

COLORADO SPRINGS SCHOOL DISTRICT ELEVEN

Michael Gaal, Superintendent
Brandan Comfort, Chief Resource Officer

School Accountability (SAC) Training Agenda

April 4, 2024

Tesla-room 116/129 and via WebEx

6:00pm – 8:00pm

- 6:00 – 6:15 pm **Welcome/Introductions/Information**
Velvet Stepanek – Training and SAC Support Chair
- 6:15 – 6:20pm **Move to Breakout Session Rooms**
- 6:20 – 7:00pm **Breakout Sessions**
- Screen Time and mental health for elementary students – Dr. Jennifer Schulte, Facilitator Student Engagement/Nicole Herrera, Project Aware Coordinator
 - Vaping prevention and conversation tips for families – El Paso County Health Department
- 7:00 – 7:05pm **Move back to main room**
- 7:05 – 7:45pm **Cell phones at school – learning and listening session – Teacher, parent, student, Area Superintendent Panel**
- 7:45 – 7:55pm **SAC Breakout Discussion– How has your SAC work gone this year?**
- 7:55 – 8:00pm **Closing/Door Prize, Velvet Stepanek, Training & SAC Support Chair**




SAC TRAINING – 4/4/24

Welcome!

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ENTRANCE UPDATES FOR SECURITY

- Do you want information about what is happening at your school?
- Invite your school community to the SAC meeting.
- Middle schools ask about bathroom updates.
- Contact Jennifer Hotaling – Capital Program Manager
jennifer.hotaling@d11.org

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INDIVIDUAL CAREER AND ACADEMIC PLAN (ICAP) UPDATE


- New Vendor – SchoolLinks (SchoolLinks.com)
- Implementation steps
 - Kickoff with district groups (Future Ready, Career and Technical Education, Curriculum and Instruction, IT, Education Insights)
 - Planning implementation for 3 different project lines
 - Implementation with staff and students
 - Some early access for juniors and early training for counselors this spring
 - Full introduction for fall 2024
 - Demo for us in fall

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COMMUNICATION UPDATES

- 2 way communication and mass communication
- Request for Information – Saw capabilities of what is out there.
- RFP, budget, timeline

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ONE PLAN (SCHOOL IMPROVEMENT PLAN) WORK

- SAC involvement needed.
- Step back meetings – full day or half day
- Symposium- May 29, 30, 31

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FEEDBACK ON SAC WORK THIS YEAR

[Please take this SAC Survey](#)

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The Costs of Tobacco and How Schools Can Play a Role in Prevention



Tobacco Education and Prevention Partnership (TEPP)



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El Paso County Public Health

Mission	Who We Serve
<p>Our mission is to promote and protect public health and environmental quality across El Paso County through people, prevention and partnerships.</p>	<p>El Paso County residents and visitors, including the cities and towns of Colorado Springs, Manitou Springs, Calhan, Fountain, Green Mountain Falls, Monument, Palmer Lake and Ramah</p>
	<p>Organization Three major divisions: Community Health, Clinical Services, and Environmental Health</p>



First public health agency in Colorado to earn accreditation

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www.elpaso.com/health.org

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About TEPP

Grant funded through Colorado Department of Public Health and Environment
by voter approved Amendment 35 dollars (2004)

Program Goals

- Help adults and youth quit tobacco
- Prevent youth from starting tobacco
- Decrease exposure to secondhand smoke

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www.cdphe.com/coloradohealth.org

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Presentation Overview

- The Toll of Tobacco and Nicotine
- Who is using?
- Industry Marketing
- Products
- Resources
- Start the Conversation

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Why Are We Still Talking About Tobacco?

