



Scoil Dara

Kilcock Co. Kildare



SCOIL DARA POLICY ON SUBSTANCE USE, ALCOHOL, TOBACCO AND DRUG USE

Introduction

THE SCHOOL POSITION

Scoil Dara is committed to addressing the needs of the whole school in relation to drugs, alcohol, tobacco and behaviour altering substances. The policy has been drawn up by the Principal, Teachers, Parents/Guardians, Board of Management and Students. It is necessary that all involved work together to implement this policy. It is vital that parents/guardians actively work with the school to implement this policy to ensure their children's health and safety. The School recognises that drugs both legal and illegal are available in the local community and that the School, as part of that community, has an important role in terms of education, prevention, support and the handling of drug related incidents.

The welfare and protection of our students have been central in promoting the school to address and respond to what are frequently sensitive issues. Child protection is central in the development of this policy.

DEFINITION

In this policy "Drug" means any substance which changes the way the body functions, mentally, physically or emotionally. It includes :

- Class A drugs : heroin (diamorphine), cocaine(including crack), methadone, ecstasy (MDMA),LSD and magic mushrooms.
- Class B : amphetamines, barbiturates, codeine, cannabis, cathinones (including mephedrone) and synthetic cannabinoids.
- Class C : benzodiazepines (tranquilisers), GHB/GBL, ketamine, anabolic steroids and benzylpiperazines (BZP).

SCOPE

This policy applies to the whole school community, students, employees, visitors and any users of the building.

THE SCHOOL ETHOS

Scoil Dara in its position as a CEIST school has a duty to uphold the core values of CEIST. The core values of CEIST are intended to support and nourish the lives of the people who are at the heart of our schools - students, staff and parents

“Being Just and Responsible” We seek to act justly and responsibly in all our relationships.

A CEIST school seeks to act justly, promoting the well being of all its members. In the interests of safety and fair play for all, the school encourages support networks in and beyond the school community.

As stated in the School's mission statement, Scoil Dara is committed to enabling students to fulfil their academic, intellectual, moral, spiritual, social, cultural and physical potential. It is also committed to fostering the development of personal responsibility. The School does not accept the possession, use or supply of illegal drugs in the school, or on outside activities or in non school time by any member of the school community.

- The School does not accept the possession, use or supply of alcohol or tobacco or e cigarettes in the school or on school activities by any student.
- The School does not accept the misuse of solvent based substances.
- Students may have prescribed or "over the counter" medicines for legitimate personal use only.
- Students who have in their possession, and take medical drugs in school long term must inform the school. The school staff will not be held responsible for ensuring that this medication is taken as prescribed.
- The School must be informed if a student has a medical condition and relevant teachers, e.g. P.E. teacher must be informed also.
- A student or teacher may not give another student any prescribed or "over the counter" medicine.
- Chemicals in school laboratories will be held under lock and key. Students will handle and use such substances only under their teacher's supervision.

ROLES AND RESPONSIBILITIES

School Management

- To ensure the policy is drafted in consultation with staff, parents and students
- To publish the policy and make copies available.
- To identify and facilitate suitable training for staff.
- To monitor the supports in place for drug prevention.
- To be involved in the review and evaluation of the policy.
- To investigate substance misuse issues.
- To liaise with parents and professional personnel.
- To deal with all media issues.

Coordinator of Substance Misuse Education & Programmes

- To coordinate implementation of Schools Substance Misuse Policy.
- To advise the Principal and Deputy Principal.
- To identify and arrange suitable staff in-services and student workshop.
- To direct parents students and staff to suitable resources.
- To provide at least one annual training opportunity for parents.
- To deliver the “Parenting In The Age of Substance Abuse” parenting programme to all incoming first year parents.
- To monitor and evaluate the policy.

School Guidance Counsellors

- To support students who have divulged drug involvement.
- To advise and support parents who contact the school for support.
- To liaise with outside professional support agencies.

Staff

- To be familiar with the policy and procedures outlined within this policy.
- To attend training in this area when provided.
- To be familiar with the signs and symptoms of drug use.
- To report suspicions of drug activity to school management immediately via the incident report form.
- To highlight relevant cross curricular links to raise awareness among students of drug issues.

Students

- To be familiar with the signs and symptoms of drug use.
- To report suspicions of drug activity to school management or to parents immediately.
- To avoid high risk situations that may lead to drug involvement or activity.
- To protect and support peers in vulnerable situations.
- To seek help if involved in drug taking.

