

## **New Bridge Foundation - ASPIRE Program Update Report**

### **Summary of Services from September 2014 - Present**

The ASPIRE program successfully started services on three Berkeley campuses with funding from Berkeley City Council and Berkeley Unified School District. The schools benefiting from the funding are Martin Luther King, Jr. Middle, Longfellow Middle, and Berkeley High School. Although the ASPIRE program also does services on BTA and Willard Middle School campuses, that funding is provided by Alameda County Behavioral Health Care.

As a result of the BCC/BUSD funding, ASPIRE has been able to provide alcohol and other drug prevention, education and intervention services to students at these three new schools.

To date 197 students have received group specific services in the program on all three campuses. In addition, 520 students have accessed the program through classroom presentation and schoolwide activities.

The integration of services on all three campuses has shown successes and challenges, as all startup programs do. The ASPIRE program has been successful in identifying the multi-faceted needs of students, and collaborations with school staff to create systems that work within the academic environment. For example, staff providing students access to services during the school day.

#### **Berkeley's 2020 vision:**

The ASPIRE program is working within the Berkeley schools to support the 2020 vision's key measurable indicators. Key indicators, as defined by the City of Berkeley and Berkeley Unified School District, that are supported by the ASPIRE program include:

- Student Attendance
- Disproportionality in Suspensions
- Disproportionality in Police Contacts
- Student Engagement

The ASPIRE staff have worked to support Berkeley students by increasing access to alcohol and other drug services, positive coping skills and protective factors to avoid high risk behaviors. These services help to support kids that would have high truancy, suspensions, police contacts and a lack of engagement in school by addressing some of the intersecting issues. ASPIRE staff has also supported the students and school by participating in Restorative Justice circles and support in lieu of suspension services. Staff are also in discussions with school district officials to start supporting the SARB process by being available to sit on the panel. Program staff helped to facilitate Reefer Madness Town Hall in October 2014, sat on a panel with the AHA parents in December 2014, and supported Berkeley Youth Alternatives Marijuana series.

### Demographics/students receiving services

<b><u>Name of School</u></b>	<b><u>Number of Students Served in Group</u></b>	<b><u>Received Services in Classroom Presentation or Other Activities.</u></b>
Berkeley High School	62 students	260 Students
Longfellow Middle	59 students	175 students
Martin Luther King Jr. Middle	76 students	100 students
<b>Total:</b>	<b>197 students served in groups</b>	<b>535 students served</b>

<b><u>Name of School</u></b>	<b><u>Gender</u></b>	<b><u>Ethnicity</u></b>
Longfellow Middle School	Female = 19, Male = 40	African American = 22, Caucasian = 19, Asian = 5, Latino = 13
Berkeley High School	Female = 20, Male = 42	African-American = 17, Latino = 14 Caucasian = 15, Filipino = 1 Multi-ethnic = 5, Middle Eastern = 10
Martin Luther King Jr Middle School	Female = 33, Male = 43	African American = 20, Caucasian = 35, Asian = 10, Latino = 15

#### **Berkeley High:**

- 62 students served in groups and individuals at Berkeley High School
- 260 students served through presentations in Freshman English classes, Senior Science classes, Senior English class, and BRIDGE program classes.
- Students from all six small schools within Berkeley have received services through the program. (Academic Choice, Academy of Medicine and Public Service, Arts and Humanity Academy, Berkeley International High School, Communication Arts and Science, and Green Academy).
- Referrals have come from OCI (on campus intervention), Principal Glenchur, Dr. Susan Craig, the Health Center, Vice Principals, Dean of Attendance, Dean of Students, Intervention Coordinator, word of mouth/self-referrals, Academic Counselors, and Teachers.

**Longfellow Middle:**

- 59 students served in 12 prevention education groups at Longfellow Middle School.
- 175 students have received additional education services through classroom presentations, school wide activities and games at lunch time and specific awareness campaigns.

**Martin Luther King Jr:**

- 76 kids served in prevention education groups.
- Students were pulled in cohorts from the physical science and art classes to participate in prevention courses. Presentations were conducted by ASPIRE staff in several of the 7th grade Science classes.

