



The Opioid Crisis and K-12 Schools: Supporting Students at School Resource List

Classroom Teachers

Maryland Public Schools, *Heroin and Opioid Awareness & Prevention Toolkit*

<http://www.marylandpublicschools.org/Documents/heroinprevention/HeroinOpioidToolkit.pdf>

- See pages 13 – 14 for educator resources for elementary staff, including best practices for young children in drug prevention education.
- See pages 15 – 16 for educator resources for middle school staff, including protective factors for middle school students.
- See pages 17 – 18 for educator resources for high school staff, including protective factors for high school students.

National Institute on Drug Abuse (NIDA), *Preventing Drug Use among Children and Adolescents: A Research-Based Guide for Parents, Educators, and Community Leaders*

<https://www.drugabuse.gov/sites/default/files/preventingdruguse.pdf>

- Describes risk and protective factors for drug abuse among youth with specific tips for how educators can strengthen learning and bonding to school. Lists examples of research-based drug abuse prevention programs by elementary, middle, and high school levels, cross-referenced with universal and tiered programs.
- Also, NIDA *Principles of Substance Abuse Prevention for Early Childhood* discusses risk and protective factors and why intervening in early childhood is important. Review at <https://www.drugabuse.gov/publications/principles-substance-abuse-prevention-early-childhood/table-contents>.

- Free lesson plan and activity finder for classroom lessons and multimedia activities on teens and drugs (6th-12th grade)
<https://teens.drugabuse.gov/teachers/lessonplans#/questions>

U.S. Department of Justice/Drug Enforcement Administration’s Operation Prevention
<https://www.operationprevention.com/classroom>

- Elementary school lessons, educator guide, and interdisciplinary activities
- Middle school lessons and educator guides
- High school lessons and educator guides

Specialized Instructional Support Personnel

School counselors, social workers, school psychologists, and school nurses can connect with their national associations for resources appropriate to their unique role in supporting students impacted by substance abuse. Some resources are available to members only or require access permission.

Administrators

Centers for Disease Control and Prevention, *Opioid Overdose*
<https://www.cdc.gov/drugoverdose/index.html>

- Data and information for the public, states, and health-care providers. Download a new resource summarizing *Evidence-Based Strategies for Preventing Opioid Overdose: What’s Working in the United States* at
<https://www.cdc.gov/drugoverdose/index.html>.

NIDA, *Drugs, Brains, and Behavior: The Science of Addiction*
<https://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/drug-misuse-addiction>

- This website provides significant information on drug misuse and addiction, including current brain science information and details on research-based prevention programs.
- Also, download or order copies of a free 40-page *Alcohol Screening and Brief Intervention for Youth: A Practitioner’s Guide* to help identify youth at risk for alcohol-related problems at
https://pubs.niaaa.nih.gov/OrderForm/EncForm/Youth_Guide_Order_Form

Substance Abuse and Mental Health Services Administration (SAMHSA), *Ensuring the Well-being of Boys and Young Men of Color: Factors that Promote Success and Protect Against Substance Use and Misuse*

<https://www.samhsa.gov/capt/sites/default/files/resources/ensuring-wellbeing-boys-young-men-of-color-factors.pdf>

- This guide emphasizes using protective factors to address substance use, misuse, and related behavioral health needs among boys and young men of color.

SAMHSA, *Prevention Resources for Building Healthy Communities*

https://www.samhsa.gov/sites/default/files/programs_campaigns/nation_prevention_week/npw-catalogue-prevention-resources-healthy-communities.pdf.

- This comprehensive list of resources is aimed at preventing substance misuse in the community, including materials for talking with children and teens about underage drinking, drugs, and substance abuse as well as mental health support.

SAMHSA, *Using Strengths to Address Alcohol Abuse and Suicide Among American Indian (AI) and Alaska Native (AN) Youth*

<https://www.samhsa.gov/capt/sites/default/files/resources/strengths-address-alcohol-suicide.pdf>

- Outlines a prevention approach emphasizing protective factors present in AI/AN communities including attachment, mastery and self-control, sense of belonging, and spirituality.

The National Child Traumatic Stress Network, *Understanding the Links Between Adolescent Trauma and Substance Abuse: A Toolkit for Providers*

https://www.nctsn.org/sites/default/files/resources//understanding_the_links_between_adolescent_trauma_and_substance_abuse.pdf

- This resource is an extensive toolkit outlining the connection of trauma to substance abuse, including treatment tips for mental health professionals.

The White House, *Confronting the Opioid Crisis in the United States*

<https://www.opioids.gov/> (data only)

- This website provides national data to inform stakeholders of the extent and nature of the opioid crisis.

U.S. Department of Education (ED), *Combating the Opioid Crisis: Schools, Students, Families* <https://www.ed.gov/opioids>

- Website aimed at 1) helping to educate students, families and educators about the dangers of opioid misuse and about ways to prevent and overcome opioid addiction and; 2) supporting State and local education agency efforts to prevent and reduce opioid misuse.

ED, Office of Special Education Programs, *Topical Issue Brief: Intervention IDEAs for Infants, Toddlers, Children and Youth Impacted by Opioids*
<https://osepideasthatwork.org/sites/default/files/IDEAsIIsBrief-Opioids-508.pdf>

- Summary of potential symptoms by age of young and school-aged children who have been exposed to opiates along with age-appropriate interventions and list of resources.

U.S. Department of Health and Human Services, *Help, Resources and Information National Opioids Crisis*
<https://www.hhs.gov/opioids/>

- This website provides a wealth of information related to prevention, treatment, and recovery of opioid abuse and addiction.