

# Substance Use Prevention Subcommittee Report

2020-2021 Year End Report

Name of Committee: **Substance Use Prevention Subcommittee**

Chair: Laura Mitchell                      Phone: (410) 422 – 2694                      Committee Email:  
Vice Chair: Jessica Ryan                      Phone:  
Communication (e-list, etc): N/A

**SUBCOMMITTEES / WORK GROUPS** (if applicable): None/TBD

**GOALS & OBJECTIVES:** Educate families, students, and the community at large about substance use prevalence, risks and ways to prevent substance use among students. Advocate for services for students who have substance use issues and help ensure the continuation of recovery academic programs.

## Substance Use Prevention Subcommittee Activities

The Substance Use Prevention Subcommittee continues to partner with several outside groups and agencies toward prevention efforts and to address current substance use by MCPS students.

### *Committee work:*

- The SUP Committee created the “Protect Your Family at Home” initiative to educate parents and guardians about the unseen dangers in their homes, including dangerous substances. The objective is to provide tips for creating and maintaining a safe space and healthy habits for teens and tweens to reduce the temptation and opportunity to use substances. Eliminating, or at least reducing, the availability of these substances during periods of stress reduces the risk of turning to substances on an impulse or out of boredom and curiosity. This presentation and the related resources should be added to the MCCPTA website.
- **Updated:** The presentation was updated in preparation for summer and is [linked here](#). You are encouraged to share it widely. Most every parent that has seen it has said they had not thought to do one or more of the actions shown.

### **National PTA**

*The chair and vice chair attended NPTA’s [LegCon](#) (Legislative Conference) March 9<sup>th</sup> - 11<sup>th</sup> and participated in Hill Day. During Hill Day, we met with the Maryland Delegation to discuss priorities and advocate for more resources for substance use prevention and for students and families with substance use disorder, among other educational initiatives. The Hill Day Asks included:*

1. Make meaningful, robust investments in education in the next COVID relief package
2. Increase funding for the Statewide Family Engagement Centers to \$20 million
3. Include schools in any comprehensive infrastructure package <sup>i</sup>
4. Improve the federal school meal program through Child Nutrition Reauthorization



# Substance Use Prevention Subcommittee Report

2020-2021 Year End Report

5. Support policies which protect all students, including students from historically marginalized populations and communities

The last item, “Support policies which protect all students, including students from historically marginalized populations and communities”, was of particular interest to this committee as the actions NPTA seeks to ban cause the type of childhood trauma that can, and often does, precipitate substance use. The specific asks were:

- **The Keeping all Students Safe Act (KASSA)** would ban the use of seclusion in schools, ban dangerous restraint practices and prohibit schools from physically restraining children, except when necessary, to protect students and staff. The use of restraint and seclusion in schools has been shown to cause trauma, injury, and death. These practices must be ended. <sup>ii</sup>
- **The Protecting our Students in Schools Act** would ban the use of corporal punishment in schools. Substantial research has demonstrated that corporal punishment in schools is not associated in any way with improved student behavior, instead producing similar outcomes to children that suffer physical abuse. Corporal punishment, or the act of inflicting physical pain on a student’s body as a form of discipline, can result in serious physical injury to the student, including abrasions, broken bones, bruising, hematomas, and other medical complications. A federal ban on this practice would protect students and encourage the adoption of nonharmful, productive disciplinary practices. <sup>iii</sup>

<sup>i</sup> [https://edlabor.house.gov/imo/media/doc/2021-01-](https://edlabor.house.gov/imo/media/doc/2021-01-28%20Reopen%20and%20Rebuild%20America%20Schools%20Act%20Fact%20Sheet.pdf)

[28%20Reopen%20and%20Rebuild%20America%20Schools%20Act%20Fact%20Sheet.pdf](https://edlabor.house.gov/imo/media/doc/2021-01-28%20Reopen%20and%20Rebuild%20America%20Schools%20Act%20Fact%20Sheet.pdf)

<sup>ii</sup> [https://edlabor.house.gov/imo/media/doc/2020-11-](https://edlabor.house.gov/imo/media/doc/2020-11-19%20Keeping%20All%20Students%20Safe%20Act%20Fact%20Sheet.pdf)

[19%20Keeping%20All%20Students%20Safe%20Act%20Fact%20Sheet.pdf](https://edlabor.house.gov/imo/media/doc/2020-11-19%20Keeping%20All%20Students%20Safe%20Act%20Fact%20Sheet.pdf)

<sup>iii</sup> <https://mceachin.house.gov/media/press-releases/mceachin-bonamici-unveil-legislation-end-corporal-punishment-schools>

- *The chair presented the “Protect Your Family at Home” presentation in partnership with Sarah Bucic from the Delaware PTA. The Spotlight series at NPTA LegCon was an opportunity to learn what other PTAs are doing and how we can bring those ideas back to MCCPTA.*



- The SUP Chair is registered for the NPTA’s 2021 Virtual Convention & Expo, June 17-26.

