



SESSION 2

# Recognizing the Impact on Students

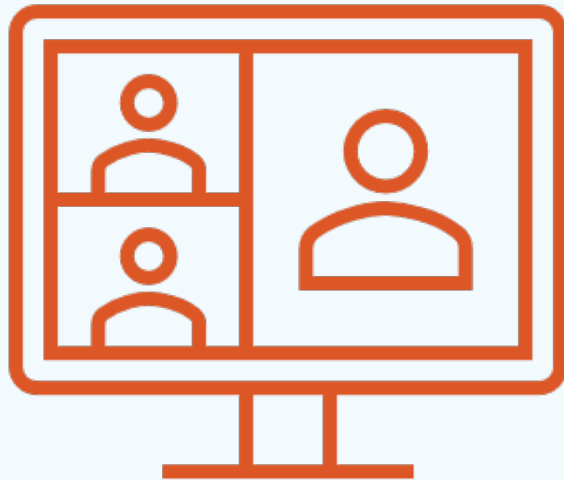


**Virtual Learning Opportunity**

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Presented by WestEd and The Oregon Department of Education

# Session Information



- Participants will remain **muted with their video off**.
- Participants are invited **to share their comments via the chat**. Please submit questions for the presenters using the Q&A feature.
- This session will be **recorded and posted** to the Oregon Department of Education's (ODE) K–12 Substance Use Prevention and Intervention webpage and ODE's YouTube page.

# Session Objectives



- Review the **signs and symptoms of opioid misuse and overdoses** among students.
- Explore **the scope and impact of the opioid epidemic** on students' health, well-being and academic success.
- Discuss current **evidence-based strategies and programs** to prevent opioid misuse, including promoting healthy coping mechanisms and fostering supportive environments.

# Session Agenda



1. Welcome and Introductions
2. Language Matters: Strategies for Discussing Substance Use in a School Setting
3. Alternatives to Discipline for Substance Misuse
4. An Introduction to the Multi-tiered System of Support Model
5. Opioid Awareness in Schools
6. Discussion with Mary Stevens-Krogh
7. Audience Questions

# Content Disclaimer

- This webinar will cover sensitive topics related to **opioid misuse prevention**, the trauma associated with the opioid epidemic, and **its impact on students** in Oregon.
- The discussion aims to equip educators with effective planning strategies while emphasizing the importance of inclusive and non-shaming language.
- Our goal is to create a respectful, supportive environment for learning and collaboration. Some content may evoke strong emotions or discomfort. Participants should care for their well-being. **If you have any concerns or need support**, please let us know during or after the session.



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# Welcome and Introductions

# The Oregon Department of Education Team



**Alanna Russell**

Office of Teaching, Learning & Assessment  
Standards & Instructional Support  
Program Analyst 4



- The Oregon Department of Education (ODE) works in partnership with school districts, education service districts and community partners to foster equity and excellence for every learner.
- Together, we serve over 560,000\* K–12 students and support more than 1,200 public K–12 schools, organized into 197 School Districts.
- We believe every student should have access to a high-quality, well-rounded learning experience.
- We work to ensure that every student in Oregon graduates with a plan for their future.
- The ODE equity lens also helps educators and decision-makers recognize institutional and systemic barriers and discriminatory practices that have limited student success in the Oregon education system.
- The equity lens emphasizes underserved students, such as out-of-school youth, English Language Learners, and students of color, with a particular focus on racial equity.

\*Data from Fall 2024



# Guest Speaker



**Mary Stevens-Krogh, LCSW and LSSW**

Portland Public Schools

District Coordinator of Substance Use Supports

# The WestEd Team



**Derek Lowry, MPP**

Senior Justice Technical  
Assistance Specialist  
Senior Program Manager



**Jennifer Loeffler-Cobia,  
DrPH MS**

Director, Justice and Public  
Health Policy & Practice



**Colleen Carter, MPH**

Research Associate



WestEd is a nonprofit research, development and service agency dedicated to improving education, health and human development outcomes for children, youth, and adults. We have a focus on research and evaluation, professional development, and technical assistance.

