

# Coordinated School Health

WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD  
A collaborative approach to learning and health



Talawanda School District  
Oxford, OH

# Our District

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- Rural/Suburban community in Southwest Ohio
- 144 square miles
- 3100 students
- 5 buildings: 3 elementary, 1 middle, 1 high school

# Whole School, Whole Community, Whole Child

*“Coordinating policy,  
process & practice -  
improving learning and  
improving health”*

WHOLE SCHOOL, **WHOLE COMMUNITY**, **WHOLE CHILD**  
*A collaborative approach to learning and health*



# Talawanda Health Coordinating Council

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Mission:

*To create a healthier community by addressing non-academic barriers to learning, building upon family and community strengths, and involving families and other community members in all phases of student success.*

# Function

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- Minimize non-academic barriers to learning through policy, practice and programming
- Alignment of all health initiatives with the District adopted health curriculum
- Provide research and recommendations to the Superintendent and the Board of Education on legislation, topics of interest, etc.
  - Drug Testing in Schools
  - BMI Testing
  - Later Start Times
- Monitor & Assess the District Wellness Policy

# Membership

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- TSD Administration, Faculty & Staff
- Talawanda Community School Liaison
- Talawanda School Resource Officer
- Oxford Parks & Recreation
- Oxford Pediatrics & Adolescents, Inc.
- McCullough-Hyde Memorial Hospital / Tri-Health
- Family Resource Center
- Miami University Dietetics Faculty & Students

# Health Education in Ohio

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- Ohio is the ONLY state without health education standards.
- Health Education is the ONLY academic content area without academic content standards.
- Graduation Requirement:
  - One-half unit (60 hours)
- K-8: NO Time Requirement *but*, Must have a health education curriculum for all schools

# Ohio House Bill 367

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- HB 367 requires Ohio schools to select a health curriculum that includes instruction on the dangers of prescription opioid abuse and the connection between prescription opioid abuse and addiction to other drugs, such as heroin.



# Health Curriculum Adoption Cycle

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- District allocated funds to support new materials every **six** years
- Scope and sequence for health education is reviewed and aligned with National Health Education Standards.
- Health is formally offered
  - Kindergarten-5th Grade
  - 6th Grade
  - 9th Grade

Content alone is not  
enough - need to focus on  
skill building!

# Outside of the Classroom...

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- Building & District wide initiatives reinforce what is happening in the classroom
  - Positive Behavior Intervention and Supports
  - Search Institute's 40 Developmental Asset Framework
  - Counseling Curriculum
  - Parent Engagement Programming
- Goal: Consistent messaging in classroom, school, family and greater community!

| Talawanda Student  | Staff/Parent/Community  |
|--|---|
| K-12 Health Curriculum, including lessons with Oxford Police Department and School Resource Officers | <i>Know!</i> Tips from the Prevention Action Alliance   |
| SBIRT (to begin in Fall 2017)  | Wellness Tips in Superintendent Newsletter, Building Newsletters  |
| THS Youth Initiative Team Alternative Activities & Campaigns   | Coalition for a Healthy Community - Oxford Area<br>*Alcohol & Other Drug Workgroup<br>*Mental Health Workgroup<br>*Active Living & Healthy Eating Workgroup |
| Why Try? classes for middle and high school students   | <i>Parent Project &amp; Loving Solutions</i> classes for parents  |
| K-12 Developmental Asset/Developmental Relationships Framework                                       | Parent/Community Programs (i.e. Hidden in Plain Sight, Street Smart)  |
| Envision Partnership Social Skill Groups - TMS and THS   | Safety and Violence Prevention Training for Staff Members   |
| Student Assistance Program   | Mental Health First Aid Training  |
| Plant the Promise & Red Ribbon Week  | Plant the Promise   |

# Challenges & Lessons Learned

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- How to fit health education into the school day when it is **not** a tested subject?
  - Utilize other areas of the coordinated health school model to help address the content.
    - School Resource Officers
    - Hospital
    - Counselors
    - Other community partners
  - Understand that social/emotional learning initiatives serve as drug prevention education.
    - Self management
    - Self awareness
    - Decision making
    - Interpersonal relationships

# Challenges & Lessons Learned

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- How to address all of the requests for presentations, assemblies, etc?
  - All health-related programming must go through the Health Coordinating Council.
  - It is helpful to have a system in place to respond to community requests.

# And finally...

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A consistent, coordinated and purposeful approach across the community works best!

- Common language
- Consistent messages
- Be intentional about integrating prevention messages whenever possible

# Questions?

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Lessons Learned:  
Incorporating Substance  
Abuse Lessons in Core Content

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Campbell County Drug Free Alliance  
Campbell County, KY



# School Districts in Campbell County

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- 7 public school districts
  - 6 public high schools
- Extensive private school system
  - 2 parochial high schools
- Serves a combined 13,000 students; grades K through 12
- Urban, Suburban, Rural

It all started with a dream...



# History

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- Coalition wanted schools to do more & wanted to provide them with more
- Summer 2015, coalition initiated a lesson planning project
- Project of the education committee
- Written by teachers
- Reviewed by local prevention professionals
- End result is a blending of education on substances such as prescription drugs, alcohol, & marijuana, paired with academic concepts like debate, statistics, logic models, anatomy & physiology

# Purpose

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- Provide information to teachers
- Integrate substance abuse prevention education into core content areas
- Create a
- Allow prevention education to

# Lesson Plans

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- 36 lesson plans arranged by subject; Language Arts, Math, Science, Social Studies
- Can be tailored to meet appropriate age & grade levels providing multiple learning experiences at several different points during their educational progression from 7th-12th

Now that we have them,  
what do we do with them?

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# Pilot Project

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- 2017-2018 school year
- 2 local high schools; 1 intervention group & 1 control group
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# Implementation

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- Pre/post
- Delivery checklist
- Fidelity checklist
- Teacher support
- Classroom stipends

# Expectations



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And everything is great,  
right?!?!?

# Challenges

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- Editing & formating
- Ways to distribute
- Finding schools to participate in pilot project
- Teacher turnover

# Barriers

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- Principal

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