

TRAIN! (Teacher Resources for Addiction Impact Now)

**A University and School
Partnership to Support Educators**



Research Team

College of Education and Human Services

Opioid Epidemic and Extension

- The opioid epidemic in West Virginia has pervasive impacts on communities and all program areas
 - Community Development
 - 4H and Youth Development
 - Agriculture
 - Safety and Health / Fire Service

Overview

- Research on the impact of the opioid epidemic on teachers
 - WVU College of Education and Human Services
- Partnership with WVU Extension Service
- Project TRAIN

Background

- Teachers were feeling unheard and underappreciated
- West Virginia has the most opioid-involved overdoses over any other state (CDC, 2018)
- West Virginia is also one of the states with the most children living in foster care (Casey, 2017)

Surveying West Virginia Teachers

- Our team sought to examine West Virginia public school teachers' experiences in the classroom via an anonymous, online survey.
- The survey focused on teachers' perceptions of:
 - addiction in their communities and parent population
 - student behaviors in the classroom
 - teacher preparation
 - training and/or resources needed
 - teacher demographics
- The survey was available from November 2018-March 2019

Measures

Teachers' Classes: Student behaviors and family exposure to addiction

Preparedness: How able teachers are to cope

Attitudes: Work environment

Relationships: Connections teachers have with others

Knowledge: Concerning addiction

Open-ended questions

Results

Addiction and Caregivers

- On average, teachers reported 39% of students in their school have a parent/caregiver with an addiction
- Over 96% reported having a child in their classes who have grandparents or kin as their primary caregivers
- Over half of the teachers reported interacting with parent/caregiver with a problem with drugs/alcohol 1-3 times per year or more (every other month, monthly, weekly).

Lack of Training on Addiction and Trauma

Training on Impact of
Addiction



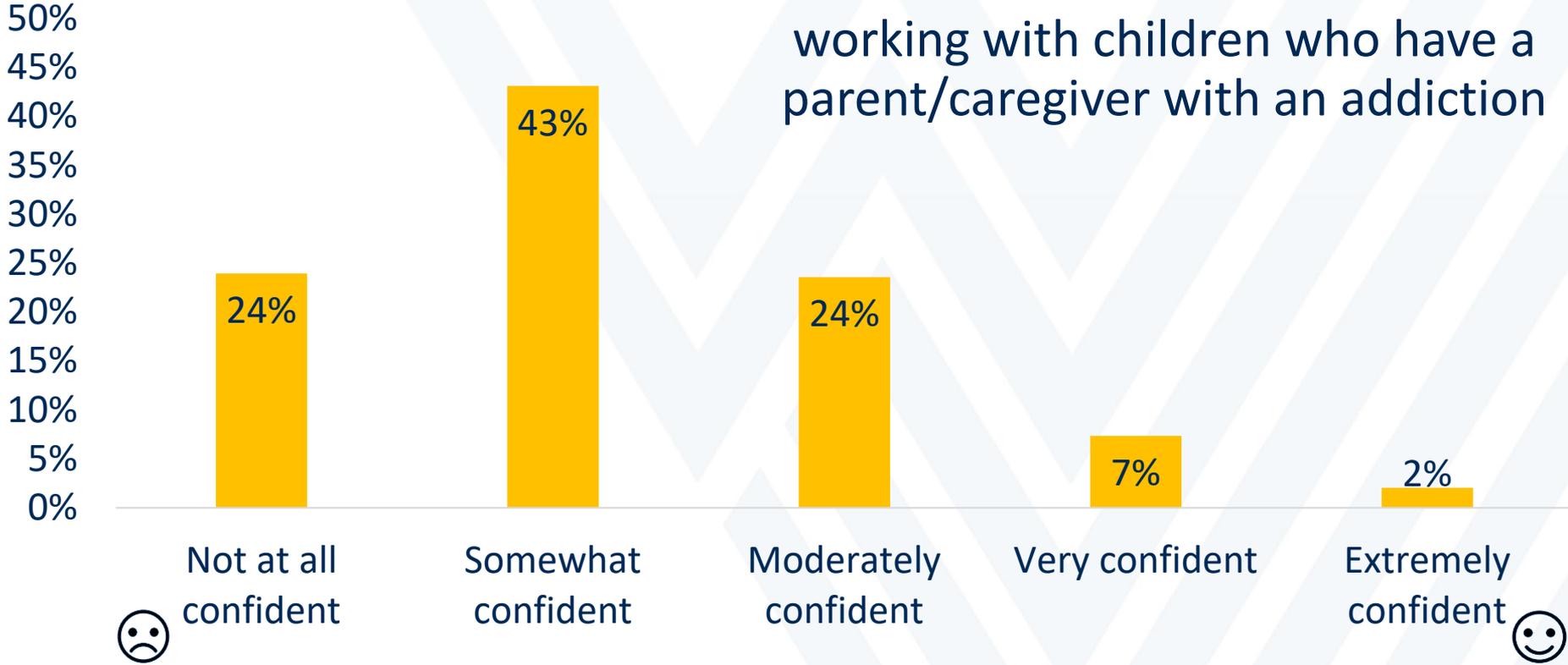
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Training on Children
and Trauma