Leading cause of preventable death

We all pay for tobacco use

New products available faster than they can be regulated

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THE TOLL OF TOBACCO

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Lives Lost to Tobacco Use

Annually in the United States		
480,000 deaths due to tobacco	41,000 deaths due to secondhand smoke exposure	16 million people living with a tobacco-related chronic illness

Tobacco kills more than 6 million people worldwide every year

Source: Centers for Disease Control and Prevention

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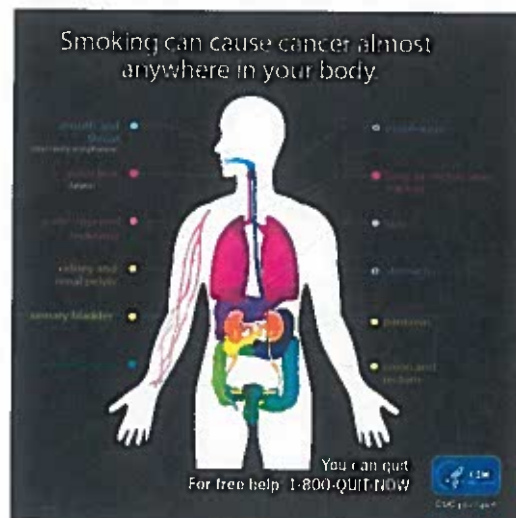
www.cdc.gov/quitline.org

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Smoking Facts

- Leading cause of preventable death in the U.S.
- Harms nearly every organ of the body, causes many diseases, and reduces the health of smokers in general
- If nobody smoked, one of every three cancer deaths in the U.S. would not happen
- Quitting smoking lowers your risk for smoking-related diseases and can add years to your life



Source: Centers for Disease Control and Prevention

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www.cdc.gov/quitline.org

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Secondhand Smoke

- Smoke from burning tobacco products, as well as smoke that has been exhaled
- Contains more than 7,000 chemicals, 70 cause cancer
- Most exposure occurs in cars, homes and workplaces

There is NO safe level of exposure to secondhand smoke

Source: Centers for Disease Control and Prevention

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Most At-Risk

Pregnant Women



Children



Chronically ill



Elderly



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Thirdhand Smoke

- Residual nicotine and other chemicals left behind from secondhand smoke
- Contains chemicals known to cause cancer
- Residue sticks to clothing, hair and skin
- Toxins may resist normal household cleaning
- Builds up over time on carpets, walls, furniture, plastic toys, etc.
- Children and pets may be especially susceptible



Source: Centers for Disease Control

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Tobacco Costs in Colorado

Annually, tobacco-related illnesses account for more than:

- 5,100 deaths
- \$2.19 billion in health care costs
- \$415.3 million in Medicaid costs
- \$4.4 billion in lost productivity



Colorado residents pay \$736 per household in extra taxes (state and federal) to pay for smoking-related expenses

Source: Campaign for Tobacco-Free Kids, last updated 5/2/23

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WHO IS STILL USING TOBACCO?

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State and National Data

COLORADO		NATIONAL	
High school students who smoke	3.3% (9,800)	High school smoking rate	2.0%
High school students who vape	16.1%	High school students who vape	14.1%
Adults in Colorado who smoke	12.0% (548,200)	Adult smoking rate	12.5%
Proportion of cancer deaths in Colorado attributable to smoking	22.9%		
Kids under age 18 who try cigarettes for the first time each year	6,700		



