

FINDINGS AND RECOMENDATIONS TO THE CONCERNED CITIZENS COMMITTEE

FROM THE

SUB-COMMITTEE ON DRUGS

June, 1973

The sub-committee on drugs and alcohol was composed of a group of volunteers covering a real cross section of the community. We were especially pleased to have four students from Nome-Beltz Regional High School on the committee, a big help. Many long hours were spent interviewing people, sifting facts, writing reports and reviewing the same and all members of the sub-committee worked together for a common cause, that is, to see education and help for all persons in connection with drugs and alcohol. A special thanks to the Alaska State Troopers for their co-operation and help in gathering ideas and also to the District Attorney for allowing us to pick his brains. Dr. Gimmatteo and Mr. J. Jackson held a drug workshop in Nome at the time the committee was preparing it's report and this session proved to be most informative. Members of the sub-committee were; Roxanne Bills; Gail Galleher; Don Lee; Elsa Bronson; John Doyle; Virgil Holcombe; John Walsh; Bud Harry; Cathy Schultz; Carol Perron and Jim Illig. Dan Levinson headed up the group as chairman.

The position of the Nome Concerned Citizens Sub-committee on Drugs is that the misuse of all drugs such as alcohol, barbituates, amphetamines, heroin marihuana, hallucinogens, cafffine, nicotine, and volatile chemicals is harmful to the individual and society and should not be condoned.

A major responsibility of the Nome-Beltz School and the Beltz Regional Dormitory is the protection of the health and safety of the students in their charge. We therefor beleive the school district should approach the problem in a positive and direct way, instituting programs and activities which have been demonstrated to reduce drug misuse, and which lead to responsible decision making regarding personal behavior patterns. Policy and action should remain constant throughout the school and dormitory.

The committee believes in a policy that prohibits alcohol on the school campus and dormatory complex as well as the use of illegal drugs. We believe that all members of the campus community should be made aware of this policy and that it should be enforced. Such substances found on the school/dorm complex should be confiscated. In all such cases, conformity to law and strict observation of due process and civil rights must be maintained.

I. Procedure for responding to Students Who are Observed as Being Under the Influence of Drugs While at School or in the Dormitory

Since some drugs create a very unstable condition, a calm, thoughtful, and discreet approach is necessary. We believe drug problems are really people problems, demanding an immediate personal contact which allows for dealing with the crisis as a medical-sociological-psychological problem situation.

- A. The student who is obviously intoxicated on a drug should be quietly and skillfully removed from the main flow of academic or dorm activity. Specially designated personnel trained to handle this type of situation should be contacted. Students should also be trained and formed into crisis teams by district personnel. Their personal understanding of the problem can be invaluable and they may be utilized in many situations under the supervision of the specialists.
- B. Someone should be assigned to remain with the student to "talk him down" if appropriate, or for his own safety. A hostile or threatening approach may exacerbate an already difficult situation.
- C. The resolution of the student's involvement in drugs usually requires the participation and cooperation of the parents. It should be a goal to secure this cooperation at the earliest feasible time consistent with the best interests of the student. If it is necessary for the specialist to take the student to the hospital or to involve law-enforcement agency, the parent must be notified.
- D. No one should be expected to accept violence against person(s) or property and if this happens the law-enforcement agency may be called and a complaint may be filed. Whenever feasible, the student should return to school so that follow up action may be initiated.

II. FOLLOW -UP PROCEEDURE

Before any follow-up action is taken by the school or dormitory resulting from an infraction of policy regarding alcohol or illegal drug use, an immediate individual case study process involving as broad a spectrum as is possible of professional services of school and non-school sources should be initiated. The study should be initiated by the counselor responsible for the area (school or dorm) where the infraction occurred. This study should utilize (whenever appropriate) peer review, medical help, counseling personnel, conferences with parents, other persons or agencies, and the school staff to make a determination concerning the appropriateness of the students's continuance in school or of action which might be taken. The main emphasis should be on solving the problem within the school/dormitory community, whenever possible, and encouraging the student to become actively involved in the decision-making/problem solving process.

Some actions might be (these are not meant to be all inclusive)

- A Whenever possible the student will continue in the school/dormitory as long as their presence is not destructive to the welfare of other students and is in his best interest as well. There should be no "automatic" suspensions but each case will be considered individually with suspension as a constant option.
- B. The student will continue in school/dorm provided that he accept and followthrough on an individualized, written contract worked out with him. Some examples might be:
 - 1) restitution for or repair of damages
 - 2) work responsibilities such as clean up & maintainence
 - 3) assistance to dormitory personnel
 - 4) adherence to restricted hours and activities

- 5) loss of priveleges
- 6) medical therapy
- 7) attend regular counseling sessions
- 8) some other student initiated option that meets the approval of the authorities involved

C..The student could be placed in a home study program;

D. Major adjsments could be made in the school/dormitory program, ie involving the student in work experience, teacher aid, or adult school alternatives.

E. Suspension, expulsion or exclusion of the student from the school or dormitory complex. Reccommendations for exclusion of the student from school/dorm must be preceeded by writtee recommendations form the case study sources including peer group review and input from a due process school or dormitory administrative hearing. At all points confidentiality must be maintained.