WestEd supports schools, districts, states, local governing bodies and local and national organizations in implementing effective strategies. Our key focus areas include education, health and well-being and improved justice outcomes.

# Fact or Myth





## 1. Fact or Myth



Opioid addiction only affects high-risk youths who are already in trouble.

## This Is a Myth



Opioid addiction and misuse can affect any youth, regardless of their background, socioeconomic status or personal circumstances. Using nonjudgmental language helps create an inclusive environment where all students feel supported!



## 2. Fact or Myth



Using strengths-based language can empower youth struggling with substance use to seek help.

## This is a Fact



Strengths-based language focuses on individuals' abilities and potential. It encourages positive self-image and the motivation to pursue recovery and support.





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# Language Matters: Strategies for Discussing Substance Use in a School Setting

# Before we start, one last poll.

Do you think discussing opioid use openly in schools leads to increased curiosity and more experimentation among students?

# Use Acceptable Language and Strategies to Engage Youth

- Non-shaming and non-stigmatizing language
- Trauma-informed
- Strengths-based

# How To Use Non-shaming Language

Remember that words and **how we use them matter!**

Your language **should show compassion and care for individuals impacted by substance-use disorder (SUD).**

**Use person-first language** and let students and individuals choose how they are described.

**Use non-shaming language** that reflects an accurate, science-based understanding of SUD that is consistent with your role as teachers and administrators.

# A Trauma-informed Approach to Engagement

Recognizes the prevalence and impact of trauma on individuals and **strives to create an environment that promotes healing.**

Builds trust by establishing a safe and supportive relationship. **Incorporates voice and choice which gives students the opportunity** to express feelings and fosters empowerment.

**Minimizes triggers in language use** and in the teaching environment.

Ensures staff and **teachers are educated to recognize and respond to needs of students** without being punitive.

# A Strengths-based Approach to Engagement

Focuses on the **inherent strengths** and the **potential of the student** and individual rather than their challenges.

Regularly **acknowledges and celebrates students' achievements**.

Sets **collaborative goals with students** that align with their strengths and interests.

