

Alcohol, Tobacco and Other Drugs:  
Training Resource Modules for Educators



**2008**



**Safe & Healthy Schools**  
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## Preface

During the 2007-2008 session, the Vermont Legislature passed a new amendment to Sec. 8. 16 V.S.A. § 909(b) of the law—more commonly referred to as Act 51. The law now reads:

- (b) The department of education shall:*
- (1) provide for pre-service and in-service training programs for school personnel on alcohol and drug abuse prevention and on the effects and legal consequences of the possession and use of tobacco products. At least one training program shall be made available in electronic format. Each superintendent shall determine the content, duration, and frequency of training on issues concerning alcohol and drug abuse for the districts in his or her supervisory union;*

The electronic training resource modules have been created with these changes in mind. Please note that these modules are only a starting point and certainly do not represent a comprehensive or exhaustive scope of possible alcohol, tobacco and other drugs (ATOD) topic areas. Superintendents should not feel bound to covering any of the suggested topic areas or objectives. The modules that follow merely constitute a collection of training resources that superintendents may use as they see fit.

## Acknowledgements

The Vermont Department of Education would like to take this opportunity to extend our thanks to the following individuals and organizations whose work appears throughout these modules. Please visit their websites for more ATOD-related information, training opportunities and resources:

- Campaign for Tobacco-Free Kids
- Center on Alcohol Marketing and Youth
- Center for Health and Learning
- Centers for Disease Control and Prevention (CDC)
- Children of Alcoholics Foundation
- Florida Department of Community Affairs Drug-Free Communities Program
- Leadership to Keep Children Alcohol Free
- National Association for Children of Alcoholics
- National Institutes of Health
- National Institute on Alcohol Abuse & Alcoholism
- National Institute on Drug Abuse
- National Youth Anti-Drug Media Campaign
- Partnership for a Drug-Free America
- Search Institute
- Stay Free!
- Streetdrugs.org
- Substance Abuse & Mental Health Services Administration (SAMHSA)
- Vermont ATOD Education Expert Level Cadre
- Vermont Department of Education Safe & Healthy Schools Team
- Vermont Department of Health
- World Health Organization

## Module Objectives

By the end of these modules, the learner will have a better understanding of:

### Module I

#### Chemical Use, Misuse, Abuse, Dependence & Recovery

- Relevant alcohol and drug terminology
- Signs and symptoms of chemical dependency
- The alcohol continuum (nonuse to recovery)
- The diseases of alcoholism and drug addiction
- The recovery process

### Module II

#### Pharmacology

- The short and long-term effects of ATOD use
- Effects of ATOD use on the brain and adolescent development
- ATOD use and their impact on decision-making
- ATOD use and drugged driving

### Module III

#### Chemical Dependence in the Family

- Risk factors for substance use
- How chemical dependency affects families
- The survival roles that emerge in families living with addiction

### Module IV

#### Providing Support to Students

- The importance of intervention
- How to talk with students about ATOD issues
- The referral process

### Module V

#### School Prevention Strategies

- Guiding Principles and Best Practices
- Developmental Assets
- Coordinated School Health
- How ATOD is addressed in the Health Grade Expectations

## **Module VI**

### **Societal & Personal Attitudes**

- Personal and cultural norms that influence drug use
- How the media markets ATOD products to youth
- Vermont statistics and trends in adolescent ATOD behavior and perception

## How to Use This Guide

This guide is comprised of six training resource modules, all organized in a similar format and consisting of individual documents from dozens of sources. The first page of each module is an overview and includes module learning objectives, as well as PowerPoints, training resources, and handouts. As these modules were created with pre-service and in-service educators in mind, these categories can serve to guide facilitators in training design or constitute the structure for self-directed learning.

All six training resource modules are available in Portable Document Format (PDF) files. To view or download these files, you will need Adobe Reader software. If Adobe Reader is not already installed on your computer, you may download it for free at [www.adobe.com](http://www.adobe.com). To enhance viewing options and increase download time, the latest version of Adobe Reader is recommended (currently Adobe Reader 9). Some components of PDF files are explained below.

### Bookmarks

The “bookmarks” tab can be found in the vertical, left-hand toolbar once you have opened a document in Adobe Reader. Clicking on that tab will reveal a visual representation of the documents listed on the overview page of the file. These lists can be expanded by clicking on the plus sign (+), or condensed by clicking on the minus sign (-). You can click on bookmarks while viewing any page. You can also return to the first page of the document by clicking on the “Module Overview” bookmark.

### Links

For those who prefer, the “module overview” pages are also embedded with “links”. In essence, these links serve the same purpose as bookmarks and you can click on individual document names or categories (such as PowerPoints) to visit the appropriate pages.

### Page Numbering

Depending on your version of Adobe Reader, the page display is located on either the top or bottom toolbar on your screen. All six modules are paginated as one document. You can find the corresponding page numbers in the “Table of Contents” section.

### Pages (Thumbnails)

Viewing thumbnail images of pages is another way to easily navigate through files. The “pages” tab can be found in the vertical, left-hand toolbar once you have opened a document in Adobe Reader. Clicking on that tab will bring up a visual preview of every single page in the file that you can browse through. (You can also use the up and down arrows in the page display to flip through pages.)