

# Massachusetts Department of Public Health Bureau of Substance Addiction Services Office of Youth and Young Adult Services



## School Based Programming for Youth

Community Behavioral Health Promotion and Prevention Commission  
December 9, 2021

Brian Jenney, Director  
Rebecca Butler, Assistant Director



## OYYAS Mission:

To promote personal & family growth by ensuring youth and young adults experiencing substance use and co-occurring disorders have access to **developmentally appropriate**, **culturally responsive**, trauma-informed services and supports.

# OYYAS Goals:

01

Build and support the Office of Youth and Young Adult Services and its providers to **maintain a continuum** of comprehensive, integrated services.

02

Facilitate efforts to **improve external stakeholder capacity** to work with youth and young adults with substance use disorders.

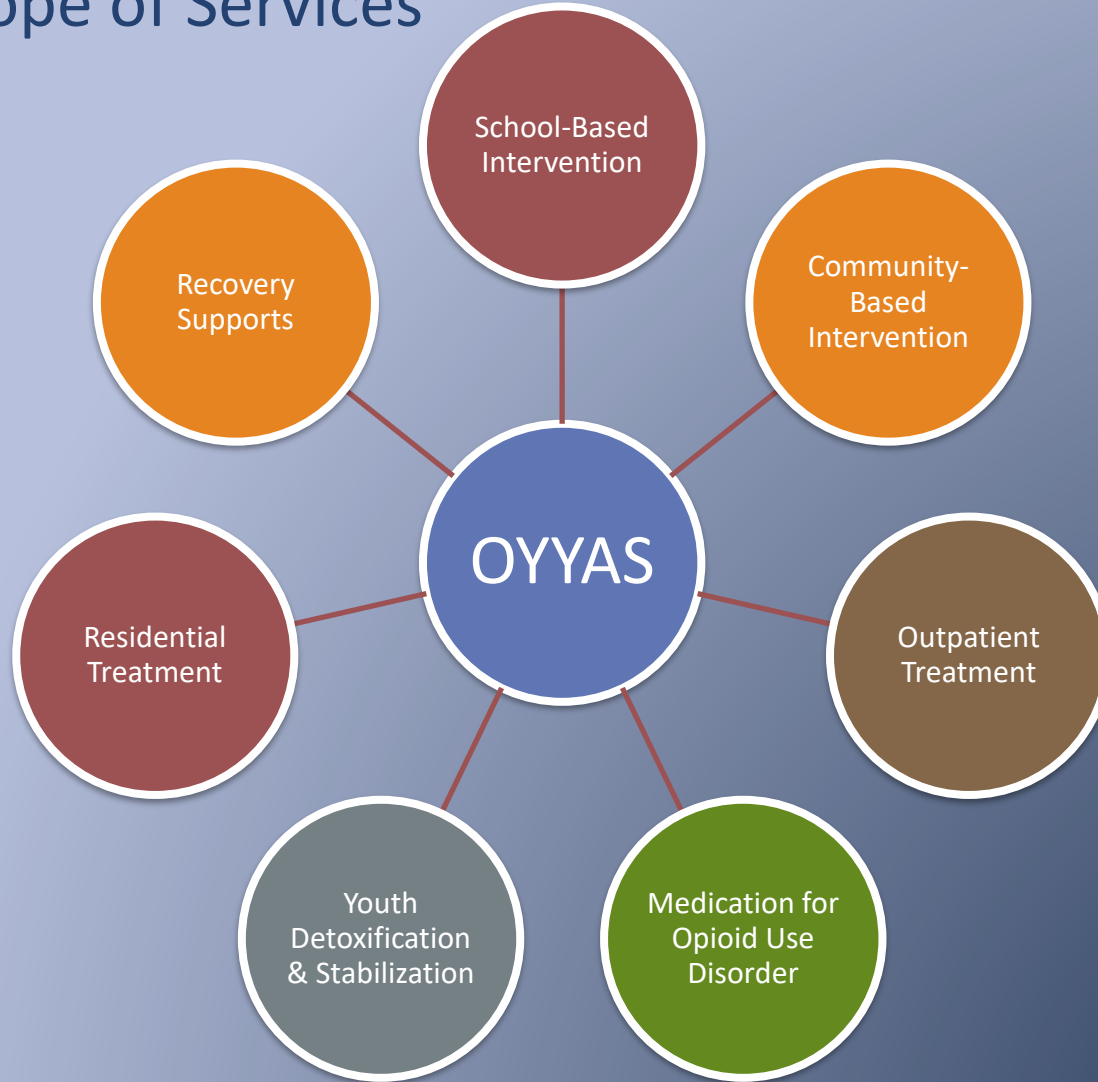
03

Promote and support a youth and young adult **recovery community network**.

04

Utilize **research and data to drive system change** in an effort to close any gaps that exist within the OYYAS continuum of services.

# OYYAS Scope of Services



## DPH/BSAS Prevention Unit



Botvin LifeSkills Training (LST) is a comprehensive substance use prevention program that focuses on targeting the social and psychological factors that initiate risky behaviors rather than simply educating participants on the dangers of drug and alcohol use. By building self- confidence and strengthening the skills needed to successfully handle challenging situations, LST has been proven time and again to significantly reduce the risks of alcohol, tobacco, drug use and violence.

This evidence-based program:

- ✓ Teaches students the necessary skills to resist peer pressures to smoke, drink, and use drugs.
- ✓ Helps to develop a healthy self concept and confidence.
- ✓ Gives students the skills needed to effectively cope with anxiety.
- ✓ Increases knowledge of the immediate consequences of substance abuse.