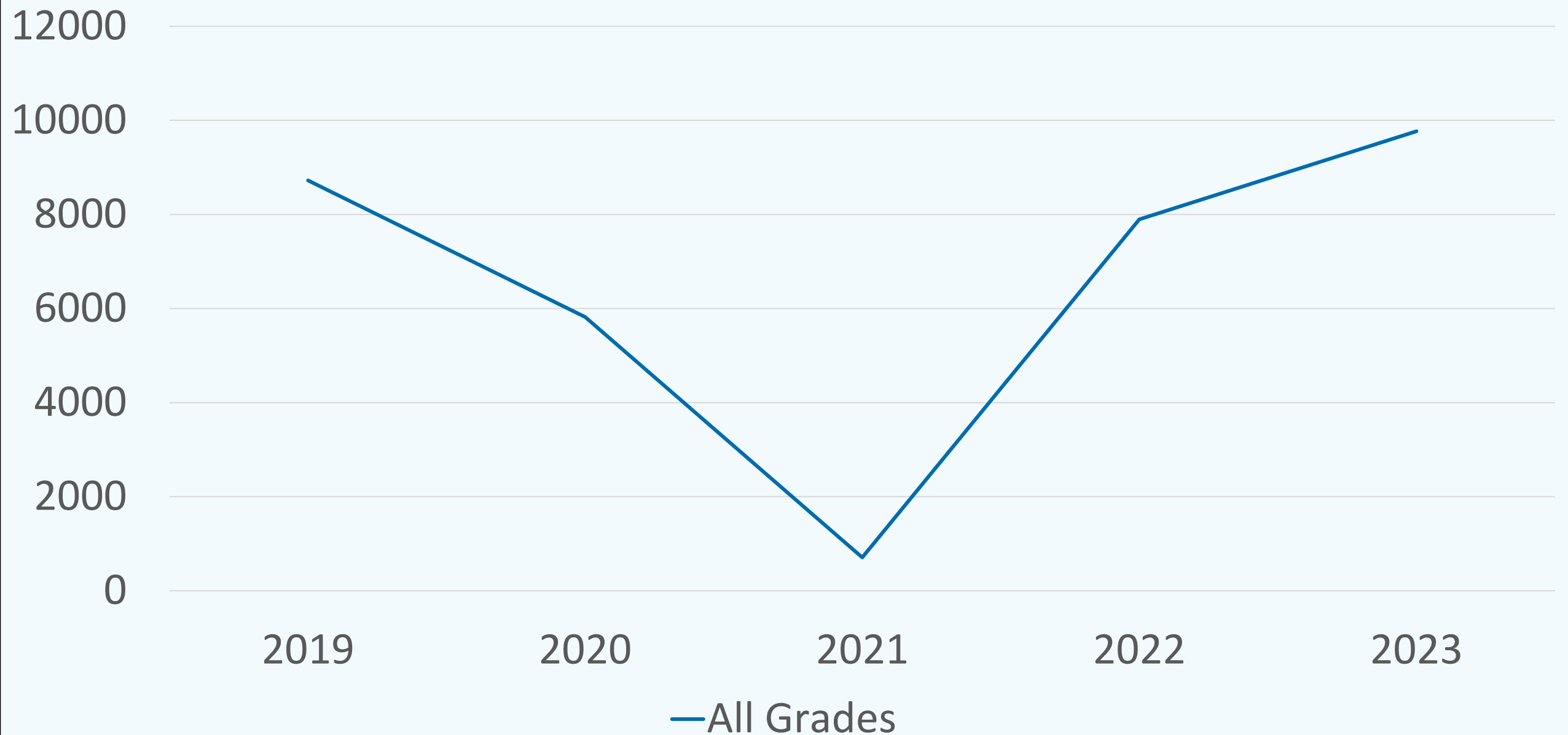
**Links students to activities, mentors and programs** they are interested in and that will encourage growth.