Parents

- To be familiar with the policy and procedures outlined within this policy.
- To attend training in this area when provided.
- To be familiar with the signs and symptoms of drug use.
- To report suspicions of drug activity to school management immediately.

The policy is focused in four key areas:

1. Alcohol, Tobacco and Drug Education Programmes.
2. Managing Drug Related Incidents.
3. Training and Staff Development.
4. Monitoring, Review and Evaluation.

1. Alcohol, Tobacco and Drug Education Programmes.

The School is committed to providing an Alcohol, Tobacco and Drug Education Programme for all students. Our educational aims are:

- To increase the self esteem and confidence of our students.
- To equip our students with personal and social skills.
- To enable our students to make informed, healthy and responsible decisions.
- To provide clear and age appropriate information on drugs.
- To minimise the harm caused by drug abuse by offering supportive interventions.

These aims will be achieved by:

1. The availability and provision of the “Parenting In The Age Of Substance Abuse” parenting programme to all incoming parents.
2. Drug Awareness training offered to teachers.
3. SPHE training or any relevant training through regular in-service training.
4. Outside speakers are used where appropriate to reinforce the work covered in class.
5. Parents/Guardians will be consulted on the need for drug education and will be informed of what is happening in the School.
6. Drug information and drug awareness sessions are organised for parents annually.
7. Student Drug Education will be achieved through:
 - SPHE Programme
 - Pact 360
8. Outside speakers where appropriate.
9. A Co-ordinator of Substance Misuse Education & Programmes.

2. Managing Alcohol, Tobacco, Drug Related Incidents

We acknowledge that in all situations involving drugs, there needs to be a balance between the needs of the student, the needs of the school community, the reputation of the school and legal considerations. Assessing a drug incident: If there is no damage to the student/s, it is important to:

- Take time to listen and assess before responding.
- Separate fact from rumour.
- In situations of confirmed use or possession or supply all details must be recorded and acted upon.
- Then complete the Incident Report Form.

Managing a drug incident

A limited number of people are involved in all suspected or confirmed drug incidents. People will be informed on a "need to know" basis. All written records will be held confidentially by the Principal or Deputy Principal. Parents/Guardians will be involved. They will be informed sensitively and support offered to them. In the case of illegal drugs the Principal or Deputy Principal will contact Gardaí - Juvenile Liaison Officer, and any drugs will be dealt with by Gardaí. In response to all incidents, pastoral support will be offered.

If a student has a substance abuse problem then referral will be recommended. Parents/Guardians, staff and other students involved in the incident will be offered support. Confidentiality is a complex issue. It is important that the limits of confidentiality are discussed with students before any disclosure is made. The well being and welfare of the student and teacher must be a primary focus. Child protection is central in the development of this policy

School Management will be responsible for informing parents / guardians of a breach of Scoil Dara Code of Behaviour in relation to substance misuse

- All students will be subject to the schools code of behaviour.
 - Measures may include suspension or referral to the Board of Management for expulsion.
 - If it is apparent that a student is under the influence of alcohol or an illegal drug they will be placed in the care of the Principal, Deputy Principal or Year Head. The parents will be contacted immediately and required to remove the student from the school. If required medical attention will be sought for the student.
 - If there is an immediate danger to a member of the school community the school reserves the right to immediately suspend or temporarily remove any student suspected of drug abuse incident pending a complete investigation.
 - Any student found selling illegal drugs or behaviour altering substances in school or on school related activities will be immediately suspended and referred to the Board of Management for possible expulsion.
 - All incidents will be recorded by the school.
 - All incidents will be investigated and parents will be invited to come into the school.
 - All incidents involving alcohol illegal drugs and behaviour altering substances will be reported to the Gardai.
 - The school will take possession of any banned substances or paraphernalia pending a complete investigation unless advised otherwise by the Gardai
 - The school may, at its discretion contact outside agencies such as the HSE or other professional agencies.
 - The school will attempt to assist the student receiving pastoral and counselling services.
 - In the case of a student returning to Scoil Dara after a drug related incident the school reserves the right to stipulate the conditions it deems necessary to assist in that students reinstatement into the school , this may included counselling , drug testing or continued consultations with Juvenile Liaison Officer, social workers etc
- The welfare and protection of our students have been central in promoting the school to address and respond to what are frequently sensitive issues. Child protection is central in the development of this policy.*

Disciplinary Procedures

Drug incidents are complex and in situations where the school rules regarding drugs are broken, sanctions and punishments will be implemented depending on the nature of the offence. These will be consistent with school rules (see the Code of Behaviour). Supply of illegal drugs to other students in the school is a very serious offence and may merit the ultimate sanction available to the Board of Management of permanent exclusion from the school.