- ✓ Enhances cognitive and behavioral competency to reduce and prevent a variety of health risk behaviors.

BSAS has trained 638 facilitators since 2017.

Student participation: FY19: 3,450 FY20: 5,567

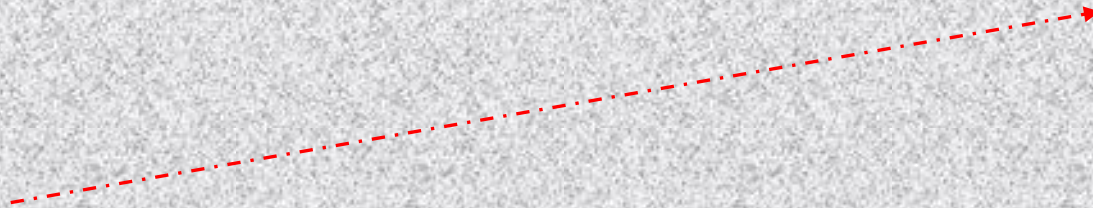




## **The Good Behavior Game:**

- ❖ An evidence-based universal preventive intervention applied by teachers in the classroom.
- ❖ Consists of a set of research-based strategies with origins in behavioral science, neuroscience, and cultural wisdom that operate together to improve children's self-regulation.
- ❖ Teachers implement these strategies as part of their daily routines in carrying out tasks such as getting students' attention, selecting students for tasks, transitioning from one task to the next, working as part of a team, limiting problematic behavior, and reinforcing pro-social behavior.
- ❖ The Good Behavior Game helps to build children's self-regulation, resulting in improved focus and attention, improved test scores and other academic outcomes, reduced alcohol and other drug use, reduced psychiatric disorders, and reduced suicide.
- ❖ Since 2017, BSAS has trained and offered implementation supplies to 344 teachers and administrators.

# Progression of Intervention Services



Service Type: Intervention

Modality: **iDECIDE**

Target Population: 12-17

Staff: BA/ paraprofessional

Site: School, Community

Service Type: Intervention

Modality: **Project AMP**

Target Population: 13-17

Staff: BA/ paraprofessional/  
\*lived experience

Site: School, Community

Service Type: Intervention

Modality: **Intensive Case  
Management**

Target Population: 8-17

Target Population: Parents

Staff: Clinicians and/or BA

Site: School

Service Type: Treatment

Modality: **A-CRA/Co-  
Occurring Response  
Teams**

Target Population: 12-24

Staff: Clinicians

Site: School, Community,  
Clinic

Reimbursement: 3<sup>rd</sup>  
party or FI Blanket





## iDECIDE

Education-based intervention for students caught violating school substance use policy.