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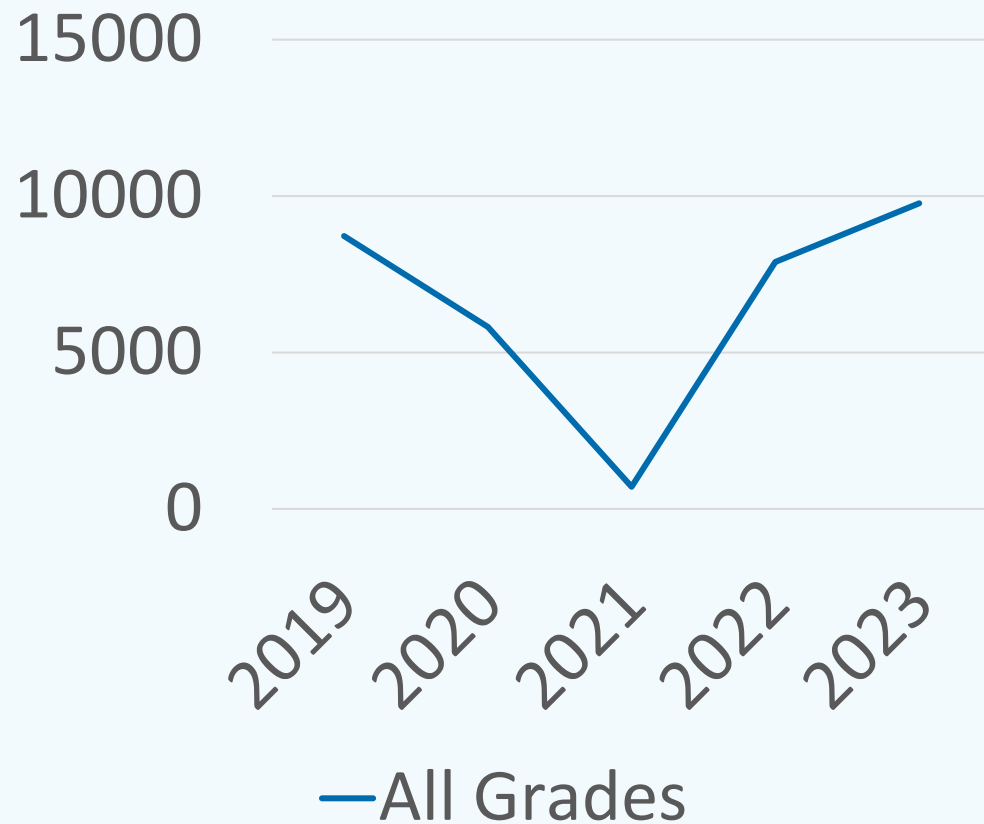
# Alternatives to Discipline for Substance Misuse