## Montgomery County Alcohol and Other Drug Abuse Advisory Council (AODAAC):

- AODAAC provides guidance to the County Executive and County Council to identify alcohol and other drug prevention and treatment needs in Montgomery County and reviews the County's efforts to address those needs.
- The SUP Chair is a voting member, appointed by the County Executive and Council, to represent Parents/Teachers on the advisory council. As such, the Chair:
  - Attended [Montgomery County Mental Health Advisory Council’s \(MHAC\)](#),



# Substance Use Prevention Subcommittee Report

2020-2021 Year End Report

- AODAAC's & Citizen Review Panel's Virtual Fall Forum: Many Pathways to Family Recovery which included a resource fair and Substance Use & Mental Health Recovery Pathways speakers from Tree of Hope and Sheppard Pratt.
- Attended [Montgomery County Mental Health Advisory Council's \(MHAC\)](#), AODAAC's & Citizen Review Panel's Virtual Spring Forum: *Confronting Barriers to Mental Health & Addiction Services: Equity, Isolation, & the Digital Divide*. Speakers included Elizabeth Guroff, National Council for Behavioral Health (NCBH); Dr. Alan Leshner, former Director of the National Institute on Drug Abuse (NIDA); and Donna Keating, Montgomery County Community Engagement and Digital Equity Programs
  - Attended monthly [MHAC](#) & AODAAC meetings; discussed causes and ways to address the increases in fatal and non-fatal overdoses during COVID-19. Stressors, lack of access to care as many treatment centers refused new patients, and support meetings switched from in-person to virtual, all contributed to isolation, relapse and increased overdoses. Now that COVID-19 is beginning to subside, the federal, state and county agencies are beginning to refocus efforts and resources on this ongoing opioid epidemic.
  - The Prevention subcommittee recommended, and the Council approved, the adoption of the "Protect Your Family" initiative as one of the Council's priorities for the year. AODAAC featured the presentation on their website and link to MCCPTA's website for additional supports and resources.
  - The SUP Chair serves on AODAAC's newly created Website Committee (ad hoc) to update its site to provide more relevant and informative information on what AODAAC does. AODAAC is revamping their website to be more user friendly and provide easier access to resources. The Chair is working with the committee to ensure a family and student point of view. The committee expects to complete the project by June 30, 2021.
  - The AODAAC Prevention subcommittee recommended, and the County Executive & Council approved, a partnership with *Parents Against Vaping e-Cigarettes (PAVe)*. AODAAC members, in partnership with *Parents Against Vaping E-Cigarettes (PAVe)*, prepared and submitted written testimony in support of banning all flavored tobacco products in Maryland. The bills, [SB0177](#) (cross file [HB0134](#)) titled Business Regulation - Flavored Tobacco Products – Prohibition.
  - At the urging of the SUP Chair, AODAAC requested that the name be changed to remove stigmatizing words, as we are doing with our website all other materials. If approved, the Alcohol and Other Drug *Abuse* Advisory Council would become the Alcohol and Other Drug *Addiction* Advisory Council.
  - The SUP Chair is serving as the AODAAC liaison to the [Montgomery County Mental Health Advisory Council \(MHAC\)](#) by attending monthly meetings, relaying information, and coordinating the efforts of the two councils as we recognize and address the commonalities between mental health and substance use.