Science-based alternative to suspension and other exclusionary disciplinary responses to student substance use.

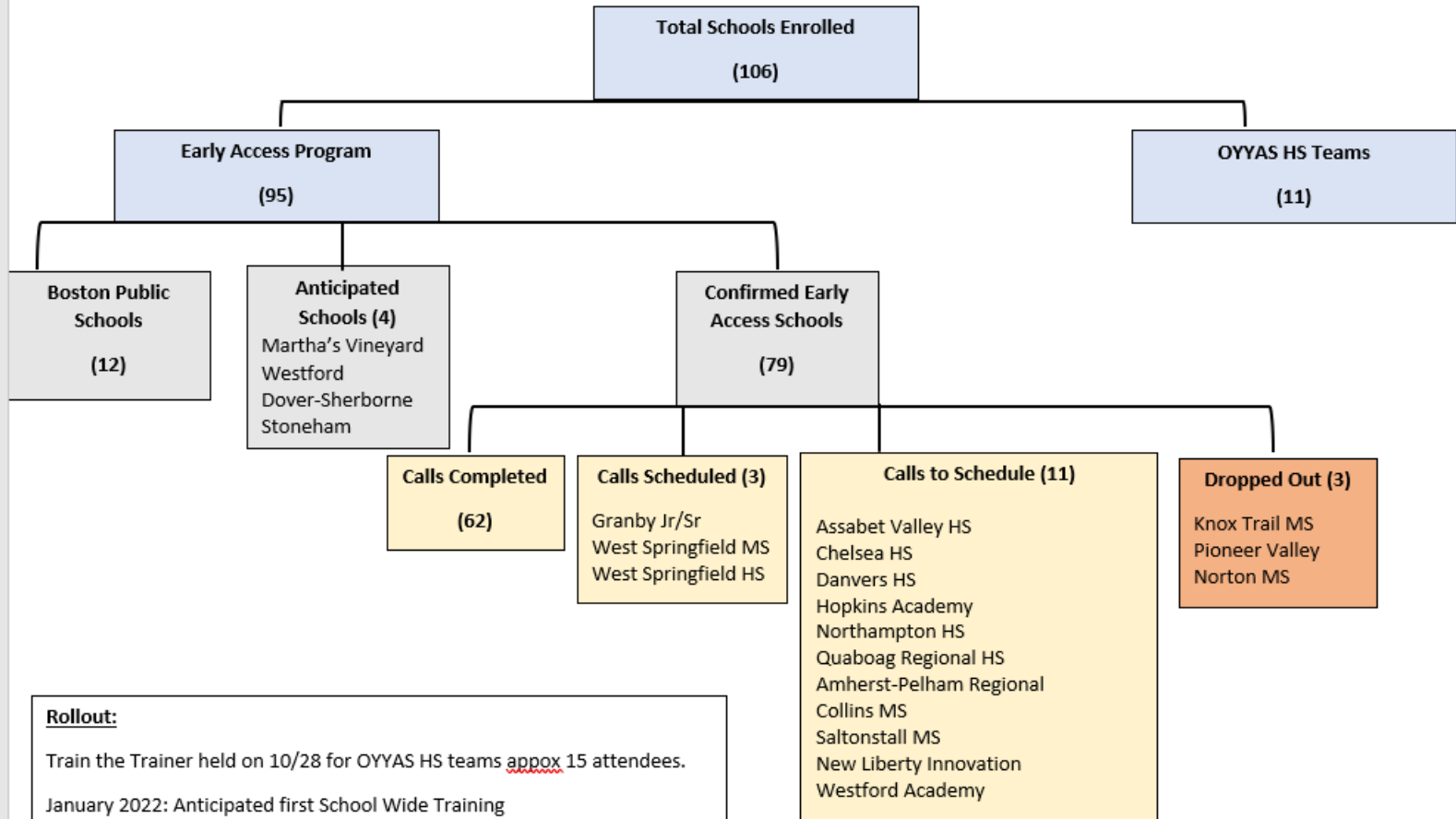
Students participating in iDECIDE will gain:

