



Opioid and Substance Use Prevention Resource for Texas Schools

**Texas School Health Advisory
Committee**

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Introduction

In 2005, the 79th Legislature adopted [Texas Health and Safety Code, Section 1001.0711](#), directing the Executive Commissioner of the Health and Human Services Commission (HHSC) to establish the Texas School Health Advisory Committee (TSHAC). The purpose of the TSHAC is to provide a leadership role for the Texas Department of State Health Services (DSHS) in the support for and delivery of coordinated school health programs and school health services. In 2007, the 80th Legislature added [Texas Education Code \(TEC\), Section 38.104](#), expanding the TSHAC's responsibilities to assess the effectiveness of and develop recommendations for coordinated health programs provided by schools based on the findings of the analysis of the results of the required physical fitness assessment. [25 Texas Administrative Code \(TAC\), Rule 37.350](#), lists the roles and responsibilities of the TSHAC.

The *Opioid and Substance Use Prevention Resources for Texas Schools* document was first developed by the TSHAC in 2021 to help educate students, families, and staff about the dangers of opioid misuse and ways to prevent and overcome opioid addiction. In 2023, the TSHAC established the Opioid Prevention subcommittee to update this resource with administrative support provided by DSHS staff.

With the passage of [House Bill \(HB\) 3908](#) in the 88th Legislative Session, Regular Session, 2023, each school district must annually provide instruction related to fentanyl abuse prevention and drug poisoning awareness to students in grades 6 through 12. [TEC Section 38.040\(b\)](#), list the topics that must be included in the instruction.

HB 3908 also updated the duties of local school advisory councils (SHACs) under [TEC Section 28.004](#), by requiring SHACs to provide recommendations to their school districts on the appropriate grade levels and curriculum for instruction on the dangers of opioids, including addiction to and abuse of synthetic opioids such as fentanyl. School districts must consider the recommendations of their SHAC before changing the district's health education curriculum or instruction.

Information about developing and sustaining a local SHAC can be found on the [DSHS School Health Advisory Councils webpage](#).

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Opioid and Substance Use Prevention Resources

Opioid prevention resources can help to educate students, families, and staff members about the dangers of opioid misuse and about ways to prevent and overcome opioid addiction.

The TSHAC has identified the following resources that may assist school personnel.

State Resources

Texas Targeted Opioid Response

The [Texas Targeted Opioid Response \(TTOR\)](#) website serves as an educational resource aimed at increasing awareness of opioid misuse and related risks, risk reduction strategies, and opioid use disorder treatment resources. TTOR is a public health initiative operated by HHSC with federal funding from the Substance Abuse and Mental Health Services Administration (SAMHSA). TTOR's mission is to save lives and provide life-long support to Texans with opioid and stimulant use disorders by expanding access to prevention, integrated, treatment, and recovery support services.

Fighting Fentanyl

The [Fighting Fentanyl](#) webpage is maintained by HHSC and serves as an educational resource on fentanyl. The website offers a range of resources, including a toolkit featuring social media posts and graphics that can be shared to increase awareness of the fentanyl crisis.

Safe Drug Disposal Resources

The University of Houston's Safe Drug Disposal and Community Awareness project aims to prevent non-medical use of medications through increased access to safe drug disposal materials. To request safe drug disposal materials for schools, complete the following [online request form](#).

PAX Good Behavior Game

The PAX Good Behavior Game is a program that equips educators with evidence-based strategies to help build children's self-regulation skills with the ultimate goals of improving classroom behavior, supporting academics, and reducing opioid

misuse. Education Service Center Region 13 offers PAX Good Behavior Game trainings to educators throughout Texas. To learn more and register for a training, visit the [PAX Good Behavior Game](#) website.

Outreach, Screening, Assessment and Referral Programs

Outreach, Screening, Assessment and Referral (OSAR) programs are a starting point for people interested in substance use services to begin their path to treatment and recovery. OSAR services are incorporated into multiple local mental health authorities and local behavioral health authorities and are available in several locations across the 11 Texas Health and Human Services (HHS) Regions. To find an OSAR in your region, visit the HHSC [OSAR](#) webpage.

Turn To Campaign

The Turn To campaign is a multi-pronged public awareness substance use prevention media campaign. It was designed to improve behavioral health by facilitating connections to healthier alternatives to substance use and reducing the stigma faced by people with mental health or substance use issues.