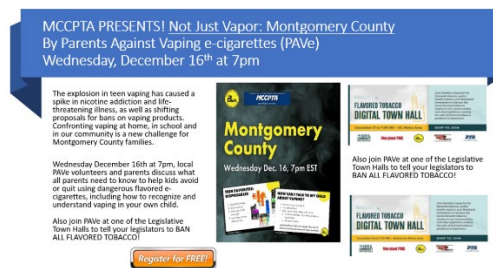
# Substance Use Prevention Subcommittee Report

2020-2021 Year End Report

## Partnerships of AODAAC & MCCPTA SUP Committee

### Maryland Public Interest Research Group (PIRG) & Parents Against Vaping and e-Cigarettes (PAVe)

- SUP Chair worked with Linda Willard from the Maryland pod of PAVe on ways to collaborate to provide education on the dangers of vaping to students and parents and provide information on advocating for laws that ban flavored vapes at the local, state and federal levels of government. We scheduled an MCCPTA/PAVe webinar for Montgomery County on December 16, 2020. The Montgomery County webinar was bookended by statewide Legislative Town Halls to discuss bills introduced in the 2021 MD Legislative session. The SUP Chair supported testimony in favor of banning all flavored tobacco products in MD. The initiative aligns with MCCPTA's Health and Wellness Advocacy Priorities. While the bills were not passed in the Maryland General Assembly this year, the education efforts continue as does the advocacy. The bills will likely be reintroduced in MD next year.



### M.A.D.D. (Mothers Against Drunk Driving)

- Partnered with MADD (Mothers Against Drunk Driving) to promote the “Protect Your Family” initiative and provide additional resources for the support page. These include the [Power of You\(th\)](#) and [Power of Parents](#) alcohol education and information booklets linked here. They may be interested in being a page sponsor on MCCPTA.org.

### Montgomery County Prevention Alliance (Formerly, Opioid Intervention Task Force):

- The C.O.P.E. trailer to educate community members on the signs of substance use, particularly youth use in the home, is a mock teen bedroom and bathroom which allows for guided tours to adults who are shown some of the places illicit substances could be hidden in a typical room, what some of those substances look like and resources to access if they suspect use. The C.O.P.E. trailer made its debut at the Mental Health and Wellness forum in January 2020. Plans to have the trailer at the Delegates meeting and local schools were put on hold due to COVID-19 but will resume when possible. In the interim, the SUP committee worked with MCPD to create a virtual tour option. This will be shown in an upcoming workshop for adults only.
- The group continues to work with local pharmacies to distribute Deterra drug deactivation kits and information pamphlets to patients prescribed opiates. The kits neutralize left over opiates and make them safe to dispose of in the trash. This keeps these dangerous drugs out of the house where they can be accessed and misused by teens.

# Substance Use Prevention Subcommittee Report

2020-2021 Year End Report

This group also does community education.

- The OIT group has now combined with the Many Voices, Smart Choices group to streamline our efforts to strengthen and support prevention, treatment and recovery in Montgomery County. The Recovery Academic Program (RAP) is also a part of this effort. The RAP program is funded by MCPS and provides a safe learning environment and substance use recovery programming for MCPS students continuing their education after treatment. The new name is the Montgomery County Prevention Alliance.
- The group met in January 2021 to discuss progress toward the establishment of the following:
  - Youth Ambassadors Recruitment
  - State IRB (Institutional Review Board) application update
  - Update on KnowtheRiskMC & BTheOne messaging efforts
  - Results from Survey Monkey to focus the group's future work (listed in order of interest)
    1. Youth Leadership Training (High School)
    2. Youth Prevention Groups (Modified)
    3. Education Activities for parents, professionals, and community (postcards for dentists, education to parents, COPE Trailer, etc.)
    4. Social Media Campaign
    5. Middle school Leadership Program-train the trainer for MS: train 7<sup>th</sup> and 8<sup>th</sup> graders in prevention
    6. Education Forums
    7. Safe storage and disposal of Rx drugs campaign/ PSA development

Anyone with interest in assisting with any of these efforts should contact the SUP Chair as soon as possible.

- Prevention Alliance topics of note include:
  - Drug Take Back Day made a successful return this year on April 24<sup>th</sup>
  - Community members are invited to attend the 3-part series on Preventing Underage Alcohol Use:
    - Preventing Underage Alcohol Use Part 1: An Overview of Data and Strategies:  
Wednesday April 28<sup>th</sup> 1-2:30pm
    - Preventing Underage Alcohol Use Part 2: Addressing Use among Younger Youth: Wednesday, May 12, 2021 2:00-3:00pm
    - **Preventing Underage Alcohol Use Part 3: Addressing Use Among College-Aged Youth: Wednesday, June 16, 2021 1:00pm-2:30pm**  
[https://events-na12.adobeconnect.com/content/connect/c1/1418466649/en/events/event/shared/3619682469/event\\_registration.html?scoid=3619626894&\\_charset=utf-8](https://events-na12.adobeconnect.com/content/connect/c1/1418466649/en/events/event/shared/3619682469/event_registration.html?scoid=3619626894&_charset=utf-8)
- The MCPA has restarted efforts to establish a youth ambassador program in the high schools, to later expand to the middle schools. The youth ambassadors will provide input on activities of the alliance, help shape efforts to reach students in the county, and act as liaisons between the alliance and schools.