- ✓ A scientific understanding of the impact of substance use and addiction on the **adolescent brain** and body,
- ✓ An understanding of the common tactics used by **industry** to target youth,
- ✓ An ability to identify and respond to **personal impulses** to use alcohol and other drugs and,
- ✓ A sense of empowerment and a plan to make healthier, **positive choices** in line with long term goals for the future.

iDECIDE is a collaboration between OYYAS, Massachusetts General Hospital, the Institute for Health and Recovery.



### iDECIDE School Enrollment Schema





## School Based Intensive Intervention:

- ✓ Intensive Case Management
- ✓ School-based long-term (6-24 months) intervention
- ✓ Service youth ages 8-17 at risk for developing substance use disorder
- ✓ Goal to reduce risk factors & increase protective factors to prevent future substance use
- ✓ Students are identified and referred by school staff for poor school attachment or academic performance, conduct problems, and family history of substance use
- ✓ Continued expansion of program model

# Current Capacity: 13 Agencies serving 30 Schools

Calendar Year	Enrollments
2019	243
2020	245
2021	307
All Years	795

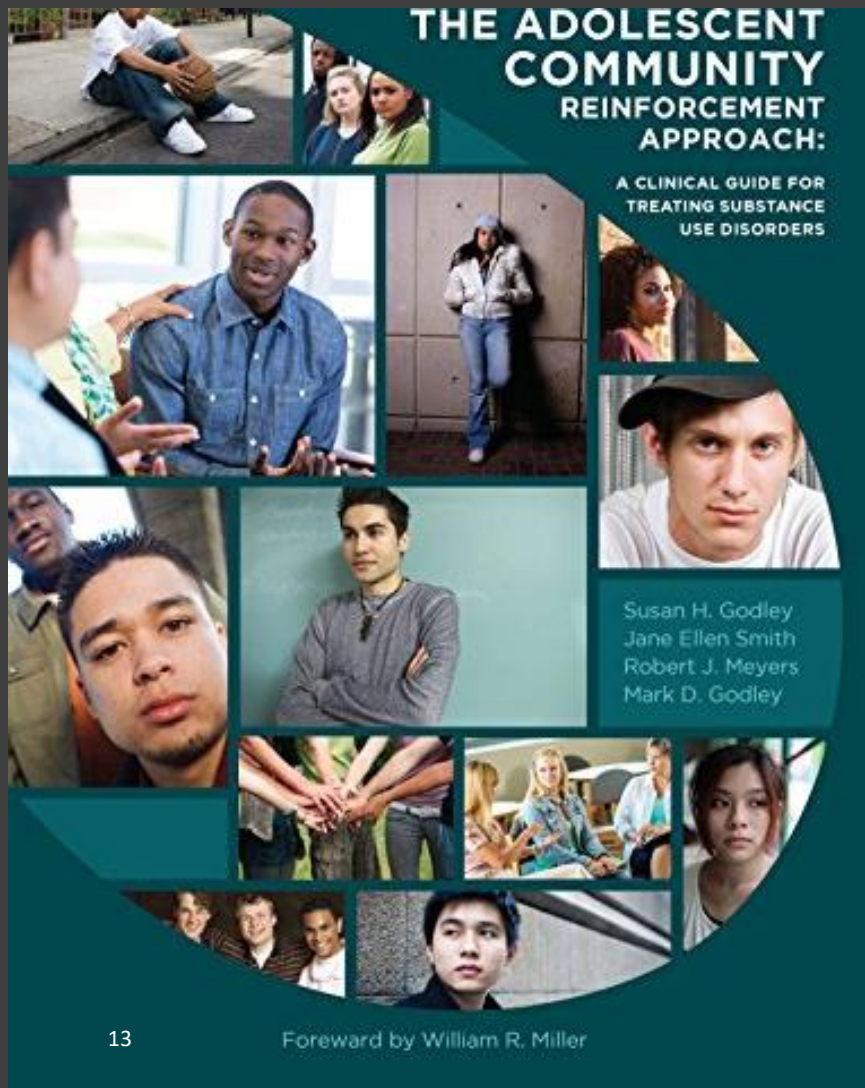
Region	Town	School	Agency Partner
Western MA	North Adams	Drury High School	Brien Center
	Pittsfield	Taconic High School	
		Reid Middle School	
	West Springfield	West Springfield Middle School	Center for Human Development
	Holyoke	William R. Peck Middle School	River Valley Counseling Center
		Veritas Preparatory Schools	
Central MA	Ayer/Shirley	Ayer-Shirley Regional Middle School	Community HealthLink
	East Brookfield	Knox Trail Middle School	
	Leominster	Skyview Middle School	
	Worcester	Worcester East Middle School	
	Fitchburg	Montachusett Regional Vocational Tech Memorial Middle School	L.U.K. Crisis Center
	Webster	Webster Middle School	
Northeast MA	Beverly	NEC Collaborative District Beverly Middle School	YMCA North Shore
	Gloucester	Gloucester Middle School	Lahey Health Behavioral Services
Greater Boston	Malden	Salemwood School	Institute for Health & Recovery
	Chelsea	Joseph A. Brown Middle School Eugene Wright Science & Technology	North Suffolk Mental Health
	Winthrop	Winthrop Middle School Arthur T. Cummings Elementary	
	Boston	Dever Elementatry School Perkins Elementary School	Wediko Childrens Services
Southeast	Taunton	Taunton High School Taunton Alternative High School	High Point Treatment Center
	Wareham	Wareham Middle School	
	Attleboro	Attleboro Community Academy	Justice Resource Institute, Inc.
	New Bedford	Keith Middle School	Child and Family Services
		Normandin Middle School	
		Roosevelt Middle School	