# Discipline Incidents All Grades – Substance Use





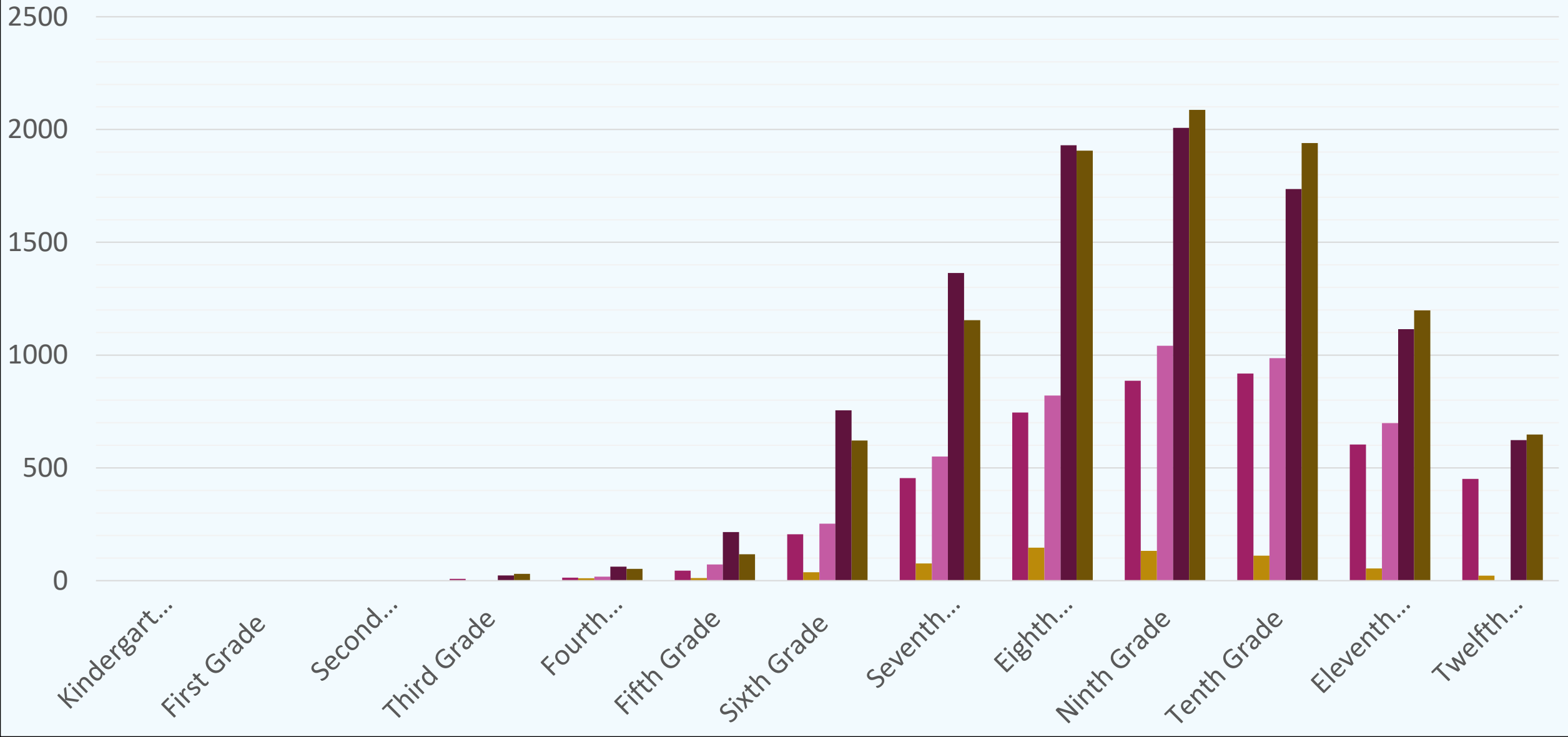
## Discipline Incidents All Grades – Substance Use