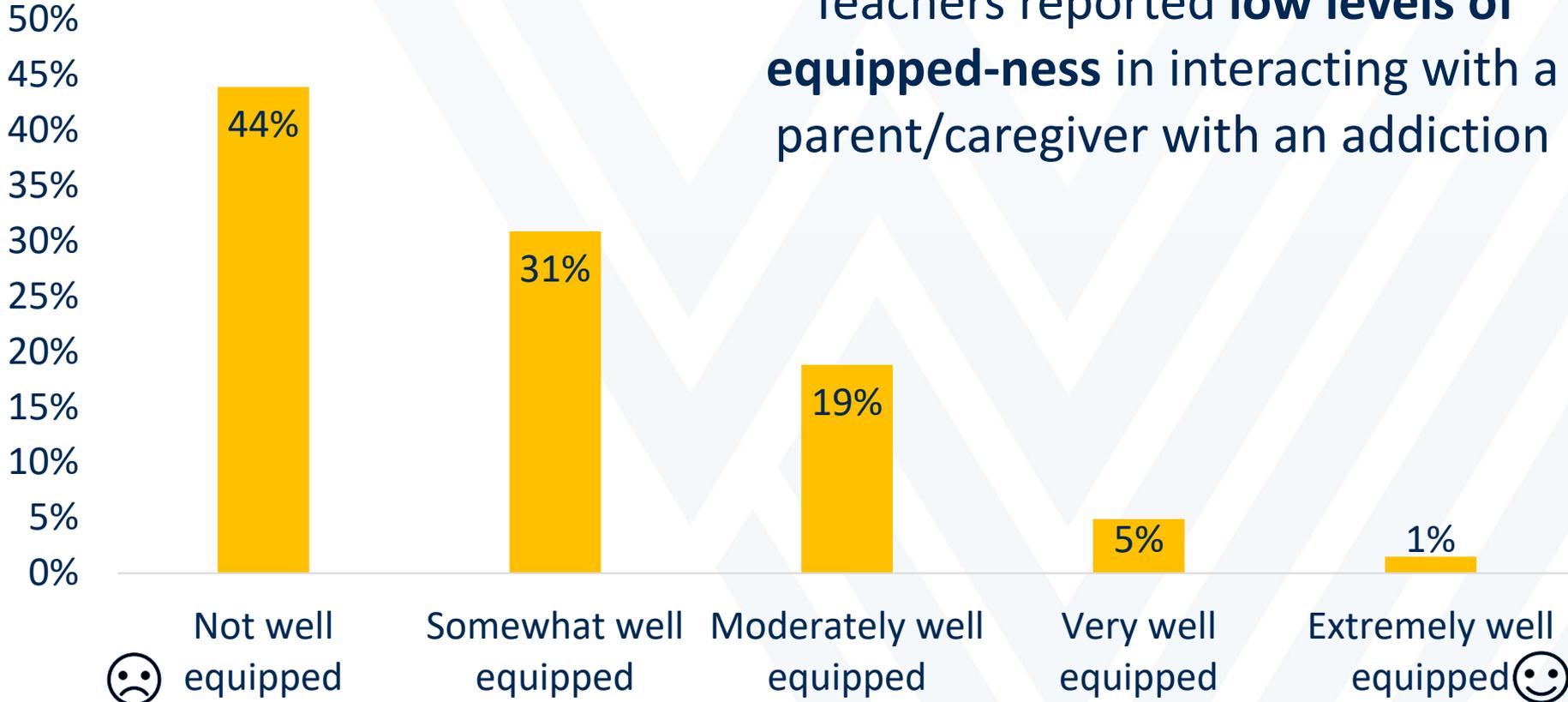


■ Yes ■ No

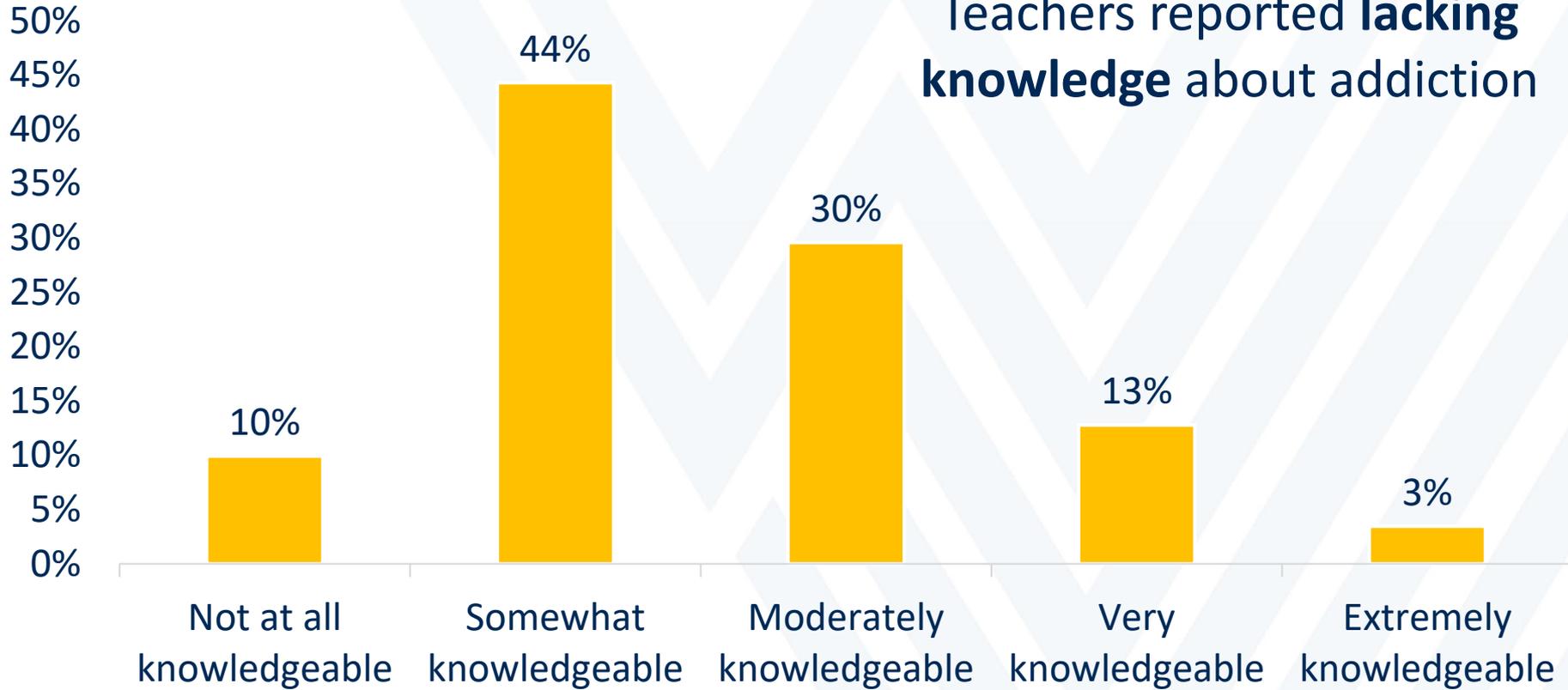
Teachers **lacked confidence** in working with children who have a parent/caregiver with an addiction



Teachers reported **low levels of equipped-ness** in interacting with a parent/caregiver with an addiction



Teachers reported **lacking knowledge** about addiction



Burnout

Almost 35% of teachers report they feel frequently or always “burned out.”