Source: Campaign for Tobacco-Free Kids

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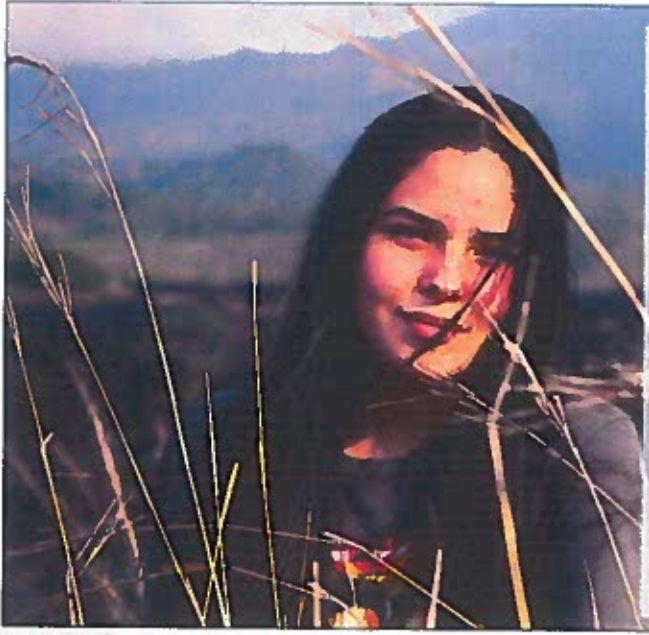
Source: Centers for Disease Control and Prevention

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Race/Ethnicity

- Non-Hispanic American Indian/Alaska Native adults: 27.1%
- Non-Hispanic Adults from other Racial Groups: 19.5%
- Non-Hispanic White Adults: 13.3%
- Non-Hispanic Black Adults: 14.4%
- Hispanic Adults: 8.0%
- Non-Hispanic Asian Adults: 8.0%

Source: Smoking Cessation Leadership Center

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TOBACCO INDUSTRY MARKETING

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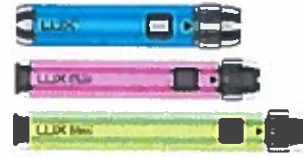
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Tobacco/Vaping Industry Marketing



Cigarette and smokeless tobacco
\$8.6 billion (or \$23 million each day)



\$719.9 million
annually

\$8,600,719,900

Total spent in the U.S. in 2021

Source: Campaign for Tobacco-Free Kids

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www.epi.uscourts.health.org

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With \$8,600,719,900,
you could buy the most valuable National Football
League (NFL) franchise and a few other luxuries!



Dallas Cowboys
#1 Ranked, \$8B

and buy a few of these!



Source: Forbes, 2022

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Advertising in the 21st Century

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TOBACCO AND NICOTINE PRODUCTS

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Tobacco And Nicotine Trends

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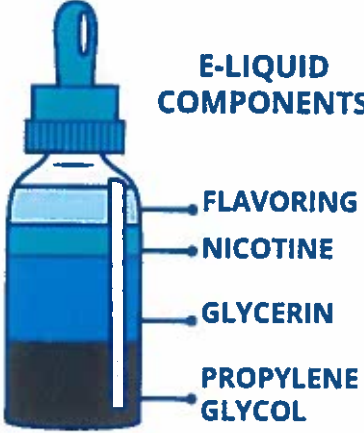
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Ingredients of E-Juice

- Nicotine
- Propylene glycol
- Carcinogens
- Acrolein
- Diacetyl
- Diethylene glycol
- Heavy metals, such as nickel, tin, lead
- Cadmium
- Benzene
- Ultrafine particles that can be inhaled deep into the lungs



