



Mindfulness in Education

September 13, 2017

Cape May County School Boards Association





Who are we?

- ASAP-NJ was founded in 1983 to meet the needs of New Jersey youth in education, prevention, intervention, and referral services in areas of high-risk behaviors including the use of alcohol, tobacco, other drugs, and addictive behaviors. A not-for-profit organization, the group is made up of over 300 Student Assistance Professionals (SAPs), Student Assistance Coordinators (SACs) prevention specialists, educators, and health care professionals.
- [Statewide contacts](#)

What's a SAC???

- **Academic and attendance problems are often due to underlying issues.**
- **Student Assistance Counseling is a process where students meet with a specially trained professional counselor to discuss any problem they may be experiencing, such as:**
 - Family problems
 - School problems
 - Drugs / alcohol (42 CFR)
 - Depression and other emotional problems
 - Relationship issues
 - Stress or anxiety
 - Bullying
 - Eating disorders
 - ANY other issues



What we're seeing

Drugs and alcohol

- Use, abuse, dependence
- Family addiction
- Normalization

Mental health

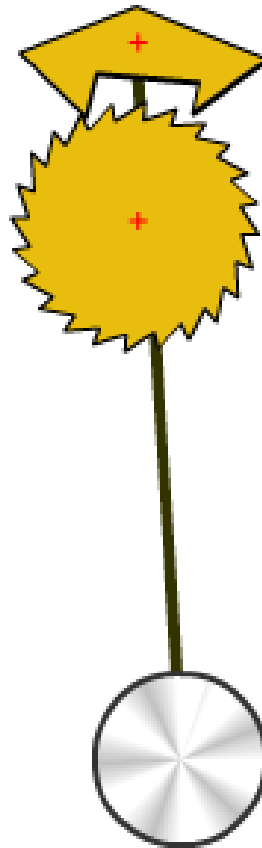
- Stress and anxiety disorders
- Depression, suicide
- Self-injurious behaviors
- Eating disorders

Social - emotional

- Bullying, violence, gang involvement
- Relationship issues
- Family dysfunction
- LGBTQI issues

WHICH WAY IS THE PENDULUM SWINGING?

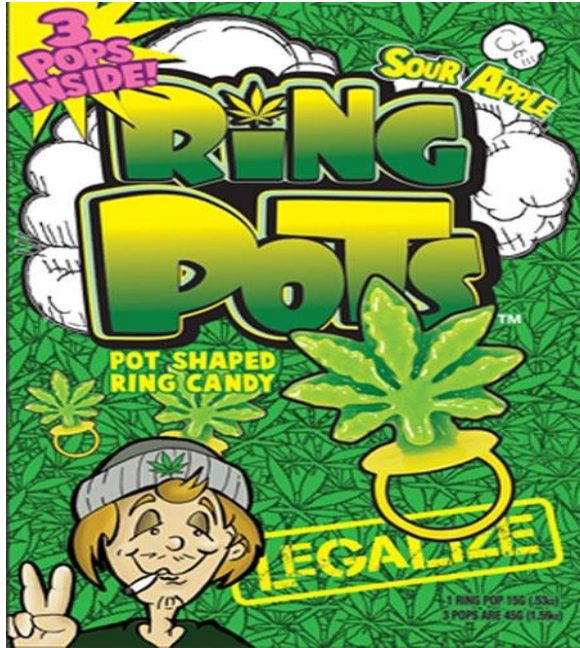
**Mental
Health**



**Substance
Abuse**



New drug trends – how do we keep up?



EDIBLES – Escaping in Plain Sight?





HEROIN

Killer
of a generation



Opioid Crisis – the Aftermath

- ***“Mapping out the causes of suicide in teenagers and children” – Washington Post, August 24, 2017***
- ***“The Children of the Opioid Crisis - Left behind by addict parents, tens of thousands of youngsters flood the nation’s foster-care system; grandparents become moms and dads again” – The Wall Street Journal, December 15, 2016***