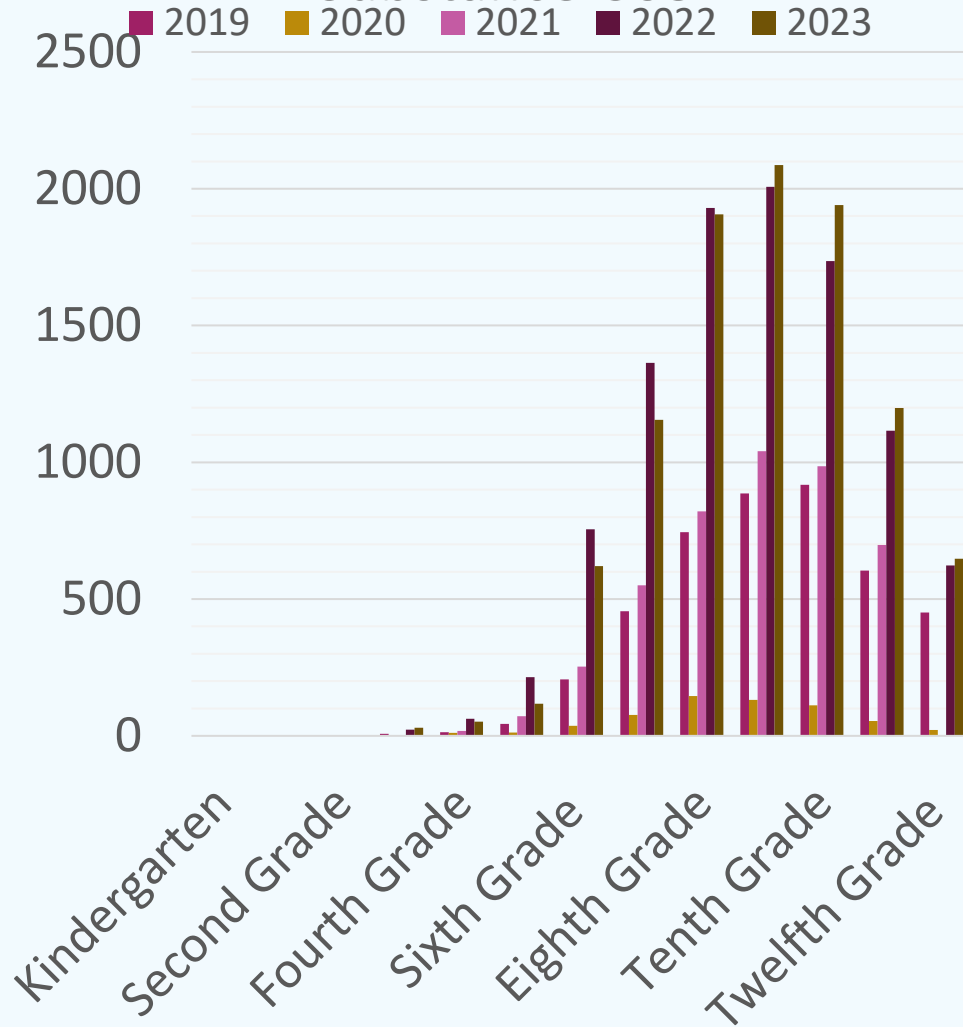
- There is a **noticeable decrease in reported incidents during the 2020–2021 year** because of a shift to remote learning.
- When the data from the pandemic years is set aside as an outlier, the **analysis shows an overall increase of 13%**.
- This increase in substance misuse incidents was from **8,727 cases in 2019 to 9,840 cases in 2023**.