E-LIQUID COMPONENTS



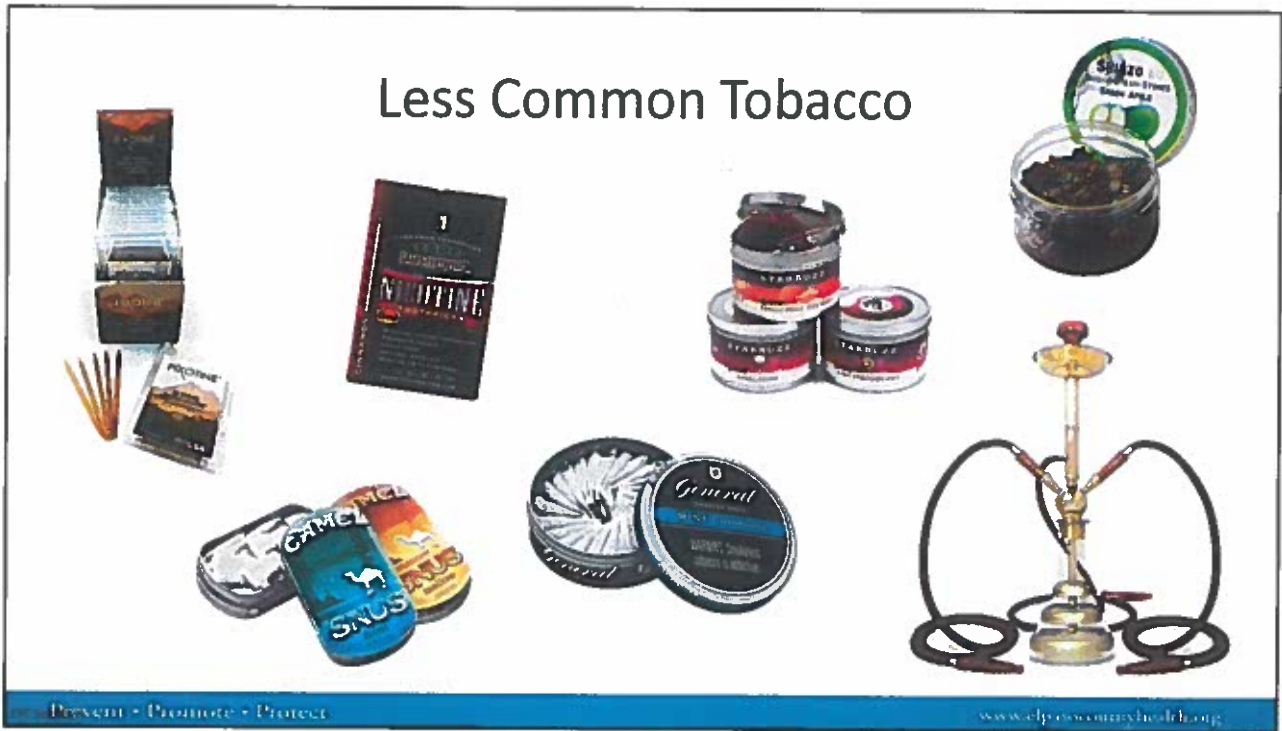
Source: American Lung Association

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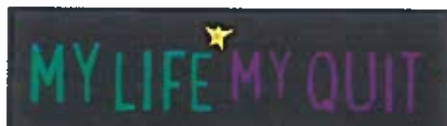

COLORADO
QuitLine™
Be tobacco free

RESOURCES FOR YOUTH AND ADULT CESSATION

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At My Life, My Quit™ we share the truth about nicotine, vaping and other tobacco products.

The My Life, My Quit Program is for young people ages 12-17 who want help to quit all forms of tobacco, including vaping. My Life, My Quit Coaches help youth:

- Develop a quit plan
- Cope with stress
- Learn about nicotine
- Get ongoing support

Youth can **TEXT/CALL**
855.891.9989
or **CHAT ONLINE**
with a Coach

My Life, My Quit is always free and confidential.
www.mylifemyquit.com

My Life, My Quit is operated by National Jewish Health. More resources are available at www.mylifemyquit.com.

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Colorado QuitLine

- Free phone-based coaching support and additional support via email, text or instant message
- Trained coaches help prepare a quit plan, set a quit date, identify tobacco triggers, manage cravings and address relapses
- Includes up to 5 proactive coaching sessions, unlimited inbound calls
- Free nicotine replacement therapy (NRT – gum, patches and/or lozenges)
- EVERY CALLER is eligible to receive services, including those with Medicaid, uninsured and pregnant women
- Bilingual coaches onsite for Spanish and Arabic callers
- Translation services available for all other languages

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www.coloradoquitline.org

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Start the Conversation:

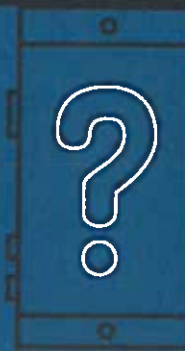
How to Talk with Young People About Vaping and Other Electronic Nicotine Devices



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Where We Are Going

- 1 Use trusted adult principles to have conversations with youth about the use of electronic nicotine devices, e-cigarettes and vaping



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The Positive:

The majority of youth are choosing NOT to use electronic nicotine products.

