



Milford High School & Applied Technology Center

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Student Services • (603) 673-4523 • Fax: (603) 673-4203

Website: <http://mhs.milfordk12.org/>

This year we are initiating a universal screening program in the ninth grade related to the use of alcohol, marijuana and other substances. The goal of this program is to let the student know that we are available to reinforce healthy decisions and to assist them in obtaining support if needed for substance use related problems.

Twenty-eight percent (28%) of teenagers reported in a national survey that drugs, alcohol and tobacco are the most important issues they are facing. Recent research has also shown our brains are not fully developed during adolescence and substance use in the early years substantially alters brain functioning for a lifetime. Evidence suggests however, the older the teen is prior to first use the less likely that teen will develop a substance abuse disorder.

The Screening, Brief Intervention, and Referral to Treatment (SBIRT) program is a set of protocols that will allow the nursing and counseling staff to detect substance use related problems in adolescents before they start or to address them at an early stage. The tool used for screening, the CRAFFT, is empirically based and is one of the most frequently used screening tools for adolescents. Students who present with little to no risk will have their healthy choices reinforced. The screener will provide brief feedback to any student who reports using substances, or is at risk for future substance use. If needed, the student will be referred to the counseling staff i.e. school social worker, for further intervention and parents will be notified. The brief intervention portion consists of “non-judgmental” conversations about substance abuse and options for change. This program focuses on harm prevention and does not generate disciplinary action.

Ninth grade students will be screened during Health and Wellness class; this will happen during first or second semester depending on your child’s schedule. All screenings will be conducted by our school nurse and social worker. Screening sessions will be brief (approximately 5 minutes) and conducted confidentially in private one-on-one sessions. Results of the screening or brief intervention will not be included in your student’s school record nor will the results be discussed with anyone other than the SBIRT team which includes the school nurse, school social worker and the student’s school counselor as needed. The screening tool will be returned to the student at the end of the screening along with some educational and resource information. A copy of the screening tool is enclosed along with the privacy and confidentiality statement for your review.

Screening is voluntary and students may choose not to answer any or all of the screening questions. Screenings will be conducted January 5th and 6th during your child’s Health and Wellness class.

Please share this letter with your child. We encourage all parents/guardians to talk with their child about substance use. For ideas on how to begin these conversations, please see the enclosed reference sheet. Together, schools and parents/guardians can make a difference for our youth. If you have any questions or concerns please contact Heather Fortin in Student Services at 673-4201 ext 3614 or Mary Arrowsmith in nurse's office at 673-4201 ext 3116.

Sincerely,

Heather Fortin, MSW
School Social Worker

Mary Arrowsmith, RN, BSN
School Nurse

Diane M. Doran, Assistant Principal
Stephen R. Claire, Assistant Principal
Donald G. Jalbert, Director of Technical Studies

Bradford W. Craven, Principal



Judith A. Zaino, Director of Academic Studies
Paul S. Christensen, Director of Student Services
Marc G. Maurais, Director of Athletics