# Substance Use Prevention Subcommittee Report

2020-2021 Year End Report

## Montgomery County Suicide Prevention Coalition

- The SUP Chair serves on the MCSPC and co-leads the Youth subgroup, focused on outreach, education, and efforts to eliminate youth suicide. Efforts thus far include:
  - Increasing in-school resources and supports, including the SEL curriculum
  - Specific outreach to and resources for students who identify as LGBTQ
  - Destigmatizing mental health challenges to encourage students to ask for help
  - Working with schools, county agencies and partners, as well as parents to offer FREE Youth Mental Health First Aid classes to MCPS parents and staff.
- Montgomery County Fire & Rescue/EMS are now notifying MCPS when they respond to a call regarding a child with suicidal ideation or an attempted suicide. Montgomery County EMS responded to 408 such calls in 2020. This does not include children who were transported privately by parents or others for suicidal ideation or attempts. We MUST do better.

## Parity at 10 & Legal Action Center:

### Maryland General Assembly

- The SUP Chair joined the legislative committee to formulate and advocate for future bills that provide adequate care and insurance coverage for mental health and substance use treatments in Maryland, through State and Federal legislation.
- The most pressing issue for this group is fair and equitable coverage of mental health and substance use treatment via telemedicine by insurance companies and Medicaid. This is proving particularly challenging for audio only, or telephone only, appointments. It is a safety concern and an equity issue for patients who do not have access to internet services and devices needed for an online visit but cannot get in-person visits at this time.
- The group determined the legislative priorities for the 2021 Maryland General Assembly session which includes the continuation of coverage for telehealth services post-COVID-19 and balance billing issues (when a provider tries to bill the patient for the balance after insurance payments, often in violation of their provider agreements).
- In the 2021 legislative session, we held 26 virtual meetings with each member of both the House Health and Government Operations and the Senate Finance Committees who heard the bills, attended and testified at both hearings (virtually) and the subsequent House Health and Government Operations and Senate Finance Committee hearings to reconcile the differences between the bills passed by the House and Senate.
- The Legislature eventually passed, and the Governor signed, [HB0123/SB0003](#) with the key provisions of the Parity Coalition's original bill amended into another similar bill, including:
  - Protecting consumer choice on the mode of delivery (in person, video or audio only) in private insurance and Medicaid
  - Allowing patients with private insurance to get telehealth services at any location (as permitted in Medicaid)
  - Requiring Maryland Medicaid to ensure Parity Act compliance in telehealth services



# Substance Use Prevention Subcommittee Report

2020-2021 Year End Report

- Requiring payment parity for all delivery modes in private insurance and Medicaid
- Specifically including mental health and substance use treatment as well as somatic health care
- The Parity Coalition is now working to make sure that the study required by this legislation addresses all the pertinent areas of access, deliver, and insurance coverage for care without creating any barriers to the same.
- The Parity Coalition has begun discussions on our advocacy efforts for the 2022 MDGA legislature as well as what efforts we may undertake at the Federal level. This is an important step because state Medicaid and private insurance rates are often tied to federal Medicare rates and coverages. That entanglement creates problems because Medicare is not subject to the provisions to the Parity and Equity Act or the enhancements to the parity efforts contained in the Affordable Care Act. To achieve true parity, we must apply the same requirements to Medicare. Alternatively, we must decouple payments of other payers from the Medicare payment and coverage structure – both of which are massively insufficient.