The majority of youth want to quit.

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Trusted Adults

A parent, guardian, caregiver, teacher, or mentor that is **approachable** & **open to answering** questions with **accurate information**

Conversation Goals

- Engage critical thinking
- Keep the conversation moving forward
- Build trust by approaching with curiosity, not an agenda


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1. Reflect

- Reflect on your **personal point of view**
- Reflect on your **ability to be a role model**
- Reflect on your **trust** and **relationship**
- Reflect on the **context** of the conversation



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2. Determine Underlying Question

“Am I normal?”

“What is acceptable behavior?”

“Do I have your approval?”

“Can I shock you?”

“What is your personal belief?”



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3. Use OAR to Guide the Conversation



Open-ended questions



Affirmations



Reflective listening



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Open-ended questions

Who, what, where, when, why and how questions that can't be answered with "yes" or "no."

Examples:

"What do you think about vaping?"

"How do you decide what to do when people are vaping?"

"How do you feel when your friend vapes?"

"Why do your friends like to vape?"



Open-ended questions

"Do any of your friends vape?"



"How would you handle it if your friends wanted to try a vape?"

"You know vaping is bad for you, right?"



"What impact could vaping have on your ability to do well in school or at sports?"

"Don't you want to make your own decisions, not follow your friends?"



"How can you talk to your friends about their vaping?"



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Affirmations

Statements to focus on strengths and positive behaviors – no matter how small.

Examples:

“I appreciate that you’re willing to talk with me about this.”

“You are clearly a very resourceful person.”

“It sounds like you handled yourself well in that situation.”

“That’s a good idea.”



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Reflective listening

Focus on understanding what the person means by:

- Repeating and rephrasing
- Paraphrasing
- Reflecting a feeling.

Examples:

“You feel like everyone your age is vaping.”

“It sounds like you are worried about your friends who vape.”

“You’re wondering if you can get in trouble for vaping at school.”



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Ask - Provide - Ask

Ask if the person wants accurate information, provide it, then ask what they think

Example:

“You said it’s normal for people your age to vape. Are you interested in knowing the percent of young people that vape?”

Ok. According to surveys of Colorado teens, 73% don’t vape.

What do you think of that?”



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Ask - Provide - Ask

Ask if the person wants accurate information, provide it, then ask what they think

Example:

You mentioned vaping helps you with stress. I have a concern about that; can I share it with you?

Nicotine actually raises blood pressure, so when you say it helps you with stress, I worry that you need a healthier way to deal with stress.

What are your thoughts?



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Accurate Information

SOME HEALTH EFFECTS:

Early exposure to nicotine increases risk for **nicotine addiction, mood disorders, & low impulse control.**

Vape use can increase risk of **“dual use:” vaping & smoking.**

The vapor is an **aerosol** which can contain **harmful chemicals not approved for inhalation**, as well as **ultrafine particles containing heavy metals.**

SOME LAW & POLICY IMPLICATIONS:

Colorado’s Tobacco Free Schools Law and the school district’s tobacco-free schools policy **prohibits tobacco use**

on school property, in school vehicles, or at school-sanctioned events

by students, staff, and visitors.

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What We Can Do



Have trusted adult conversations.



Provide education resources for youth, including those who use tobacco & nicotine products.

- Second Chance: educational alternative-to-suspension program
- CATCH My Breath: evidence-based prevention curriculum
- Stanford Medicine Toolkit: prevention curriculum



Provide quit support for youth who use tobacco and nicotine by helping them sign up for quit services.

- My Life My Quit

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Thank you

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