# Project Amp:

- Enhanced brief intervention delivered by trained near-peer mentors
- Goals:
  - Explore strengths, interests, and personal goals
  - Enhance self-efficacy to achieve goals
  - Emphasize wellness and resiliency
  - Expand knowledge of substance use harm
  - Engage with community resources
- 4-6 sessions in school-based settings
- Age 13-17
- Expansion of services into additional communities expected by the end of 2021.



# Outpatient Treatment

## Adolescent Community Reinforcement Approach (A-CRA)

- Evidence-based and developmentally tailored brief, behavioral intervention for transition age youth 12-24.
- Aim to increase family, social, and educational/vocational reinforcers to replace substance using behaviors.
- OYYAS currently has 32 A-CRA locations representing 16 agencies across the Commonwealth.



## High School Response Teams

- ✓ Partnership between community based behavioral health providers and their local high schools.
- ✓ Three levels of care:
  - Intervention (Project Amp)
  - Diversion (iDECIDE)
  - Treatment (A-CRA)
- ✓ Students referred by school staff, outside collaborative agencies, parent(s), or self-referred.
- ✓ Targets “at-risk” students struggling at home, in school, or within community with respect to social-emotional indicators for substance use disorder or co-occurring disorders.
- ✓ Team: A-CRA Supervisor; A-CRA Clinician; & Project Amp Mentor.
- ✓ Service components include a comprehensive needs assessment, individual brief intervention, individual and group treatment, psychoeducation/diversion groups, and case management.