## [Maryland Insurance Administration \(MIA\)](#)

### Regulation

- The SUP Chair and other Parity Coalition members continue to participate in a series of meetings with the Maryland Insurance Commission. The new chair, Kathleen A. Birrane, is very empathetic to the consumer's plight in dealing with insurance companies and we are encouraged by her comments and hopeful that the MIA will set adequate reporting requirements, and require that insurance providers to meet those requirements, so that parity and equity violations can be easily determined and addressed. Currently, there is no way for the public to obtain the metrics required to see blatant violations. Only the MIA can obtain the information by request, it is not required in ongoing reporting. The MIA continues to hold meetings and community forums to inform their decisions on balancing consumer protections with what the insurance industry insists are onerous and costly reporting requirements on compliance.
- Other areas of concern include:
  - The suggestion that insurance be permitted to count telehealth providers to meet their adequacy of network requirements at the same time they resisted efforts to ensure payment parity for the same service in bills before the legislature and MIA.
  - Extended delays in provider credentialing, particularly for providers who treat children and teens.
  - Other NQTL (Non-Quantitative Treatment Limitations) which are “processes, strategies, evidentiary standards, or other criteria that limit the scope or duration of benefits for services”. The MIA is considering reimbursement rates an NQTL because if services are not covered, adequately or at all, that presents a clear barrier to treatment.
- The MIA has decided to require insurance companies to disclose (to the MIA, not the public) their reimbursement rate setting practices. The Commission held hearings and accepted letters detailing issues consumers and providers have had with getting insurance



# Substance Use Prevention Subcommittee Report

2020-2021 Year End Report

reimbursements at parity and will continue to have hearings and dialog as they construct the new reporting requirements.

- **The MIA continues to hold meetings and hearings to gather information from all stakeholders. Everyone is encouraged to share their stories, particularly if you have had trouble accessing care and coverage. This is our chance to fix the insurance system so that it works for consumers.**
  - “Network Adequacy Regulatory Revision meetings continue with the latest being held on May 28<sup>th</sup>, 10:00-1:00 and the next to be held on **June 18<sup>th</sup>, 10:00-1:00**. Information about participation and providing testimony can be found at this link: <https://insurance.maryland.gov/Consumer/Pages/Network-Adequacy-Regulations-Information.aspx>

## Education

- The Maryland Insurance Administration continues to hold a series of special public virtual meetings to educate consumers and providers:
  - "Understanding How to Access Insurance Coverage for Mental Health/Substance Use Disorder Treatment" was held on February 25<sup>th</sup>, 11:00 am–2:00 pm.
  - “Key Resources to Address Substance Use and Mental Health Conditions” (with the Maryland Dept. of Health, Baltimore City Health Dept. and other Organizations)
  - We requested that future meetings include evening meeting times and that all fliers be shared in English and Spanish. They are now doing the latter.

## Listening Sessions

- The Maryland Insurance Administration continues to hold a series of special public listening session to hear from consumers about their experiences accessing care and coverage through Maryland providers and payers:
  - “Role of Health Insurance in Addressing Health Care Inequities was held May 27, 1:00-4:00pm with the opportunity for the public to share views and experiences.
  - **Please join the Maryland Insurance Administration (MIA) for an open house to discuss your insurance issues and questions.** The flyer is here (both [English](#) & [Spanish](#)). Please feel free to share!
    - **Date:** June 3, 2021
    - **Time:** 12 noon–1:30 pm
    - **Zoom Link:** <https://www.zoomgov.com/j/1609631291>
    - **Registration:** [ow.ly/saxM50EM6It](https://ow.ly/saxM50EM6It)



- 
- Please share the dates and fliers with your networks when you receive them. It is critical that caretakers know their rights and how to access care and coverage for mental health and substance use disorder and that the MIA know when they encounter barriers to treatment.
- The [Maryland Insurance Administration Workgroups](#) include:





# Substance Use Prevention Subcommittee Report

2020-2021 Year End Report

[Access and Use in Maryland's Individual Health Insurance Market](#)  
[Continuing Education Workgroup](#)  
[Mental Health Parity Workgroup](#)  
[Network Adequacy](#)  
[PANDAS Workgroup](#)  
[Pharmacy Benefit Manager Regulation Information](#)

[Workgroup History](#)

We continue our work to eliminate the barriers to SUD and mental health treatment that insurance companies continue to erect, in violation of the Mental Health Parity and Substance Use Equity Act. The SUP Chair has joined the new Parity at 10 legislative committee to advocate for bills that will provide adequate care and insurance coverage for mental health and substance use treatments in Maryland.