3. Training & Development

We will provide:

Staff

The School will facilitate training for staff involved in the SPHE programmes.

All staff will be offered drug information and awareness training regularly.

Specific training will be made available to the co-ordinator of Substance Misuse Education and programmes and additional key staff in relation to managing drug related incidents.

First Aid training will be made available to all staff regularly.

Parents/Guardians

The School will provide information sessions and opportunities to attend drug workshops, information evenings and sessions on the School Drugs Policy.

The provision of the “Parenting in the Age of Substance Abuse” parenting programme to all incoming parents

Students

The School will offer all its students drug education programmes within the context of their SPHE classes. TY students will study First Aid.

4. Monitoring the Policy, Review and Evaluation

The Co-ordinator of Substance Misuse and Education Programmes will monitor the policy to ensure that it is of practical benefit to the School. The result will be recorded and made available to the Principal.

The areas for review are

- Drug Education Programmes
- Managing Drug Related Incidents
- Parent, Staff and Management Training

Evaluation

The school will monitor, review and evaluate this policy on an ongoing basis.

Dissemination of Policy

Copies of this policy will be distributed to all the school community. It will be available also from the Principal's Office, School Library. Copies will be made available to all new staff and parents of new pupils as part of their induction to the School. Students will be made aware of the policy within the context of the SPHE programme.

Ratification

This policy was ratified by the Board of Management of Scoil Dara.

Signed: *Padraig Byrne*

Chairperson, Board of Management

Date: *19th January 2017*

Appendix-1

Physical Signs of Addiction

- ❖ Change in eating patterns
- ❖ Change in body weight
- ❖ Poor physical coordination
- ❖ Unusual laziness
- ❖ Awake at unusual times
- ❖ Dilated pupils
- ❖ Blank stare
- ❖ Shakes
- ❖ Unusual odour
- ❖ Hyperactivity
- ❖ Runny nose, hacking cough
- ❖ Nausea

Behavioral Signs of Addiction

- ❖ Change in attitude
- ❖ Change of friends
- ❖ Avoiding old friends
- ❖ Change in activities
- ❖ Drop in school grades
- ❖ Forgetfulness
- ❖ Loss in interest of family events
- ❖ Moodiness
- ❖ Secretiveness
- ❖ Change in personal grooming habit

Appendix-2

Where to seek help in Kildare

- ❖ **Cuan Mhuire Services:** Residential Alcohol Detox | Residential Heroin Detox for males aged 18 and over | Residential Treatment | 2-Year Aftercare | Transition House | Family Support | Treats alcohol, drug, gambling and prescription drug addictions adults aged 18 and over **Address:** Milltown, Athy, Co. Kildare, Kildare **Phone:** 059 8631493 / 8631090 **Email:** athy@cuanmhuire.ie
- ❖ **Teen Challenge Services:** Drug Prevention and awareness | Outreach | Pre-induction | Rehabilitation | Family care programme **Address:** Teen Challenge, Newbridge, Co. Kildare, Kildare **Phone:** 045 43 6416 **Email:** admin@teenchallenge.ie **Website:** www.teenchallenge.ie
- ❖ **The Halo Project Services:** Free and confidential services for young people who want help with their substance use | Information and advice | 1:1 Counselling and support | Family therapy and support | Care planning | Holistic treatments | Advocacy | Consultation with other services **Address:** Hillview House, Kilcullen Road, Naas, Co. Kildare, Kildare **Phone:** 045 872 500 **Email:** coordinator@haloproject.ie / projectworker@halopro

Where to seek help in Meath

- ❖ **HSE Drug Outreach & Addiction Counselling Service Services:** Assessment | Support | Withdrawal treatment | Counselling | Referral **Address:** Health Promotion Department, Railway Street, Navan, Co. Meath, Meath **Phone:** 046 9076400
- ❖ **Ashleigh House (Coolmine TC) Services:** Residential Rehabilitation **Address:** Clonee, Co. Meath, Meath
- ❖ **St. James Camino Network Services:** Holistic approach to rehabilitation and education | Group therapy | Individual counselling | Family support | Relapse prevention | Accommodation support | Residential programme **Address:** Meadowbrook, Cloncurry Cross, Enfield, Co. Meath, Meath **Phone:** 046 9549241
- ❖ **Tabor House Services:** Inpatient treatment | 3 month minimum counselling for clients who completed the Tabor House programme | Family support | Support including re-housing, employment, training / education | Intervention counselling | Aftercare **Address:** Trim Road, Dillonstown, Navan, Co. Meath, Meath **Phone:** 046 9077909