Rx Drug Abuse



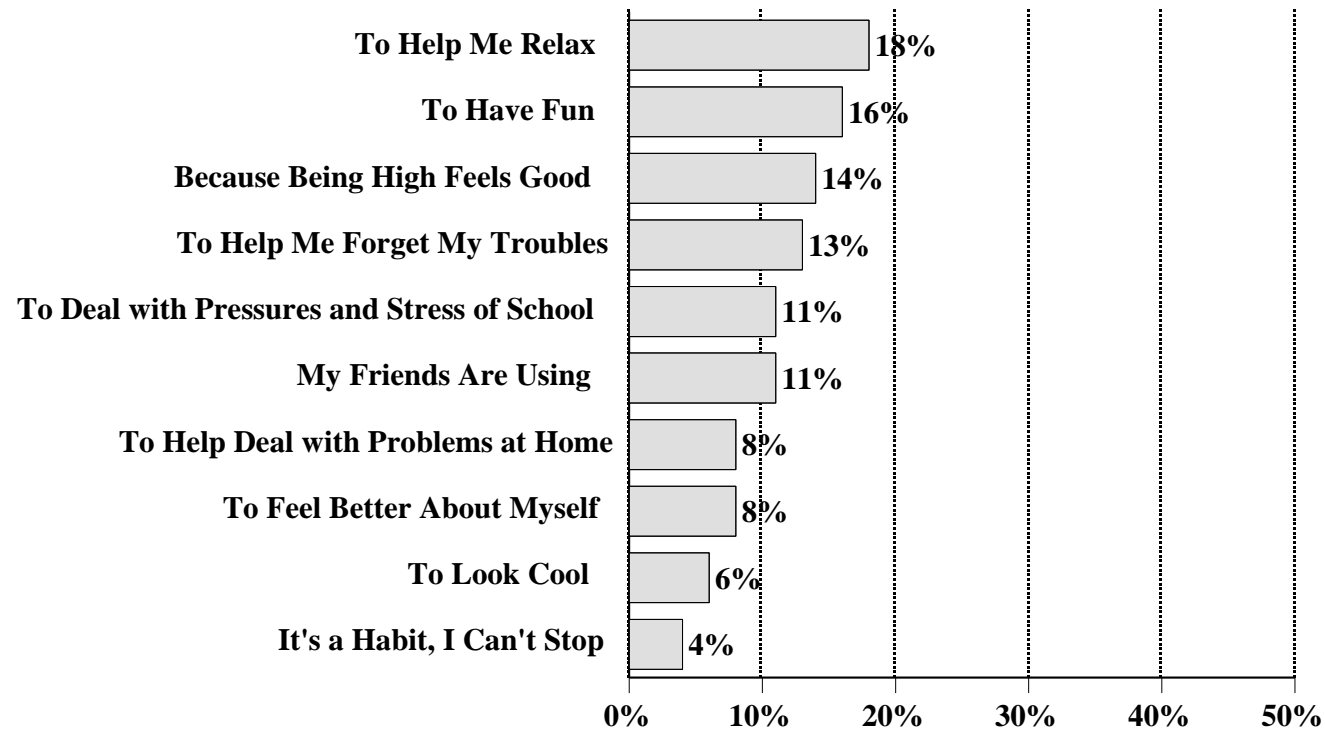


- ***‘Academic doping’ on the rise: Number of students abusing ADHD drugs increasing*** — NBC, October 10th, 2016
- ***New heroin? ADHD drug abuse similar to opioids*** — APP, Sept. 2016
- ***In Their Own Words: ‘Study Drugs’*** — NY Times, June 2012

“What Was the Main Reason Why You Last Used a Prescription Drug Without a Prescription?”

(N=3,884 U.S. High School Students Reporting Lifetime Use of a Prescription Drug Without a Prescription)

SOURCE: Adapted by CESAR from The Partnership for a Drug-Free America and the MetLife Foundation, *The Partnership Attitude Tracking Study (PATs): Teens and Parents*, 2013. Available online at <http://www.drugfree.org/newsroom/research-publication/full-report-and-key-findings-the-2012-partnership-attitude-tracking-study-sponsored-by-metlife-foundation> .



Obstacles in the schools

- Sitting in class struggling with mental health
- Misunderstanding/misperception by administrators/teachers
- Helicopter/Lawnmower parents
- “Right of Passage”
- Increased testing and academic pressures
- Social Media – Cannot Escape It!



good
things
take
time



making
-a-
difference

WHAT CAN BE DONE?

- Prevention and Intervention Efforts
- Advocacy for our students
- Awareness and Education for Parents and Community Members
- Coordination with outside support services

ASAP- NJ Statewide Efforts



- Collaborating with GCADA and county alliances in prevention efforts
- Providing input with NJEA and School Nurses' Association on Senator Vitale's SBIRT Bill
- Consultation with DOE on research-based programs to supplement the health/phys ed curriculum
- Educational workshops with Legal One/NJPSA
- Middlesex County's "Social Work Before Police Work" movement
- Gloucester County's Opiate Initiative
- Supporting Recovery High Schools

Thank You!

- www.asapnj.org
- Twitter @ASAPNJ_SAC

Lori Todd, MA, LPC, ACS
ASAP-NJ President
SAC- Red Bank Regional H.S.
execbd@asapnj.org

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