Current Capacity - High  
School Response Teams:  
6 Agencies serving 11  
Schools

Project Amp	A-CRA	Total
99	48	147

Region	Town	School	Agency Partner
Western MA	Great Barrington	Monument Mountain Regional High School	Brien Center
	Holyoke	Holyoke High School - North Campus	River Valley Counseling Center
Central MA	Athol	Athol High School	Heywood
	Orange	RC Mahar Regional Middle & High School	
	Baldwinville	Narragansett Regional High School	
	Winchendon	Murdock High School	
	Gardner	Gardner High School	
		Gardner Academy for Learning & Technology	
Greater Boston	Malden	Malden High School	IHR
	Revere	Revere High School	North Suffolk Mental Health Association
Southeast	New Bedford	New Bedford High School	High Point



## School Based Telebehavioral Health Services

- \$3,532,000 legislative earmark.
- Objectives:
  - To reduce barriers to access for critically needed behavioral health services
  - To demonstrate the feasibility and elements necessary for success to replicate this program in other schools.
- Brookline Center for Community Mental Health:
  - Designing a pilot program after conducting a thorough needs assessment and investigation of past successful projects
  - Implementing the pilot program including site selection, funding, and support to sites to achieve sustainability in the provision of services
  - Providing a rigorous evaluation of the program
  - Producing a replication guide to assist additional schools in starting a telebehavioral health program
- Public-private partnership including the following agencies:
  - Department of Public Health:
    - Bureaus of Community Health and Prevention
    - Bureau of Substance Addiction Services
  - Executive Office of Health and Human Services
  - Department of Mental Health
  - Department of Elementary and Secondary Education
  - Mosakowski Institute for Public Enterprise at Clark University,
  - DMA Health Strategies



## **Independence Academy**

**460R Belmont Street  
Brockton, MA 02301**

**Phone: 508 510-4091**

## **School Based Day Treatment/Transition Program**

### **Program Design:**

- ✓ Multi-tiered model that will create a continuum of care in one building.
  - 10-day alternative to suspension program,
  - 45-day intervention, and
  - Recovery high school.
- ✓ Designed to assess, stabilize, educate, and transition all students who enroll

### **Goals:**

- ✓ Connect youth with specialists in the field of adolescent substance use, trauma, and mental health to promote emotional stabilization, healing and recovery; and
- ✓ Develop proficiency in social and emotional learning competencies by introducing self-management techniques in order to stabilize and/or enhance appropriate behavioral self-regulation; and
- ✓ Educate students through evidence-based instruction on adolescent development, personal wellness, relationship skills, responsible decision making and life skills to promote healthy life choices; and
- ✓ Offer academic supports to assist students with their academic progress or prevent students from disruption in their academic careers in order to encourage a seamless re-integration back into a more traditional school environment (e.g., community based High School); and
- ✓ Provide opportunities for students to become engaged in appropriate aftercare services including outpatient therapy, SUD recovery support, or other developmentally appropriate activities.

### **Key Components:**

- ✓ Biopsychosocial and educational assessment
- ✓ Educational programming and academic support
- ✓ Individual and group counseling
- ✓ Family engagement and support
- ✓ Aftercare planning