*MCPS:*

## [Waymaking Video Series](#)

- The Chair worked with Dr. Christina Conolly, NCSP, the Director of Psychological Services to record an upcoming installment of the MCPS Waymaking series. The episode features Ed Clarke, Chief Safety Officer at MCPS and me discussing the risks outlined in the “Protect Your Family at Home” slide deck. It was released in October and be pushed out to all MCPS schools and families as part of MCPS’ Mental Health Awareness month. [The video is available here, on the MCPS YouTube Channel.](#)

## [Handle With Care](#)

- The SUP Committee continues to work with OSFSE on the implementation of [Handle With Care](#), a program that has first responders notify school officials when a school-aged child is present at a scene to which they responded. The school is then able to meet with the child with a trauma informed approach to assess the level of trauma (if any) experienced and to provide or refer the family for trauma informed care. Addressing childhood Adverse Childhood Events (ACEs) in a timely and effective manner is a very important step toward reducing the risk of future. Studies have shown that more than 80% of individuals treated for substance use experienced at least one ACE and most went unaddressed.
  - Local police departments are starting to put this initiative into practice, informally. We are working to ensure that privacy and other critical components of the HWC program are happening with fidelity, even in the informal practice.
  - A pilot of Handle With Care was slated to begin in September, however, that was delayed due to COVID-19 and distance learning. I feel strongly that this the very time we need this program the most. We know that reports of child abuse and neglect are down substantially because students are not in school being seen or able to reach out for help. If MCPS were made aware of calls for service to the

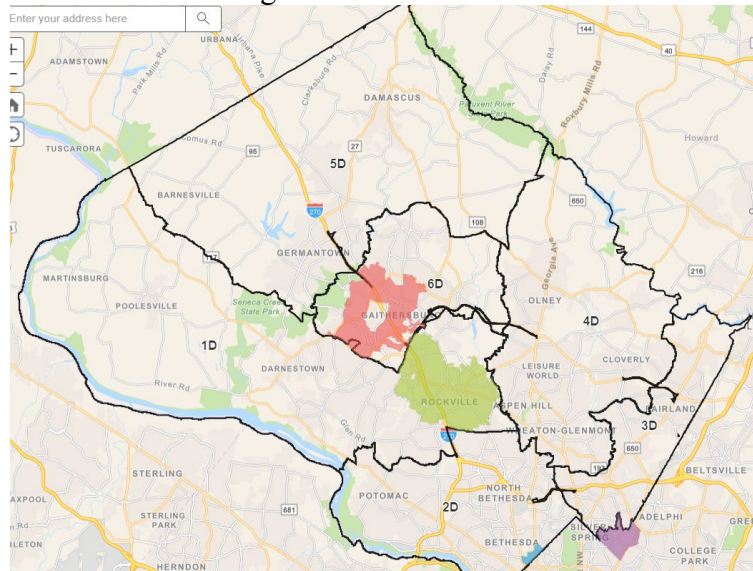


# Substance Use Prevention Subcommittee Report

2020-2021 Year End Report

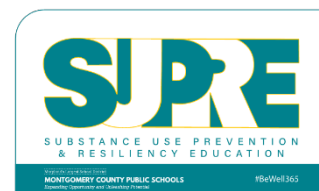
home, for whatever reason, their follow up outreach might reveal the students' need for help.

- With some personnel changes at both MCPS and MCPD, there is renewed energy around the initiation of the HWC pilot in the Fall of 2021.
- A meeting convened by Kyle Potter, the new MCPS lead on this project, included all the stakeholders and there was enthusiasm and commitment to have Montgomery County finally join the other 17 Maryland Counties in implementing HWC for our students.
- There was discussion of a need to change to a different type of MOU and the inclusion of additional parties, namely the State of MD HWC program coordinator. MCPS legal staff and the relevant parties are working on that piece and we expect to meet again in June to start finalizing the pilot in MCPD District 6, which is in the Gaithersburg Cluster area.



## Substance Use Prevention & Resiliency Education (SUPRE)

- The SUP Committee reviewed and submitted edits and enhancements to the [SUPRE](#) diversion program documents. Suggestions included:
  - Allowing students to request to participate in the courses BEFORE they get into trouble. This suggestion was incorporated.
  - Allowing students to participate in the program with a trusted adult when a parent or guardian was unable or unwilling to participate. Work schedules, health conditions, and addiction in the student's family could otherwise deprive the student equitable access to the program. This suggestion was incorporated.
  - Work with the county to provide bus passes to adult participants (students already ride free with their student ID) to remove any transportation barriers that could otherwise deprive the student equitable access to the program. Classes are currently virtual, but this will be addressed in the Fall.