To be honest, I wish back in in the 1980's in college, that I had chosen another profession. I see my peers in other professions happy and pleased with their careers at this point, at least not struggling. I have been struggling the entire time, all these years, and it only gets worse. And I feel I am more equipped than 95% of most teachers in this field with my background experiences.

It is stressful to feel like I have to be ‘all things to all people’ and it is frustrating when issues from home intrude into my job. Teachers are trained to teach, not be social workers or counselors. But the things some students are dealing with demand so much more than simple teaching.

Burnout

Information About Addiction

Classroom Management Strategies

Self-Care

Resources

Participants

- 2,639 teachers from 54 counties
- 86% are female; 95% White
- 49% Elementary School Teachers; 27% High School Teachers
- 62% have 10 or more years of experience
- 55% have a Master's degree and additional certificates

Partnership with WVU Extension

- WVU Extension Resilience and Recovery Taskforce
 - Faculty from across the state
 - Faculty representing all program areas participating
- How can WVU Extension best support individuals, families, and communities impacted by substance misuse and substance use disorder?

TRAIN Project

- Need for qualified educators with adult education experience
- Need for educators that are local and have/can build relationships with schools and school communities

The Plan

Comprehensive Centers Program

- Westat, Inc. has received the award to establish the Region 5 Comprehensive Center serving WV, KY, TN and VA, in an effort led by Kimberly Hamrick and Allison Henderson.
- Our project is a subproject/subcontract of the overall CCP Region 5 plan.
- Timeframe: October 1, 2019 - September 30, 2024

Five Year Plan

YEAR 1

(10/1/19 – 9/30/20)

Hire Program Coordinator
Develop training module
Select and plan with pilot schools
Select and train pilot trainers
Conduct pilot training sessions (SUM20)
Reopen staff survey

YEAR 2

Evaluate pilot training sessions
Convene teacher focus group
Revise training module if needed
Conduct statewide train the trainer sessions
Begin statewide teacher training sessions

YEAR 3

Statewide teacher training sessions
Establish mechanism for ongoing trainer training

YEAR 4

Statewide teacher training sessions
Develop online training module
Reconvene teacher focus group
Outreach to BOE KY, TN and VA

YEAR 5

Statewide teacher training sessions
Work with WVDE to make training part of its regular
PD offerings (F2F and online)
Provide online training access to LEAs in KY, TN and VA

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Year 1 –Where We Are Now

- Preparing training materials, which includes:
 - Basic addiction concepts
 - The effects of addiction on family systems
 - Parent interaction strategies
 - Classroom strategies for working with children from addicted homes
 - Teacher self-care
 - Concrete resources (local, state, national)
 - Peer support structure

What Did Teachers Say They Needed?

Family Systems Knowledge

Training on what goes on in a family setting where drugs are involved and what happens to the kids when a parent is addicted to drugs or when they are taken to rehab/jail.

Basic Addiction Knowledge

Signs to look for when a child is experiencing trauma and/or living in a drug controlled home.

Classroom Management

I need more help with how to work one-on-one with kids and still manage a classroom. I need to give kids specialized attention, but I can't let the rest of the students go unsupervised. I find that unless I am directing every step of their task, many students will just sit there or get up act out. There is no motivation to do their own work.

Anything Offered

You name it, I probably need it.

I need to know what I don't know.

Resources

I'm unaware of any out of school resources that I can provide my students with. I don't know of any organization, free meals, or free activities that they could take part in during weekends or after school hours (ex: counseling, etc.) that are provided in our area.

I'm willing to do what ever I can to obtain any new skills to help.

Year 1 –Where We Are Now

- Have pilot trainings scheduled with 3 counties in WV:
 - Jackson
 - Marion
 - Logan
- Scheduled trainings with Extension agent trainers

Thank You!

- Assistance from the West Virginia Department of Education Office of Special Education
- Funding from the West Virginia Clinical and Translational Science Institute (NIH grant # 2U54GM104942-02) and Dr. Kim Horn
- For more information please contact: