

APS Substance Use/Misuse Prevention and Intervention Programs and Curriculum SY 24-25

Program: Crossroads

The Crossroads program has been an established substance prevention and intervention program since the 1990's and it has been developed through a combination of operational and grant funding over the years to ensure that all 13 traditional high schools in APS have a Crossroads Counselor, a master's level school counselor with specialized training in the area of substance use and misuse. With the average age of first use in NM being 11 years old, we recognized the need to begin working with students earlier and advocated for expanding the program to middle schools. In the Spring of 2023 the positions were approved, and with grant funding, the two Middle School Crossroads Counselors were added to this already unique program, making it the only program of its kind in the United States.

Prevention and intervention services offered by the Crossroads program can include:

Middle School:

■ Prevention:

- School staff training for middle and elementary schools when requested regarding current trends and how to work with students who may be struggling with substance use/misuse
- Collaboration with school counselors and health educators to offer substance use/misuse and nicotine/vape prevention education and presentations for students, families and school staff at both the middle school and elementary levels

■ Intervention:

- PIP (Parent Involvement Program): 60-90 minute psychoeducational intervention for families required by the APS student handbook as an option to reduce or replace suspension days when there is an alcohol or controlled substance infraction on campus and includes a 1:1 follow up session with the student
- Connecting family to community resources and referrals for more intensive care if needed
- Providing resources to school staff who work with students struggling with substance use/misuse

High School:

■ Prevention:

- Direct student support/counseling including refusal skills and coping

skills training

- Classroom/staff/schoolwide presentations/training, consultation and community outreach on substance use and misuse

■ Intervention:

- PIP (Parent Involvement Program): psychoeducational intervention for families required by the APS student handbook as an option to reduce or replace suspension days when there is an alcohol or controlled substance infraction on campus and includes TWO 1:1 follow up sessions with the student.
- Direct student support/counseling following a harm reduction model and using motivational interviewing to explore issues relating to their substance use/misuse and changing harmful behaviors
- Indirect student support including staff consultation and Health and Wellness Team meetings
- Caregiver/Family support and connection to community resources including referrals for more intensive services/treatment if needed
- Small group counseling

**Both MS and HS Crossroads counselors are a part of the Post Overdose Response Team (PORT) and facilitate the individualized plan (PORT-P), a recent collaboration with APS Nursing that provides wraparound care to ensure a supportive return to school for the student after a medical event in which a known or suspected overdose has occurred on campus. PORT is groundbreaking and we were referred to as “trailblazers” by professionals in national organizations in the substance prevention field like CADCA (Community Anti-Drug Coalitions of America) and the ORN (Opioid Response Network) because NO ONE ELSE in the country, including college campuses has anything like this in place to support their students.*

Curriculum:

APS partnered with the DEA and Discovery Education to offer training to Crossroads and secondary Health Educators on the free [OPERATION PREVENTION](#) curriculum developed for grades 3-12. The curriculum is currently optional for health educators to use in grades 6-12 but is approved for 3rd grade and up.

Prevention Event: SPREE (Substance Prevention, Resource, Education and Empowerment) Expo

From a shared vision to bring prevention to the community, Crossroads, Bernalillo County, NM Department of Health and the City of Albuquerque partnered to create **SPREE** which was held at the National Hispanic Cultural Center in May 2023. There were over 400 people of all ages that turned out for the event that provided two keynote speakers, multiple workshops, Narcan training and disbursement, 35 resource tables and free food. Due to the overwhelming positive response and feedback, BernCo, specifically the KeepNMAlive campaign, offered to line item **SPREE** as an annual event and planning is currently underway for **SPREE 2025**.