This campaign includes the [Turn To Check-In](#), a five-minute questionnaire intended to help individuals better understand issues affecting their mood or behavior. The tool offers information about resources and services people can access to help them achieve behavioral health and is available in English and Spanish.

Visit TurnToSupportsTX.org to learn more, find behavioral health resources, and use the check-in tool.

Community Coalition Partnerships

The cross-sector coalition partnerships engage community members to address prevention and behavioral health promotion strategies to prevent negative outcomes associated with substance use. Coalitions concentrate on HHSC's four prevention priorities: underage alcohol use, underage tobacco and nicotine use, marijuana and other cannabinoid use, and prescription drug misuse. They target these four priorities through social norm campaigns, information dissemination, and environmental and policy changes.

In fiscal year 2022, their strategies focused on addressing underlying factors that lead to substance use and behavioral health challenges that impact youth, family, and community risk and protective factors. As of 2023, there are 42 Community

Coalition Partners funded throughout all 11 HHS Regions in Texas. To find your local coalition, visit the [HHSC provider directory](#).

Youth Prevention Programs

Youth Prevention (YP) Programs follow a comprehensive program design that follows National Academy of Medicine’s universal, selective, and indicated prevention classifications.. The YP programs provide prevention education to schools and community sites using evidence-based curricula identified for their target populations. YP Program activities support HHSC’s four prevention priorities: underage alcohol use, tobacco and nicotine product use, marijuana and other cannabinoid use, and prescription drug misuse.

There are three types of YP programs funded by HHSC:

- **Youth Prevention Universal** (YPU) programs target a universal population of youth without consideration of individual risk for substance use or misuse.
- **Youth Prevention Selective** (YPS) programs target a selective population of youth who are known to be at increased risk for substance use or misuse due to factors affecting subpopulations to which they belong.
- **Youth Prevention Indicated** (YPI) programs target an indicated population of youth who are individually known to be at increased risk for substance use or misuse as determined by a screening tool.

For more information, visit [HHSC’s YP Programs](#) webpage.

To find your local YP Program, visit the [HHSC provider directory](#).

Prevention Resource Centers

HHSC funds Prevention Resource Centers (PRCs) to increase the capacity of the statewide prevention and behavioral health promotion system within the designated HHS Regions. PRC services seek to prevent negative outcomes associated with substance use and promote behavioral health by:

- Enhancing regional collaboration.
- Working with schools and community organization to increase participation in the [Texas School Survey of Drug and Alcohol Use](#).
- Increasing community awareness and readiness.
- Providing information and resources on substance use and related behavioral health data.

- Supporting the development of prevention skills for regional stakeholders.
- Strengthening compliance with commercial tobacco and nicotine laws.

PRCs provide a variety of trainings to their community and have resource lists of information on their websites. Schools and community organizations can request prevention education resources through their local PRC. More information can be found at the [HHSC Prevention Resource Center](#) webpage.

Federal Resources

U.S. Department of Education's Substance Misuse Resources

The [U.S. Department of Education](#) website provides a wealth of information on preventing and reducing youth and young adult substance misuse. It provides hyperlinks to webinars, curriculum toolkits, drug information and other resources developed by the U.S. Department of Education and other federal agencies to address:

- How schools help to prevent youth and young adult substance misuse and create supportive learning environments.
- What students should know and do about substance misuse.
- How parents and guardians of students can help to prevent and reduce youth and young adult substance use and support students to make healthy lifestyles choices.
- How the U.S. Department of Education can assist state and local educational agencies, K-12 schools, and institutions of higher education in preventing and reducing youth and young adult substance use.

The Opioid Crisis and K-12 Schools: Impact and Response Webinar

The Opioid Crisis and K-12 Schools: Impact and Response webinar, hosted by the U. S. Department of Education, provides details on how the opioid crisis affects students and families along with insights into practices and policies that can help address the opioid crisis in schools. The [National Center on Safe Supportive Learning Environments](#) has archived the recording of the webinar along with the resources provided.

This webinar was designed for state-, district-, and building-level administrators, teachers, and specialized instructional support personnel interested in effective support of students and families impacted by the opioid crisis.

Preparing for Opioid Related Emergencies for K-12 Schools and Institutions of Higher Education

The Readiness and Emergency Management for Schools (REMS) Technical Assistance (TA) Center (U.S. Department of Education) released an [opioid fact sheet](#) that gives information to lead schools through the process of adding opioid overdose protocols to their Emergency Operations Plan. For more information, visit the [REMS TA](#) website.