## Supportive Afterschool Enrichment

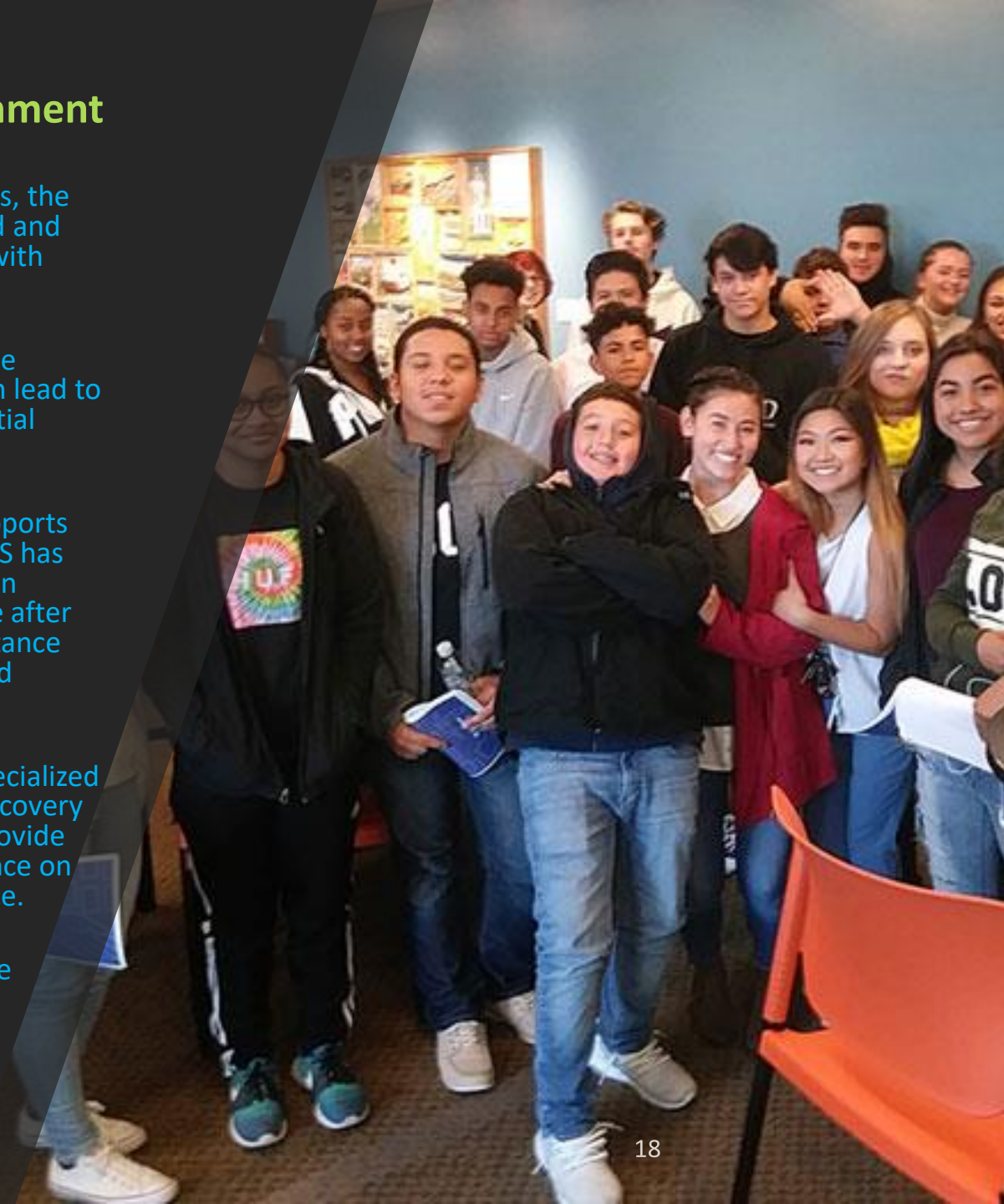
OYYAS recognizes that for many adolescents, the hours directly after school are unstructured and often lack supervision from or interaction with supportive adults.

For students struggling with a substance use disorder, a lack of structure and routine can lead to boredom and become a trigger for a potential relapse.

To increase community-based recovery supports for youth ages thirteen to seventeen, OYYAS has partnered with the Recovery High Schools in **Springfield**, **Boston**, and **Beverly** to provide after school and out-of-school educational assistance and support as well as socially engaging and developmentally appropriate activities.

Each of the Recovery High Schools have specialized training and experience in addiction and recovery services, trauma informed care, and can provide academic tutoring and educational assistance on site making this a great community resource.

Programming is open to all youth within the school's catchment area regardless of RHS enrollment.



## Other Intervention Strategies

## Family Intervention & Support

- Invitation to Change
- Learn to Cope
- Allies in Recovery

## Community Based Intervention & Support

- Project READY (in partnership with DYS)
- Recovery Support Navigators at DMH Access Centers
- Youth SEARCH (Street Outreach)
- Project Amp
- Community Innovation Funding
- Green Care – Animal and Wilderness Education
- Alternative Peer Groups (APG)







Any  
Questions?





## Contact Information (MA DPH/BSAS/OYYAS):

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