## Discipline Incidents Grades – Substance Use

2019 2020 2021 2022 2023



## Discipline Incidents Grades – Substance Use



- Substance use-related disciplinary incidents are higher during the middle school years.
- There is an upward trend among middle school students and a downward trend among high school students.
- The downward trend begins around the 9<sup>th</sup>–10<sup>th</sup> grade and continues to decline.

## Effects of School Suspensions on Youth

- Diminished Academic Achievement
- Increased Drop-out Risks
- Heightened Likelihood of Future Criminal Behavior

## Consequences of School Suspensions on Youth

Exacerbate Educational Disparities

Affecting Vulnerable Students Disproportionately

High-Risk Students Face More Suspensions and Expulsions

## Let's Use Alternatives to Discipline When Possible

Restorative Practices

Health Counselors and Services

Educational Resources in Lieu of Punitive Actions



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Are you surprised by this data?

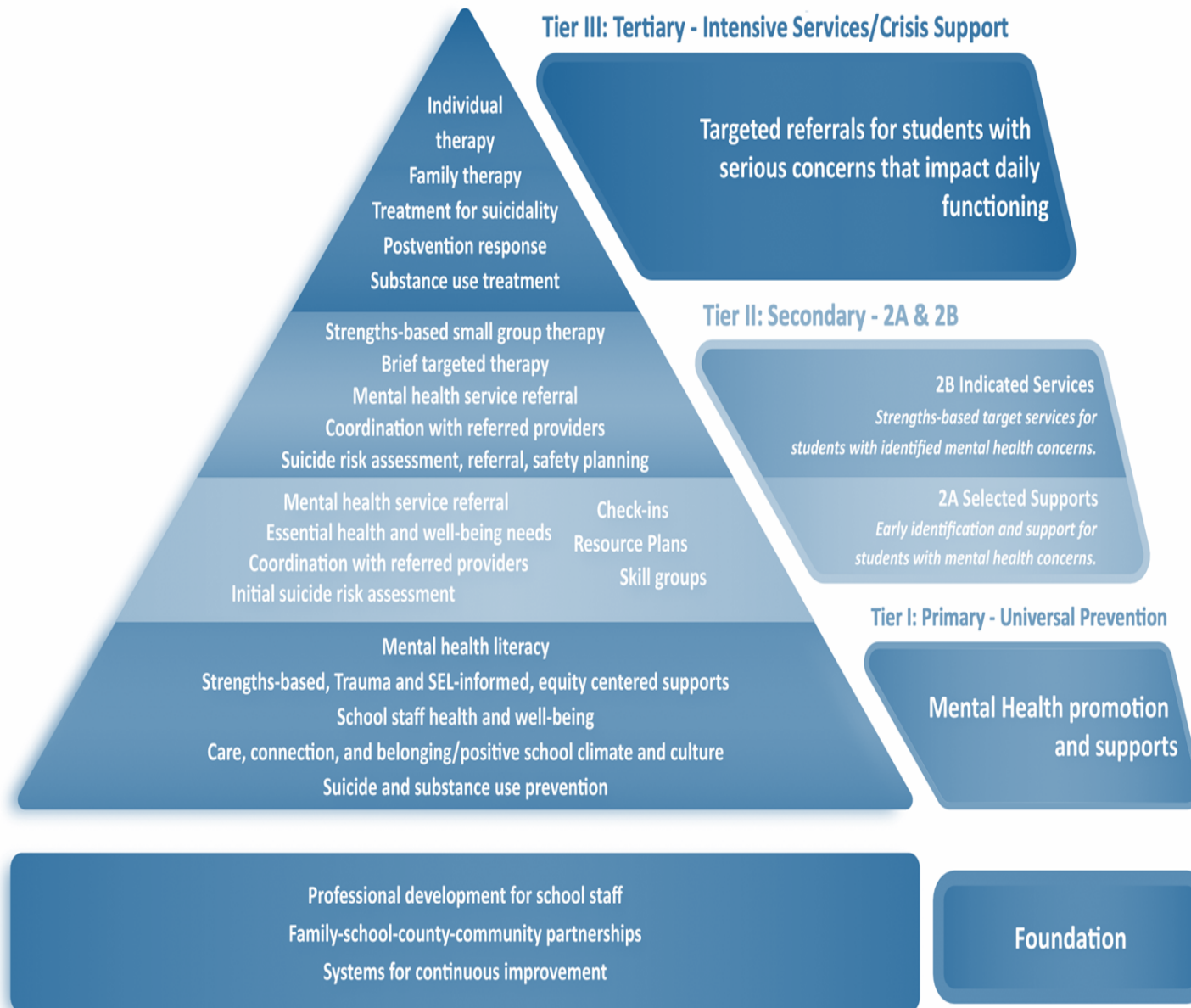
Share your thoughts in the chat.