# Substance Use Prevention Subcommittee Report

2020-2021 Year End Report

- Modify the program surveys to be culturally appropriate and eliminate stereotypes and language that presumes causation when there is mere correlation. For example, one question adds significantly to the quantitative score that purports to predict addiction if a student has missed more than a stated number of days from school. It gives no consideration to other causes of absences such as health or even whether the student has reliable transportation. Another question gives a high score if a student was “aggressive” in elementary school without any consideration of undiagnosed/untreated medical conditions, subsequent interventions or personal growth. Another question considers “seeing” someone, anyone, using, possessing, or selling drugs. That can literally happen anywhere and should not presume a predisposition to addiction.
- Remove stigmatizing language from the program documents.
- Translate all materials to provide equitable access to all students and families.
- Restrict the use of student names to first names only to maintain privacy throughout the course activities.
- Correct computational errors in the sampling of the 2018–2019 Maryland Youth Tobacco and Risk Behavior Survey (YRBS) included in one of the exercises.
- Stephanie Iszard and Sean Kelly from the Student Well Being and Achievement, Office of Student and Family Support and Engagement, facilitated by the SUP Chair, presented the program to AODAAC members in April and to a group of parents in May to get feedback and input.
- You can learn more about [SUPRE on the MCPS website](#) and from this [SUPRE Waymaking video](#) on their YouTube channel.

## MCPS & MCCPTA Anti-Vaping Symposium

- The MCPS & MCCPTA SUP Committee Anti-Vaping Symposium was held on February 27, 2021. The presentations were very informative, and the student panel was especially well received. It was well attended by students, parents and MCPS teachers. You can see the [English](#) or [Spanish](#) version on the MCPS YouTube channel.

## Collaboration

The committee worked in partnership with AODAAC, MADD, Arise & Flourish and MCPS to plan the first installment in a substance use prevention and education series for students that include opportunities to earn SSL hours while learning about the dangers and cycle of abuse. Though we know there will not be formal proms, we expect that there will be many informal gatherings as the weather warms and students release pent up energy. The committee and our partners felt it was very important to hold this event before the prom/graduation season begins.

On April 28<sup>th</sup>, the committee and our partners hosted [Risky Business: Making Choices About Alcohol and Drugs](#). The live event featured speakers from Mothers Against Drunk/Drugged Driving, a victim and an offender, as well as two persons in recovery from Arise & Flourish. Each speaker shared their personal stories of how substance use impacted and changed their lives in a very impactful way. We had 114 registrants, including 100 students from the following schools:



# Substance Use Prevention Subcommittee Report

2020-2021 Year End Report

<u>What school are you affiliated with?</u>	<u>Grade</u>
Argyle MS	5
Blake HS	1
Cabin John MS	1
Churchill HS	3
Clarksburg High School	34
Damascus High School	3
Delmar High School	1
Eastern Middle School	1
Farquhar	1
From The Heart Christian School	1
Hoover MS	1
John F Kennedy High school	1
Jones Lane Elementary	1
Lincoln High School	1
Northwest High School	3
Northwood High School	1
Paint Branch High School	2
Parkland Magnet Middle School	2
Richard Montgomery HS	2
Ridgeview Middle School	2
Robert Frost Middle School	4
Shady Grove MS	1
Springbrook HS	2
SSIMS	1
Walter Johnson High School	8
Watkins Mill High School	4
Wheaton High School	1
Winston Churchill High School	4
Total	100

**Students can earn additional SSL Hours** from both [Arise & Flourish](#) and [M.A.D.D.](#) by watching the additional videos on their websites (linked here) and submitting some evidence of learning (essay, art, etc.). Please share the link to the video. Students who did not attend the event can still watch the video and submit their evidence of learning to me at [laura@lauramitchell.org](mailto:laura@lauramitchell.org) for review and consideration for SSL hours. [Watch Risky Business: Making Choices About Alcohol and Drugs.](#)

Students and adults are invited to join the MCCPTA Substance Use Prevention Committee to be a part of the very important work we are doing. [Follow us on Facebook](#) to stay in the know about future Learn &



# Substance Use Prevention Subcommittee Report

2020-2021 Year End Report

Earn events and be the first to know when we launch our listserv, website and other social media to keep you informed.

We had hoped there would also be an associated contest for the entries during a specified time frame, however, funding was an issue for this event. We will work to secure prizes/funding for the future. The goal is to run this annually, in advance of prom/graduation season.

