

LT Community Advisory Council Recommendations to the District 204 Board of Education

Substance Abuse Recommendations (Jan 2006)

1. **Staffing:** The ratio of Student Assistance personnel should be proportionate to the student population. Consider:
 - A.** Having a Student Assistance Coordinator for each campus – currently one coordinator works at both campuses.
 - B.** If not, then examine whether additional support staff is needed. The Social Norming Campaign, to be done well, will require a significant amount of additional time and effort from Student Assistance personnel who are already overburdened. The Council strongly supports more investment in this area.
2. Provide funding/financial assistance for students who need financial help with drug/alcohol rehabilitation. Some suggestions for ways to do this include obtaining a grant, either establishing it as a line-item in the school budget, or getting parent organizations, such as Boosters, Parent/Teacher Council to donate part of the funds they raise every year to a separate fund for such assistance.
3. Publicize the Board's support of/and commitment to the program. What is the Board's commitment to the Social Norming Program?. Let the community know. Is it 2-years, 5-years, 10 years??? What type of funding will it receive?

Recommendations for the Administration

1. Consider a curriculum addition: Add information about the Social Norming Campaign into the Health, PE and Driver's Ed curriculum to reinforce it.
2. Publish the results of the Social Norming Survey for the entire LT community to read. This will help to dispel community "myths" about substance abuse at LT.
3. Do not rely solely on Social Norming Campaign. Tie it into the Code of Conduct and get coaches and sponsors of clubs involved in reinforcing the positive messages of the campaign as well as the Code of Conduct.. Zero Tolerance still needs to be emphasized and improved. Administration needs to address the perception that high athletic performers "get away" with more. School needs to creatively communicate the consequences of negative behavior to students and parents.
4. LT needs to take a "hard-line" on the issue of substance use/abuse. Let parents know that the school will not turn a "blind-eye" to parties with alcohol etc. Remind parents of their legal responsibilities and the consequences of being a parent who serves alcohol to, or allows minors and alcohol to mix at their homes.

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Social Norming Program Recommendations (Jan 2006)

1. Data Collection is needed to see if LT is doing a good job, bad job at substance use prevention and abuse.
2. Get parents to “buy-in” to the program.
 - a. Send a separate mailing home to parents introducing the Campaign, summarizing the survey results, state the goals of the campaign and suggest ways to help.
 - b. conduct a parent survey – Either include it with the registration process or perhaps include it in the grade-level parent night packets and give parents a few minutes at the start to fill-it-out and drop it off in a box as they leave the classroom.
 - c. Embed the campaign into already established parent information nights, like Co-curricular night, 8th-grade parent orientations, and grade-level parent nights.
 - d. Utilize the Parent Community Network Newsletter to help.
 - e. Educate and reinforce with parents their legal responsibilities regarding teenage alcohol use.
 - f. Utilize the new website to consistently send positive messages about the campaign.
 - g. Use Parent University to emphasize positive trends at LT.
3. Community-wide distribution of Campaign information
 - a. Use the website, LTTV, the Lion, Parent Community-Network Newsletter, the local newspapers and the feeder schools to keep the community updated and informed.
 - b. Share survey results and campaign with feeder schools and parents of middle-schoolers/junior high students.
 - c. Use community-wide role –models.
4. Student-directed activities
 - a. Make sure the surveys are administered in an environment that fosters truthful responses (perhaps a larger setting that communications period, such as PE?). How do you know that students were honest in the original survey upon which the entire campaign is based?
 - b. Use student-focus groups to establish the best ways to communicate this campaign to the kids. Are posters really going to be that effective? Most kids are too busy in the halls/lunchtime to notice them. What about bumper stickers, magnets, personal testimonies and other attention-getting devices?
 - c. Incorporate the campaign into Freshman Orientation activities.
 - d. Present more opportunities for training students how to handle stress and other problems that lead to substance abuse, such as more Snowball events?
 - e. Look into “A.C.E.” (Athletes Committed to Excellence) clubs for school and for middle schools.
 - f. Provide students with mechanism to report drug issues with true anonymity.