Substance Use Prevention: A Resource Guide for School Staff

The White House Office of National Drug Control released the [Substance Use Prevention: A Resource Guide for School Staff](#) guide, which provides school staff links for hotline, prevention, and treatment to help educators protect students and schools from the impact of illicit substance use.

Opioid Overdose Prevention Toolkit

SAMSHA's [Opioid Overdose Prevention Toolkit](#) includes opioid use disorder facts and essential steps for health care providers, communities, and local governments for developing policies and practices to prevent opioid related overdoses and deaths.

Prevention Program and Tools

The U.S. Department of Health and Human Services has a [prevention program and tools](#) with multiple resources regarding prevention and treatment to combat the opioid crisis, such as:

- Awareness campaign resources about addiction to and dangers of prescription opioids.
- Healthcare personnel drug misuse prevention and monitoring programs.
- Community-based resources and toolkits to educate individuals about opioids, opioid use disorder, and treatment for substance or opioid use disorders.

Naloxone Resources

What Is Naloxone?

SAMSHA defines naloxone as an opioid antagonist medication used to reverse an opioid overdose. The [SAMSHA](#) website contains information on what naloxone is, how it works, the side effects, and how it is administered. The website also includes overdose prevention training and resources for those using substances.

To view a list of approved naloxone products, visit the [U.S. Food and Drug Administration Drugs@FDA Search](#) webpage and search "naloxone." The [U.S. Food and Drug Administration](#) website also describes the overdose reversal drugs, details of stakeholder meetings, and public workshops on product development of naloxone and nalmefene.

Naloxone Trainings

The [SAMSHA](#) website provides training materials and resources for substance disorder treatment including a quick start guide and pocket guide for practitioners seeking information for buprenorphine, a medication to treat opioid use disorder. Evidence-based treatment topics are included such as medications for opioid use, prevention, health care, and social service.

SAMSHA's [What is Naloxone?](#) YouTube video explains how opioids affect the body, how naloxone works as an opioid antagonist, potential need for multiple doses, safety of naloxone, and how it can save a life.

National Association of School Nurses Resources

The National Association of School Nurses, in collaboration with the National Institute on Drug Abuse, National Institutes of Health, created the [Naloxone Education for School Nurses Toolkit](#). It offers resources to assist school nurses and other school leaders in evaluating and responding to the drug overdose crisis. The resources include creating a naloxone program in your school, campus protocols for emergency naloxone administration, and communication resources.

Texas School Nurse Organization Narcan Toolkit

The Texas School Nurses Organization published the [Narcan Toolkit](#) to provide a summary of resources with links to protocol and training information. It includes resources for the school nurse continuing education, sample administration protocol, an *Opioid Overdose Response Training Skills Checklist*, and sample report of naloxone administration.

Overdose Prevention and Education Training

The University of Texas Health Science Center at San Antonio, School of Nursing, offers an overdose prevention and education training that addresses:

- Updates on current trends driving increases in overdose frequency and mortality.
- A framework for understanding the complex individual, social, and situational factors that shape overdose risk.
- Actions that can be taken to strengthen our efforts at preventing overdose frequency.

For more information, visit the University of Texas Health Science Center at San Antonio [Overdose Prevention and Education Training](#) website.

Naloxone Standing Order Request Form

HHSC's TTOR public health initiative provides information on how to request a standing order for naloxone. This standing order is free and is offered through HHSC via federal funding from SAMSHA. Visit the [Texas Opioid Training Initiative](#) website to request a naloxone standing order.

Reporting of Administered Opioid Antagonist Medication to DSHS

As required by [TEC Section 38.223](#), and [25 TAC, Rule 40.87](#), the school districts, open-enrollment charter school, or private school that adopts an unassigned opioid antagonist medication policy must submit a report to specific entities, including DSHS, no later than the 10th business day after the date a school personnel member or school volunteer administers an opioid antagonist.

The report to DSHS must be submitted using the electronic Administered Opioid Antagonist Medication reporting form available on the [DSHS School Health Program](#) webpage.

Naloxone Requests

As part of the opioid settlement, naloxone was allocated to Texas to support communities in fighting the opioid crisis. The Texas Division of Emergency Management is responsible for distributing naloxone to county sheriffs' offices throughout the state. Contact your county sheriff's office to inquire about how to access naloxone for your school.

Additionally, the University of Texas Health Science Center at San Antonio offers naloxone to individuals and organizations as a part of their efforts to reduce opioid overdose death. To learn more, visit the [More Naloxone Please](#) website.