## Next Steps

- Continue to grow the committee by
  - Connecting with parent, teachers and students through outreach and education efforts.
  - Connecting with student members of S.A.D.D. chapters in MCPS schools, via the Prevention Alliance's new Student Ambassador program, MCRSGA and other student organizations.
- Continue and enhance efforts to educate parents, guardians, teachers, the general public and elected officials by:
  - Establishing a robust page on the new MCCPTA website.
  - Adding a dedicated email and listserv for Substance Use Prevention and Education.
  - Additional public educational sessions, virtually and in person, including
    - The COPE trailer tours
    - Youth Mental Health First Aid courses
    - Storytelling sessions and informational events with M.A.D.D., Arise & Flourish and our other partners.
- Continue to advocate for
  - Mental Health Parity and Addiction Equity at all levels
  - Additional mental health and substance use prevention education and resources in MCPS to include:
    - A maximum counselor to student ratio of 250:1 in all schools
    - Wellness centers in all secondary schools, to include mental health and SUD
    - Implementation of Handle With Care throughout the county AND on a statewide basis so the MD State Police, who often see the most traumatizing events, are also required to report to the schools.
    - Advocate for more trauma informed professional development and anti-bias training to be required rather than just offered to MCPS staff. The lack of knowledge and sensitivity that often occurs when this training is lacking is traumatizing to students and often has devastated consequences.
- Advocate for the removal of stigmatizing language that impedes access or willingness to seek and accept care for mental health, self-harm and substance use.
- Continue to participate with groups and agencies to stay current on the issues related to substance use and prevention efforts, particularly in our youth.
- Work to coordinate the efforts of MCPS and MCPD to merge the diversion programs



# Substance Use Prevention Subcommittee Report

2020-2021 Year End Report

such that families can complete one program to achieve diversion from school discipline and legal consequences, respectively, following a first incident of substance possession or use on school property.

- Advocate for MCPS to include a local version of the Youth Tobacco and Risk Behavior Survey (YRBS) in its annual school climate survey (or at an alternate time) to gather more timely and relevant data, disaggregated by school/cluster. This will reveal trends and trouble spots in time to address needs. The State YRBS is only administered every two years and it takes another two years to get the data. By the time we get this data, an issue with a cluster of students in the 9<sup>th</sup> would not be known until the students have graduated, become severely addicted, or worse.



# Substance Use Prevention Subcommittee Report

2020-2021 Year End Report

## Upcoming events:

- The Maryland Insurance Administration (MIA) is the state agency that regulates the business of insurance in Maryland. On June 3, 2021 between 12:00pm to 1:30pm you have the chance to join the MIA at a virtual open house.

Please join the Maryland Insurance Administration (MIA) for a virtual open house to discuss your insurance issues and questions. Between 12:00pm and 1:30pm, you can drop in and have the chance to speak to a representative of the MIA about any questions or issues you may be having with your insurance company or producer.



- The flyer is here (both [English](#) & [Spanish](#)).
  - Date: June 3, 2021 Time: 12 noon–1:30 pm
  - Zoom Link: <https://www.zoomgov.com/j/1609631291>
  - Registration: [ow.ly/saxM50EM6It](http://ow.ly/saxM50EM6It)
- The Maryland Insurance Administration (MIA) and HealthCare Access Maryland have come together to bring you a webinar full of information on the basics of health insurance. This webinar will include information on:

- ”Health Insurance Basics - What you need to know before shopping”

- Know what questions to ask when you are comparing health plans
- Understand how to use your health plan once you have it
- Learn how to find a health plan on the Maryland Health Exchange
- How do subsidies work when it comes to purchasing a health plan
- **Please Join us on Wednesday June 9, 2021 2:00pm - 4:00pm**



- Zoom Link: <https://www.zoomgov.com/j/1613516949>
- Meeting ID: 161 351 6949 Dial-In Number: (646) 828-7666

- The Montgomery County Prevention Alliance presents
  - [Preventing Underage Alcohol Use Part 3: Addressing Use Among College-Aged Youth](#)
    - Wednesday, June 16<sup>th</sup> 1:00–2:30pm



- The Maryland Insurance Administration continues to hold meetings and hearings to gather information from all stakeholders. Everyone is encouraged to share their stories, particularly if you have had trouble accessing care and coverage. This is our chance to fix the insurance system so that it works for consumers.

- “Network Adequacy Regulatory Revision” meetings continue with the next to be held on June 18<sup>th</sup>, 10:00 am–1:00 pm. Information about participation and providing testimony can be found at this link:

<https://insurance.maryland.gov/Consumer/Pages/Network-Adequacy-Regulations-Information.aspx>

**Please feel free to share!**

