

Woburn Public Schools

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November 13, 2018

Dear Parent or Guardian,

As your child's caregiver, we know that you desire the best resources for your child and the young people in our community. 28% of teenagers reported in a national survey that drugs, alcohol, and tobacco are the most important issues they are facing.¹ According to the National Center for Addiction and Substance Abuse at Columbia University, nearly nine out of ten students reported that their classmates use drugs, alcohol, and smoking during the school day.¹ Recent research has also shown that adolescent brains are not fully developed and substance use in these early years substantially alters brain functioning for the teenager's lifetime.²

In order to help prevent students from starting to use substances, or intervene with early use, Woburn Public Schools' nursing and counseling staff will be providing an interview-based screening for grades seven and nine about the use of alcohol, marijuana, and other drugs. The goal of this program is to let the students know that we are available to reinforce healthy decisions and to assist them in obtaining support if needed for substance use related problems.

This screening process will be incorporated into our annual state mandated screening program; and it will utilize the Screening, Brief Intervention, and Referral to Treatment (SBIRT) program. We will utilize the CRAFFT II screening tool which is the most commonly used screening tool for adolescents in Massachusetts (*a copy of this screening tool is enclosed for your review*).

Students who are not using substances will have their healthy choices reinforced by the screener. The screener will provide brief feedback to any student who reports using substances, or who is at risk for further evaluation. **This program focuses on harm prevention and does not generate disciplinary action.** Results of the screening will **NOT** be included in your student's school record, nor will results be shared with any staff other than the SBIRT Team.

¹ National Center for Addiction and Substance Abuse at Columbia University, 2012

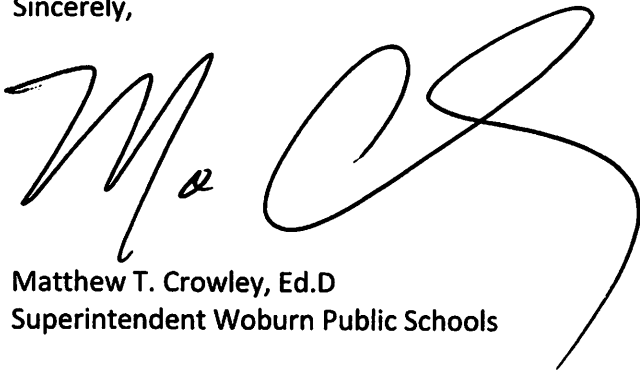
² Adolescent Brain Development and Drugs, PMC 2012, Jul 18. Ken C. Winters and Amelia Arria

The SBIRT Team is composed of the school nursing staff and the school adjustment counselor. Student screening sessions will be brief (approximately 5 minutes) and conducted confidentially in private, one-on-one sessions. They will be conducted by the school nurse and/or the school adjustment counselor.

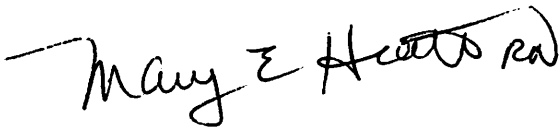
As with any school screening, you have the right to opt out. Please contact the Woburn Public Schools Nurse Leader, Ms. Mary Heater in writing, at the Joyce Middle School, 55 Locust St., Woburn, or by email at: mheater@woburnps.com, if you wish to exclude your child from this screening. Additionally, screening is voluntary and students, themselves, may choose not to answer any or all of the screening questions. This additional screening may be conducted concurrent with postural screening in grades seven and nine, or conducted alone.

We encourage all parents/guardians to talk with your child about your family expectations regarding substance use. Research has shown that parent influence is the #1 reason young people decide not to drink alcohol or use drugs. Together, schools and parents/guardians CAN make a difference for the youth in Woburn.

Sincerely,

A large, stylized handwritten signature in black ink, appearing to read 'M. Crowley'.

Matthew T. Crowley, Ed.D
Superintendent Woburn Public Schools

A handwritten signature in black ink that reads 'Mary E Heater RN'.

Mary E. Heater, M.Ed., RN, NCSN
Woburn Public Schools Nurse Leader

The CRAFFT-II Screening Interview

Begin: "I'm going to ask you a few questions that I ask all my patients. Please be honest. I will keep your answers confidential."

PART A: DURING THE PAST 12 MONTHS, ON HOW MANY DAYS DID YOU...

- ① Drink more than a few sips of beer, wine, or any drink containing alcohol? PUT 0 IF NO USE
- ② Use any marijuana (for example, pot, weed, hash, or in foods) or "synthetic marijuana" (for example, "K2" or "Spice")? Say "0" if none. PUT 0 IF NO USE
- ③ Take a prescription medication or pill that was NOT prescribed to you or MORE than was prescribed to you (for example, prescription pain pills or ADHD medications)? PUT 0 IF NO USE
- ④ Use anything else to get high? (for example, other illegal drugs, over-the-counter medications, and things that you sniff or "huff")? PUT 0 IF NO USE

If no days of use, ask the **CAR** question only, then **STOP**.



If any days of use, **ASK ALL CRAFFT ?s BELOW.**

PART B: CRAFFT QUESTIONS

- ① Have you ever ridden in a **CAR** driven by someone (including yourself) who was "high" or had been using alcohol or drugs? YES NO
- ② Do you ever use alcohol or drugs to **RELAX**, feel better about yourself, or fit in? YES NO
- ③ Do you ever use alcohol or drugs while you are by yourself, or **ALONE**? YES NO
- ④ Do you ever **FORGET** things you did while using alcohol or drugs? YES NO
- ⑤ Do your **FAMILY** or **FRIENDS** ever tell you that you should cut down on your drinking or drug use? YES NO
- ⑥ Have you ever gotten into **TROUBLE** while you were using alcohol or drugs? YES NO

*Two or more YES answers suggest a serious problem and need for further assessment. See back for further instructions