events with Jennifer.** The aim is to update the website quarterly but it is helpful to have as much information, as far in advance as possible.

- The Central Virginia Marijuana Taskforce Public Safety Committee presents Marijuana Decriminalization or Legalization: The Negative Impacts on Virginia September 19, 2014, 2-5 p.m. For more information or to register online, visit [www.caron.org/henrico-marijuana-event](http://www.caron.org/henrico-marijuana-event)
- Marijuana Summit, A Conversation in the Commonwealth, will be held November 3, 2014 in Roanoke at the Virginia Tech Carilion Research Institute. This is a statewide conference with national and state researchers sharing the scientific and social impact of the marijuana industry. (Jennifer will forward the flyer to Collaborative members.) This is sponsored by RAYSAC, Prevention Council of Roanoke County, Virginia Tech Carilion Research Institute and CCOVA. Call (540) 353-5682 for more information.

### **Agency/member updates**

Gene shared that Virginia is one of three states looking to pilot the new keepin' it REAL High School Curriculum developed by Dr. Michael L. Hecht and [The Drug Resistance Strategies Project](#) team at Penn State. Gene also shared that he will be retiring soon. We all shared our congratulations and well wishes.

### **Next meeting date**

**Jennifer will send a Meeting Wizard request soon to select the date for our next meeting (approx. early November.)**

The meeting adjourned at 11:45 a.m.

Respectfully submitted,  
Jennifer Farinholt  
VOSAP Facilitator