III. Services to be Provided by School/Dormitory personne\$

We believe school personnel should integrate in a total community approach to drug abuse. In cooperation with other community agencies the following should be provided:

A provide ad education program for students

Nationwide reararch has shown that instruction in the pharmacological effects of drugs alone does not reduce drug abuse. Therefor we recommend a drug education program be established that also includes patterns and reasons for drug involvement, the recognition and handling of individual anxieties and first aid for those in crisis situations.

- B. Provide 24-hour "emergency" services to students and parents for drug related or other personal problems.

WE are in strong agreement and support of a crisis oriented walk-in center in the city of Nome and a similar center for the Beltz Dormitory within or close the the dormitory building. Maximum school co-ordination and participation in thses projects is imperative.

- C. Provide counseling for students and their families.

To begin effective progams to hlep resolve student problems we endorse the soncept of Home-school, Home-dormitory Co-ordinators. We further recemmend that the Home-Dormitory program include village visitations for onferences involving the student, Co-ordinator, and parents.

- D. Conduct parent education conferences

- E. Assist community agencies with in service training programs.

- F. Provied follow-up services for students who have left the school setting, particularly in conjunction with the walk-in center.

- G Teacher specilaists should conduct classroom discussions on request of teachers or students.

- H. Act in conjunction with the walk-in center to provide current drug information and research for the public.

- I. Conduct informal evaluations of the program(s) every threee months with a formal evaluation yearly.

- IV. Recommended Preparation for School/Dormitory Personnel for the '73-74 Year
- A. Two staff members from the school be chosen as drug education/ counseling specialists, one male and one female, and one additional adult to be trained for operating the dormitory walk-in counseling center.
 - B. Training in the handling of alcohol and other drug related crisis and in on going counseling techniques be made available to the above individuals either through already existing training programs or the use of a consultant.
 - C. Staff specialists and necessary consultants conduct a mandatory three day workshop prior to the beginning of the school year for all school/ dormitory personnel from the janitor to the Head Administrators. All people must be aware of the helping process.
 - D. A peer group counseling program has been started through the training of three Nome-Beltz students at the First Annual Alaska School for Alcohol Studies in Anchorage, May, 1973. In addition, on-the-job training is currently in process through the Nome Walk-in-center. It is recommended that these students be involved in any workshop because of their valuable insights into the problem. Further development of strong, carefully selected and well trained peer counselors must occur to assure the on-going nature of the program.
 - E. We endorse the presence of an adult, uniformed Security Guard in the same manner as last year. Our investigation revealed that his presence was effective in curtailing the flow of alcohol into the dormitory, assisted in the controlling of violence and disruptive students, and offered additional security for the complex.
 - F. Representative dormitory and school peer review councils to hear facts and offer recommendations on all cases of violence, extreme disruption,

repeated intoxication, and cases recommended by the administration, staff, a reasonable number of peers, or in some cases, an outside agency.

- G. All appropriate agencies should do all they can to stop the flow of alcohol from distribution points to a minor ie bars, liquor stores, taxi services, and individuals. We endorse the concept of uauthorized liquor ID Cards with a photograph of the person.
- H. The school/dorm complex should develop a system of rewards for those who show responsible personal behavior patterns.
- I. We endorse the development of student and staff handbooks for both the dorm and the school. Such handbooks should be supplemented by small group orientation meetings.

For those people already involved in drug misuse, our strongest recommendation is that a crisis oriented drug information center be established in downtown Nome. Such a center would be a place where young people and families in the community could walk in voluntarily for information or because they felt the need to seek help in resolving a particular situation. The center should be staffed with a peer counselor and an experienced adult counselor. In addition, two outreach workers would be available to go into the community to respond to crisis situations and assist people in the community or facilitate their visit to the center. This center would serve as a starting point for the establishment of a similar operation within or close to the dormitory at the start of the fall term.

At the time of this writing, \$6,200 has been acquired for such centers through the Norton Sound Health Corporation and the use of a house has been granted through the generosity of the Covenant Church. There is a possibility that a small two bedroom apartment, in the Dormitory building but accessible only through an outside entrance, will be made available in the fall.

A certified counselor has donated his full-time services for the summer months and the State Office of Drug Education is being approached for additional operating funds. A more detailed proposal is attached.

Subcommittee members unanimously agreed that young people need alternatives to take the place of drugs - something else to derive their "highs" from. It is the position of this subcommittee that while recreational activity may not necessarily change the life style of one already deeply involved in drug use, it is certainly beneficial to those not already "into drugs" and can act as a means of primary prevention. Suggestions for recreational activities include but are not limited to the following:

- Improvement of bowling alley and hours of operation more appropriate for young people.
- ~~Reactivating the roller skating rink~~
- Development of a music group or band
- Development of a hamburger stand for teenagers.
- Civic activities, properly led, emphasising town clean-ups, dances for charity, plays and baseball games.
- Mountaineering, hiking, etc.
- Cross country skiing and development of the down-hill skiing rope tow on Newton Peak
- Improvement of the existing teen center, including an eating facility and programs in arts and crafts.
- A recognized position of student host and hostess for visiting dignitaries.
- Funding drive by students for recreational facilities mentioned above.

The subcommittee supports the idea of a recreation coordinator to work with the town and the school/dormitory complex and urges that means be found to fund such a position as suggested recently by Mr. Bill Karp, former recreation

director for the Beltz Dormitory.

The subcommittee further recommends the concept of the Community School where school library and recreational resources could be utilized in the evenings and during the summer months. Mini-courses for the entire community should be offered in the evening and during the summer months. It may be necessary to seek special funding for this project.