**Services that have been delivered at each site****Berkeley High:**

- Prevention Education groups, Classroom presentations (Alcohol and other drugs, family roles, COSAP, and anger management), Prevention Intervention groups (COSAP, seniors, newcomers, substance users, recovery, and 3Ps), individual services (ongoing and based on needs assessment), Collaboration with Health Center for schoolwide campus activities, Variety of Awareness campaigns (Red Ribbon week and Alcohol Awareness Month) and given school based intervention support as needed.

**Longfellow Middle:**

- Prevention Education groups with students pulled from the science classes.
- Conducting schoolwide awareness campaign activities (Red Ribbon week, Alcohol Awareness Month).

**Martin Luther King Jr. Middle:**

- Prevention Education groups with 7th and 8th grade students.
- Conducting tabling and other activities for awareness campaigns (Red Ribbon week, Alcohol Awareness Month).

**Progress integrating services on campus****Berkeley High:**

- Collaborated with the Health Center for campus-wide activities.
- ASPIRE was invited to be a part of the *Berkeley High School Intervention Meeting* facilitated by Jasdeep Mahli, Intervention Coordinator, and is attended by the Dean of Students, Dean of Attendance, members of the Vice Principal team, as well as members of OCI.

- ASPIRE has presented to a variety of classes of 9th to 12th grade students from all six of the small schools. Topics have included Drug Education, Navigating Family Roles, Impact of Alcohol and Other Drugs on Family Members, and Anger Management.
- ASPIRE has coordinated with the Dean of Students, Dean of Attendance, various Vice Principals and Academic Counselors, Principal Glenchur, the Health Center and members of OCI to ensure wrap around services for identified students.
- Participated in Restorative Justice circles with students and administration.

#### **Longfellow Middle:**

- Collaborated with administration, counseling department and science teachers for referrals and student pull-outs for group.
- Counselor has participated in schoolwide activities on campus.
- Counselor has been able to facilitate ongoing prevention education groups two days a week with students.
- Counselors facilitate class presentations with the Leadership students around alcohol and other drugs.

#### **Martin Luther King Jr. Middle:**

- ASPIRE staff coordinated with physical education and art teachers to pull students out for prevention education groups.
- School counselor worked closely with Principal Levenson to identify the population that she felt were the most in need of services on her campus.
- Counselor attended and worked with the RTI team to identify high risk students.

### **Successes**

#### **Berkeley High:**

- ASPIRE was immediately welcomed by the vast majority of staff and faculty of BHS. This allowed staff to push into classes to present, gave them access to meet with students during their class, and staff and faculty members referred students to our program.
- Support from the Health Center around referrals, as well as collaborating and coordinating services
- Students have reached out to ASPIRE counselors for support, and as a result students have reported some reduction in their use and increased critical thinking.
- Students have been consistent in their attendance to group meetings, actively engaging in group projects, topics and curriculum.

#### **Longfellow:**

- Working relationship with science department and counseling team.

- Administration refers student that they suspect have contact with ATOD due to behavior and attitude changes.
- Student surveys show overwhelmingly that they feel the groups are informative and are more aware of the consequences of drug use.

#### **Martin Luther King Jr:**

- Working collaboration with physical education and sciences department.
- Counselor was successful in running multiple groups weekly, increasing access to education services for 7th and 8th grade students.

### **Barriers**

#### **Berkeley High:**

- Scheduling groups so that students are only taken out of elective courses. However, staff have had success with a majority of teachers being flexible in allowing students to be removed from non-elective courses one class a week.
- High Truancy and attendance issues have impeded implementation of services in a consistent manner.
- Developing best practices in balancing support services with disciplinary actions in a way that keeps students open to working with counselors.

#### **Longfellow Middle:**

- Due to transition of new principal, services were delayed at his request until he could get additional information about service integration. Counselor started on the campus at the end of October.

#### **Martin Luther King Jr Middle:**

- Access to students due to scheduling and inability to pull students from core classes.
- Space concerns and the lack of confidential spaces that are suitable for groups and individuals.
- No current referrals for students that need AOD support.