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# An Introduction to the Multi-tiered System of Supports Model

# Multi-tiered System of Supports (MTSS)



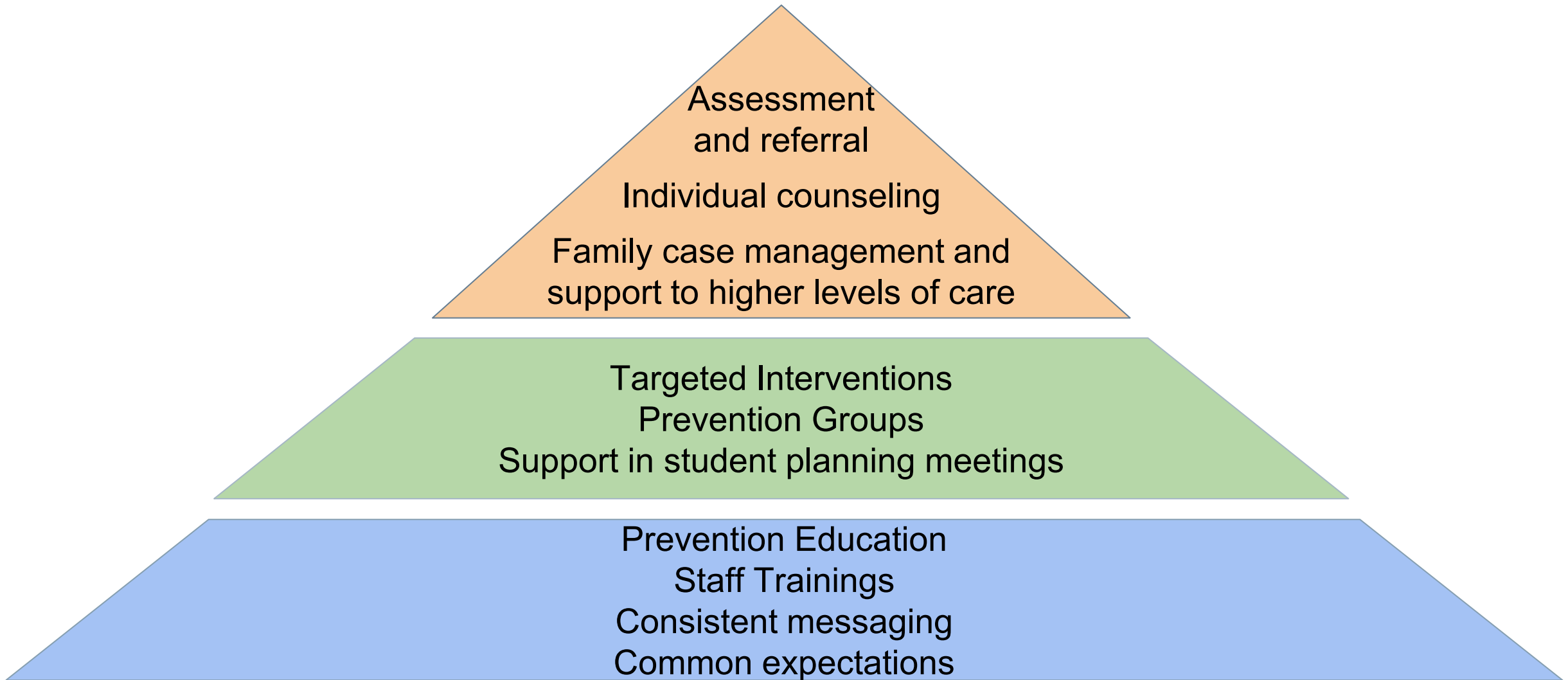
## Highlights

### Three Primary Service Delivery Tiers

Tiered supports refer to a framework of prevention and service connection for students.

Interventions and supports are offered through decision-making processes that are based on measurable data and collaborative problem-solving that centers student and family voice.

# What does this look like for substance use?







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# Opioid Awareness in Schools

# Importance of Opioid Awareness and Identification in School Settings

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Young people aged 10–24 have the third highest rate of opioid overdose fatalities (11.36 per 100,000 total population in 2023) of any age group in Oregon.

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In 2023, there were 86 opioid overdose deaths among 10–24-year-olds in Oregon.

Over 90% of youth with substance use disorder are attending K–12 schools.

# Types of School-based Opioid Misuse Prevention Strategies

**Programs to improve student mental health, school climate and screening and referral to other support services** for youth, such as mental health counseling, educational support

**Instruction on the risks of illicit drug use** and prescription drug misuse

**Student engagement in the design** and implementation of prevention programs

**Creation of school-based messaging materials**

**Formal and informal collaborations with community partners**

# *How to Recognize?*

## Signs and Symptoms of Opioid Use

### Signs of Chronic Use

- Frequent absences
- Lowered motivation
- Irritability
- Mood swings

### Signs of Current Impairment

- Slurred speech
- Shallow breathing
- Euphoria
- Unusual drowsiness

# *What Should You Do?*

## Acting on Signs of Youth Opioid Use

### Keeping

#### Keeping lines of communication open with students

- Ask students about their lives
- Know how students talk about substance use and addiction
- Be aware that students may be living in environments where they are exposed to opioid use by others

### Communicating

#### Communicating concerns about students to others

- Communicate with school and district support staff (counselors, assistant principals, nurses)
- Communicate with parents and caregivers

### Offering

#### Offering support

- Share information about available resources
- Know your school/district referral practices and policies



# Discussion With Mary Stevens-Krogh



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# Audience Questions

# Future Virtual Learning Opportunity Sessions

## Session 3

### Learning Opportunity

- What's Happening Now in Oregon? Current Landscape of Prevention and Treatment Resources.
- May 21, 3:30-4:30 (PT)

## Session 4

### Learning Opportunity

- What's New In Oregon? School Lesson Planning, Public Information Campaigns, and Learning Opportunities.
- May 28, 3:30-4:30 (PT)



# Register for other sessions in the Virtual Learning Series!



[Register here.](#)

# Thank you and please complete our follow-up survey



<https://www.surveymonkey.com/r/VLO2>

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