APS CROSSROADS/Opioid Settlement Substance Prevention and Intervention Funding Proposal				
Encorporating Vital Strategies Recommendation 16: Comprehensive Education and 17: Connecting Disconnected Youth	One Time Expense (\$)	Year 1 Amount (\$)	Year 2 Amount (\$)	Year 3 Amount (\$)
EXPANDING CROSSROADS PROGRAM (Recommendations 16 and 17)				
<i>Funding for 11 full time Crossroads Counselors (Master's level school counselor with specialized training in substance prevention and intervention) to each serve a cluster of 3 APS Middle (27) ,K-8 (3) and HS Magnet (3) Schools: 11 x @ \$103,425 (salary+benefits)/yr</i>		\$1,137,675.00	\$1,137,675.00	\$1,137,675.00
<i>District level Crossroads program support position (salary+benefits/year)</i>		\$141,000.00	\$141,000.00	\$141,000.00
<i>Onboarding training on harm reduction, motivational interviewing, SBIRT etc for new counselors and ongoing Professional Development (to include travel expenses if needed)</i>		\$33,000.00	\$16,500.00	\$16,500.00
Crossroads expansion subtotal (per year)		\$1,311,675.00	\$1,295,175.00	\$1,295,175.00
EXPANDING SCHOOL BASED BEHAVIORAL HEALTH THERAPIST PROGRAM (Recommendations 16 and 17)				
<i>Funding for 14 full time independently licensed clinical therapist positions for high need elementary and middle schools : 14 schools @ \$103,425 (salary+benefits/year)</i>		\$1,447,950.00	\$1,447,950.00	\$1,447,950.00
<i>Ongoing professional development (to include travel expenses if needed)</i>		\$21,000.00	\$21,000.00	\$21,000.00
BHT Expansion SUBTOTAL (per year)		\$1,468,950.00	\$1,468,950.00	\$1,468,950.00
PREVENTION PROGRAMMING: Screenagers (Recommendation 16 and 17)				
<i>Membership licensing for movie+accompanying classroom curriculum: Screenagers Under the Influence: Addressing Vaping, Drugs, and Alcohol in the Digital Age (20 licenses for use at participating schools @ \$500 each)</i>		\$10,000.00	\$10,000.00	\$10,000.00
<i>Printing of promotional materials (flyers, posters etc)</i>		\$300.00	\$300.00	\$300.00
<i>Supplies for 2 movie nights at 20 schools (popcorn machine, popcorn, etc)</i>		\$4,000.00	\$4,000.00	\$4,000.00
Screenageers Subtotal		\$14,300.00	\$14,300.00	\$14,300.00
PREVENTION PROGRAMMING: Substance Free Athletics (Recommendation 16)				
<i>Includes: Implementation planning, presentation materials, train the trainer and support, 3 live presentations (coaches,parents and athletes); pre and post survey data, ongoing access to materials and co-branding)</i>	\$5,000.00			
<i>Additional online presentations beyond 3 live presentations (\$250 each: estimated 1-2 possibly needed)</i>	\$500.00			
<i>Printing of promotional materials (flyers, posters etc)</i>	\$300.00			
Substance Free Athletics Subtotal	\$5,800.00			
PREVENTION PROGRAMMING: Vive 18 Youth Launch Package (Recommendations 16 and 17)				
<i>Includes 5 days of school presentations, starting Prevention Clubs, Parent and Community Presentation, staff training, youth training for student leaders, 2 yr plan, Prevention and SEL Toolkit, Train the Trainer for toolkit implementation</i>	\$39,900.00			
<i>Media package add on (15 student videos, 5 parent/community videos, 1 full video, 4 poster designs, 24 social media posts)</i>	\$9,900.00			
<i>School staff sponsor for any new peer to peer clubs created (.10 extended contract+benefits=\$10,342.50 x 20 school estimate)</i>		\$206,850.00	\$206,850.00	\$206,850.00
VIVE 18 SUBTOTAL	\$49,800.00	\$206,850.00	\$206,850.00	\$206,850.00
PREVENTION/INTERVENTION INVESTMENT: Wireless Vape Detectors (Recommendation 17)				
<i>500 Wireless Vape detectors installed in 10 APS Middle and High Schools with the most vaping infractions averaged over the past 2 school years: (500x\$1149-discount for 100+ detectors)</i>	\$487,500.00			
<i>Annual Software/Cloud license</i>		\$29,500.00	\$29,500.00	\$29,500.00
<i>Stainless steel protective cage</i>	\$32,500.00			
<i>Shipping</i>	\$2,000.00			
Subtotal Wireless Vape Detectors	\$518,000.00	\$29,500.00	\$29,500.00	\$29,500.00
DEVELOPMENT OF RESTORATIVE ALTERNATIVE TO SUSPENSION PROGRAM FOR SUBSTANCE INFRACTIONS for APS District (Recommendation 17)				

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Benchmarking visit to the RAYS (Restorative Accountable Youth Solutions) Program in Nevada County Schools, Grass County, CA (travel and accommodations) for APS Crossroads Director	\$2,000.00			
MATERIALS/MERCHANDISING (Recommendations 16 and 17)				
Crossroads program promotion and visiblity (tables for events, team shirts, banners, pens, fidgets etc)		\$1,000.00	\$1,000.00	\$1,000.00
Substance use prevention materials		\$300.00	\$300.00	\$300.00
SUPPLIES/MATERIALS SUBTOTAL		\$1,300.00	\$1,300.00	\$1,300.00
TRANSPORTATION INITIATIVE for APS High School Students (Recommendation 17)				
Discounted or Free UBER rides during high substance use events like Prom and Graduation	TBD	TBD	TBD	TBD
Subtotal	\$575,600.00	\$3,062,075.00	\$3,045,575.00	\$3,045,575.00
TOTAL PROPOSED COST PER YEAR	\$3,637,675.00	\$3,045,575.00	\$3,045,575.00	\$3,045,575.00