Where to seek help in Dublin

- ❖ **Tallaght Rehabilitation Project** Services: TRP is a Community based rehabilitation day-programme for people in recovery from drug and alcohol addiction and who reside in the Tallaght area | Aftercare facility | Room rental Address: Kiltalown House, Jobstown, Tallaght, Dublin 24, Dublin West Phone: 01 6714436 / 087 6523731 Fax: 01 414 81 23 Email: info@tallaghtrehabproject.ie Website: www.tallaghtrehabproject.ie
- ❖ **Tolka River Project** Services: Stabilised drug users seeking rehabilitation in the Dublin 15 area | Outreach | Harm Reduction | Referral for community detox and residential detox | Education & Training | Counselling | Aftercare | Family Support | Acupuncture, massage and relaxation Address: Buzzardstown House, Buzzardstown Campus, Dublin 15, Dublin West Phone: 01 640 5847 Email: tolkariverproject@gmail.com Website: www.tolkariverproject.org
- ❖ **YODA: Youth Drug and Alcohol Service** Services: Young persons programme | Family support | Family therapy | Counselling | Multidisciplinary team Address: 2nd Floor, Tallaght Addiction Services, Glen Abbey Centre, Belgard Road, Tallaght, Dublin 24, Dublin West Phone: 01 466 5040
- ❖ **HSE Adolescent Addiction Service** Services: Support and treatment in relation to alcohol and drug use for young people and families from Ballyfermot, Clondalkin, Palmerstown, Lucan, Inchicore | Open referral | Advice | Counselling | Assessment | Consultation | Family Therapy | Medication Address: Bridge House, Cherry Orchard Hospital, Ballyfermot, Dublin 10, Dublin West Phone: 01 6206400 / 01 6206493
- ❖ **HSE Community Alcohol Services** Services: Counselling | Assessment | Education programme | Aftercare Address: Ground Floor, Glen Abbey Centre, Belgard Road, Tallaght, Dublin 24, Dublin West Phone: 01 4516589 / 4516754
- ❖ **Bawnogue Youth & Family Support Group** Services: Support to parents, partners and siblings of drug misusers | 1 to 1 support and group work in a safe and confidential environment | Information, advice support and referrals Address: New Nangor Road, Clondalkin, Dublin 22, Dublin West Phone: 01 457 2938 Fax: 01 457 2958 Email: byfsg@eircom.net

Useful links / additional Resources

- ❖ **Instrumental** <http://youtu.be/VIwfYoHhvo>
- ❖ **Drugs.ie** <http://www.spunout.ie/health/Alcohol-%2526-drugs/Video:-Drugs.ie>
- ❖ **Review signs** http://youtu.be/v2v1hznCx_s
- ❖ **Kids talking** <http://youtu.be/jC5VC2-yNcE>
- ❖ **They lied** <http://youtu.be/IrcOVpAKsUg>
- ❖ www.drugs.ie
- ❖ www.aiseiri.ie

Appendix-3

Types of drugs

There are three main types of drugs – depressants, stimulants and hallucinogens.

Depressants

Depressants slow down messages to and from your brain. Alcohol, opiates (like heroin and morphine), cannabis, sedatives (like valium), and some glues, petrols and other solvents are all depressants. If you take different types of depressants at the same time you're more likely to overdose (OD), so if you're using depressant drugs, the safest way to do so is to stick to one type of drug. Large amounts of depressants can:

- Make you pass out
- Stop breathing
- Make you feel sick and vomit

Stimulants

Stimulants speed up the messages going to and from your brain. Caffeine, nicotine, amphetamines (like speed or ice), ecstasy and cocaine are stimulants. Using stimulants:

- Puts a strain on your heart
- Increases your body temperature
- Stops you feeling hungry
- Can make you paranoid, anxious or psychotic

Mixing stimulants with each other or with depressants puts extra strain on your heart and can cause major health problems.

Hallucinogens

Hallucinogens change your perception of reality. LSD, magic mushrooms, ecstasy, mescaline, and high doses of cannabis are all hallucinogenic drugs. People who take hallucinogens often have 'trips' which is when they hear and see things that aren't really there. How your 'trip' goes depends on your mood, state of mind and setting. You can't predict whether it will be good or bad, or how strong it will be.

Hallucinogens can:

- Make you panicked, anxious or paranoid
- Make you take risks you wouldn't normally take
- Make you lose touch with reality (**psychosis**)

