

STUDENT ASSISTANCE SERVICES CORPORATION

Substance Abuse Prevention • Mental Health Treatment • Bullying Prevention
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Revised 8/6/24 via email

Anibal Soler, Jr
Superintendent
Yonkers Public Schools
One Larkin Center
Yonkers, NY 10701

Dear Mr. Soler:

This communication will provide the revised costs for your Student Assistance Services' (SAS) program(s) for the 2024-2025 school year. Also included is information on important national substance use trends that are, and probably will be, impacting Westchester students, and a program update.

Trends

Nationally, more adults ages 35-50 are using marijuana, hallucinogens, and binge drinking than at any time in the last ten years.

- 28% reported using marijuana in the last year of which a third reported vaping marijuana
- 4% reported using hallucinogens in the last year
- 29% reported binge drinking in the last year

This is significant because parent and sibling substance use, family history of substance use, family attitudes favorable to substance use, and inconsistent rules and sanctions regarding substance use are among the most influential risk factors for youth substance use. Among younger adults ages 19-30 past-year marijuana, alcohol, and hallucinogen use and marijuana and nicotine vaping also increased. Binge drinking decreased among younger adults.

Second, nationally there has been a decrease among 8th, 10th, and 12th graders in 30-day use of almost all substances including marijuana, alcohol and vaping; and in the number of students reporting having been drunk in the last 30 days. Hallucinogens and inhalants are the only exceptions. With the exception of marijuana, all other categories of daily or heavy substance use have also decreased.

Third, of concern nationally is the recent decrease in the perceived harmfulness of using hallucinogens and the rise in overdose deaths among adolescents. The decrease in perceived harmfulness of hallucinogens is believed to be due to legalization of these substances in some states and the media attention of possible benefits of hallucinogen use in treating some mental disorders in highly controlled clinical trials. The rise in overdose deaths in adolescents is due to the rise in adulterants and contaminants especially fentanyl and other synthetic opioids in illicit substances including fake pills, products being vaped, and unregulated marijuana.

Program Update

The main components of Project SUCCESS address these trends through:

- Assessment, Counseling, Teen Intervene (TI), and referral to treatment, to target students who are using substances and those at high risk
- The Prevention Education Series to provide up to date information and skills that promote healthy decision-making
- School-wide awareness activities and communications to parents about the harmfulness of youth substance use and the need to communicate the disapproval of youth substance use

Teen Intervene

Teen Intervene is an evidenced-based early intervention program effective in reducing risk factors and enhancing protective factors for adolescents suspected of having a mild to moderate substance use disorder. TI is effective in reducing alcohol and marijuana use, increasing readiness to change patterns of substance use, increasing the perception of risk of harm of substance use, and increasing perception of parental disapproval of substance use.

The 2022-2023 school year was the first year Teen Intervene was widely implemented in schools with SAS counselors. Among student participants 58.5% reduced their marijuana use from pre-survey to post-survey and 21.8% reduced their alcohol use. As of the end of the school year:

- 88.1% had not been involved in substance related problem behavior
- 80.4% reduced their alcohol and marijuana use during the last 30 days
- 81% reported that their parents had spoken to them about the dangers of substance use
- 93% maintained or increased their prosocial involvement in school

Prevention Education Series

The PES is an interactive eight-session information and skills building curriculum. The purpose of the PES is to increase adolescents' perception of harm associated with the use of alcohol, marijuana, misusing prescription drugs, and binge drinking. For students seen in the Prevention Education Series classes, there were statistically significant increases from pretest to posttest on increasing perception of harm regarding underage alcohol use, marijuana use, prescription drug misuse, and binge drinking. All results were at the $p < .001$ level except for marijuana which was at the $p < .05$ level.

For HS students seen by the Student Assistance Counselor for four or more individual or group counseling sessions:

93.8% of the students reported reduced or no alcohol or marijuana use

88.7% did not receive a suspension or detention after their first visit

94% increased or maintained prosocial involvement through participating in school activities, increasing attendance at school, and/or improving their grades

For MS students seen by the Student Assistance Counselor for four or more individual or group counseling sessions:

93.4% of the students reported reduced or no alcohol or marijuana use

95.5% did not receive a suspension or detention after their first visit

98% increased or maintained prosocial involvement through participating in school activities, increasing attendance at school, and/or improving their grades

Even with these extremely positive results, we continue to train and supervise our staff on new trends and on the most effective education and counseling strategies to prevent and reduce substance use and improve mental health. Again, we anticipate a challenging spring and fall due to the opening of marijuana dispensaries selling a wide variety of products containing THC and the growing amount of adulterants and contaminants in the substances being used by students. As a result, we will be increasing the number of activities to raise awareness for students, parents, and school staff.

In addition to our Student Assistance Program, SAS continues to provide at no additional cost, bullying consultation for professionals and parents and counseling for students involved in bullying; the Reduce Our Adolescent Drinking/Drugging and Driving (ROADD) program; training for professionals; parent presentations; grant writing; and interventions for students unwilling to enter treatment. We also provide mental health treatment for adolescents in our Tarrytown office, via telehealth and at several schools. Information about some of these services is attached.

Costs

The costs for Student Assistance Counselors or Prevention Specialist for the 2024-2025 school year will be:

\$83,557 for a full-time (five day a week) position

\$41,779 for a half-time position

\$66,846 for a four day a week position

\$33,422 for a two day a week position

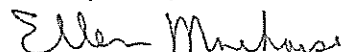
\$50,135 for a three day a week position

\$16,711 for a one day a week position

Please email Diane Murgalo (diane.murgalo@sascorp.org) the attached Intent form by April 1st, to let us know if you intend to increase, decrease, or maintain the same level of SAS services in your district for next year and indicate if you want us to contact you or a member of your staff about any of our services. A contract for services will be due by July 1st.

As always, please contact me if you have ideas about what else we can do to prevent and reduce youth substance use.

Thank you for your continued partnership.



Ellen Morehouse

Cc: Rosetta Barbieri, Stephanie McCaskill

STUDENT ASSISTANCE SERVICES CORPORATION
INTENT/ REQUEST FOR STUDENT ASSISTANCE COUNSELOR OR PREVENTION
SPECIALIST SERVICES

2024-2025 School Year

Please FAX to (914) 366-8826 or email to diane.murgalo@sascorp.org

By June 30th (Revised 7/16/24 per Dr. McCaskill)

For questions call (914) 332-1300

District: Yonkers Public Schools

I am selecting:

Option 1 – Maintaining the same level of services:

**Revised 7/16/24
Per Dr. McCaskill
for 2024-2025**

	School	Days	Cost
1	Barack Obama School for Social Justice	5.00	\$83,557
2	Gorton High School	2.50	\$41,778
3	Lincoln High School	5.00	\$83,557
4	Riverside High School	3.50	\$58,490
5	Roosevelt High School Early College Studies	3.00	\$50,135
6	Yonkers Montessori Academy	2.00	\$33,423
7	Saunders Trades & Technical High School	3.00	\$50,135
8	Yonkers Middle/High School	3.50	\$58,490

TOTAL \$459,562

Option 2 – Increasing Services

- The district would like to increase the level of services from SAS. Please indicate the requested number of days of coverage _____ and the name of the school _____

Option 3 – Decreasing Services

- The district needs to decrease the level of services from SAS.

Note: If services are decreased, the subsidy from the NYS OASAS will be used for other school districts and may not be available to the district in the future.

We would like to discuss having the **ROADD Program**. Please contact _____

We would like to discuss **bullying**. Please contact _____

Signature

Print Name

Title/Position

Date