**MCCPTA Committee Work Plan**

**Committee: Health and Wellness**

Safe Tech Subcommittee is sending its own work plan and budget request separately. The workplan for Substance Use Prevention Subcommittee is separately appended at the end of this document.

**Chair: Sunil Dasgupta**

**Subcommittee Chairs:**

**School Nutrition: Lynna Amano**

**Substance Use Prevention: Laura Mitchell**

**Safe Technology: Lisa Cline and Assya Pascalev**

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**Vision**

We support comprehensive health and wellness for every child in MCPS so that they may reach their full potential. We engage and empower students, families and communities, advocate to school and public officials, and stay abreast of and propagate best practices in youth health and wellness.

**Goals**

Push for better health and wellness support within MCPS for all students, focusing specifically on trauma-informed practice, social-emotional learning, opioids and vaping, and improved access to and quality of school food.

Support MCPS’ BeWell365 program

**School Nutrition Subcommittee** is interested investigating and advocating around the following areas:

1) Snack and Vending Machines (both contents and availability)

2) Staggered Lunch times in elementary schools as a means to equitable access for all students (those dependent on School lunches have their full lunch period to eat their lunch)

3) A healthy, quick Grab and Go option (brown bag) provided by DFNS or catered by a restaurant for kids who need to meet with teachers, participate in tutoring, or study during lunch.)

4)Food waste/composting.

**Action Steps**

1. Organize 2020 Mental Health and Wellness Forum. Date Jan 11, 2020. Snow date: Jan 24, 2020.
2. Organize postcard writing campaign on opioid prescription abuse.
3. Meet with stakeholder groups across various work areas inside and outside MCPS, including but not exclusively OSFSE, CAO, OSSI, DHHS, County Council, CE, MoCo delegation to Annapolis
4. School Nutrition Subcommittee: Planning meetings with interested stake holders, advocacy at public BOE and County Council hearings, as well as other means of advocacy and investigation.

**Meeting Schedule**

As necessary in most cases.

School Nutrition plans to hold monthly meetings with at least 4-in person meetings and many virtual meetings.

**Budget (including all subcommittees)**

Mental Health and Wellness Forum: $3,000

Substance Use Prevention Subcommittee: $1000

Safe Technology Subcommittee: $1400

Meeting room reservation, materials, and refreshments for other meetings: $1,500

Total: $5900

# Substance Use Prevention Sub-Committee Workplan 2019-2020

# Submitted by: Laura Mitchell, Chair (410)422-2694 operatingbudget@mccpta.org

September 7, 2019

It is the mission of the Substance Use Prevention Committee to build alliances that help make every child's potential to build healthy, safe, successful and substance free lives a reality.

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| **Area** | **Representative** |
| At Large: | Laura Mitchell, Chair |
| BCC (Bethesda-Chevy Chase/Walter Johnson/Whitman) | Amy Pollok |
| DCC (Blair/Einstein/Kennedy/Northwood/Wheaton) |  |
| Central PTAs (Churchill/Richard Montgomery/Poolesville/Rockville/Wootton) |  |
| North PTAs (Damascus/Gaithersburg/Magruder/Watkins Mill) |  |
| NEC (Blake/Paint Branch/Springbrook And Sherwood) |  |
| West PTAs (Clarksburg/Northwest/Quince Orchard/Seneca Valley) |  |

We still need representation from each area. Please help identify AT LEAST one person from your area to serve on this important committee.

**Goals:**

* Vaping
	+ Educate parents and students on the facts about vaping; dispel the myths that vaping is safer than traditional tobacco products.
	+ Launch a public information campaign within MCCPTA: #LoveMyLungs
	+ Collaborate with MCPS students & parents as well as third party groups to eliminate vaping
	+ Advocate for an MCPS substance use survey in all secondary schools to determine the extent of student usage.
		- Substances surveyed should include alcohol, tobacco products, opiates, benzodiazepines, and specifically vapes
	+ Work with MCPS to maintain accurate, timely statistics for incidents of vaping in schools, to include the substance being vaped
	+ Advocate for the Board of Education to offer student education and assistance programs in *all* secondary schools and to require students who vape to complete a cessation program. Two such programs are Caron’s Student Assistance programs and Stanford Tobacco Prevention Tool, both of which currently have a presence in at least some MCPS schools.
	+ Advocate for the Board of Education to authorize the immediate confiscation and disposal of vapes found in the possession of students.
	+ Measure progress by the results of the 2020/2021 survey of all secondary schools.
	+ Work with state and local legislators to endure more effective enforcement of underaged vaping/smoking, and to create and pass new legislation, where necessary, stop sales to, and straw purchase for minors.
* Opiates and benzodiazepines
	+ Educate parents and students on the facts about opiates and benzodiazepines; dispel the myths that legally prescribed and professionally manufactured pills cannot kill.
	+ Host the “Hidden in plain sight” mock teen bedroom exhibit at least once to teach parents the signs of substance use and how to spot them in your home.
	+ Support continued funding of and referrals to (as appropriate) the Recovery Academic Program.
	+ Conduct a campaign to contact area dentists and doctors, particularly sports doctors, to demand an end to opiate prescriptions to adolescents until at least age 21.
	+ Ensure that sports medicine providers, physical therapists, trainers and coaches know the signs of substance misuse and know who to contact or refer students to for evaluation and treatment.
	+ Measure compliance with the “Start Talking Maryland Act of 2017”
		- Verify that Narcan (naloxone) in MCPS schools is being replenished/replaced as it is used or expires.
		- Ensure that personnel are trained and available to administer Narcan at any given time; including replacements for personnel previously in positions that required training.
		- Ensure that EVERY secondary school in MCPS is providing opioid and heroin education to students in accordance with the STMA.
* Alcohol (and other drugs)
	+ Collaborate with parents, students and law enforcement to boost pre-prom education about substance use.
* Handle With Care
	+ Work with MCPS and police, fire, EMS, social service agencies and the statewide HWC coordinator to implement HWC no later than the start of the 2020 school year. HWC provides a front-line recognition and response to ACEs (Adverse Childhood Experiences/trauma) to ensure that trauma sensitive assessment is initiated and trauma informed care is offered, where necessary, to minimize the long term consequences of the trauma. Childhood ACEs have a direct correlation to substance use as well as depression, suicide, eating disorders and a host of other challenges. That risk can be mitigated when trauma is promptly and properly addressed. HWC alerts the appropriate persons that a child may need the aforementioned care.
* Continue Partnerships
	+ Brave & Bold Community Coalition and the [RAP (Recovery and Academic Program)](https://www.montgomeryschoolsmd.org/mainstory/story/588036/Recovery-Program/)
	+ [The Landing at Family Services, Inc.](http://www.fs-inc.org/services/programs/the-landing)
	+ [Montgomery County Collaboration Council for Children, Youth and Families, Inc.](http://collaborationcouncil.org), Jade-Ann Rennie, Prevention Coordinator
	+ Montgomery County DHHS- Behavioral Health and Crisis Services, Regina Morales, LCSW-C, Manager III. I have joined the OIT Prevention workgroup, a part of the OIT (Opioid Intervention Team). Their goal is to Coordinate and increase substance use prevention activities in the community.
	+ [Montgomery County Alcohol and Other Drug Abuse Advisory Council (AODAAC)](https://www.montgomerycountymd.gov/hhs/boardscomm/boardscommmain.html); Chair represents MCCPTA on the Council.

**Budget:**

* $1,000 Contingency for securing Hidden in Plain Sight for at least one event, potentially two.