



Drug Impairment Training for Educational Professionals (DITEP)



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Course Overview

Course Content:

The DITEP training is two (2) days. Day one (1) is for ANYONE (affiliated with school) interested in this type of training. Day one works well for high level administrator(s) since it focuses on general drug impairment and policies. Day two is best suited for those who will actually conduct the hands on evaluations, more likely school nurses and school resource officers. The course program outline includes the following:

Day One

Introduction and Overview
Drugs In Society
Policy, Procedures, and Rules
Overview of Alcohol
Drug Identification, Categories and Effects
References

Day Two

Eye Examinations
Vital Signs
Divided Attention Tests
Poly Drugs
Assessment Process
Contacting the Parent(s)
Conclusion

Program History

The 2003 National Survey on Drug Use and Health (NSDUH), conducted by the Substance Abuse and Mental Health Services Administration (SAMHSA), indicated that an estimated 19.5 million Americans (8.2% of the population aged 12 or older) had used an illicit drug during the previous month. Drug abuse, whether it involves controlled substances or the misuse of prescription drugs, has permeated almost every level of society to some degree. In 2003, an estimated 11 million people reported driving under the influence of an illicit drug during the past year (1). As many as 18% of 21 year-olds report drugged driving at least once during the past year (2).

To help combat this growing problem of drugs in the educational environment, at least three states, Arizona, Kansas and New York, each independently developed training to address this issue. In cooperation with the International Association of Chiefs of Police (IACP) and the National Highway Traffic Safety Association (NHTSA), the strengths from the three programs were combined to form the Drug Impairment Training for Educational Professionals (DITEP). This training is intended to provide school administrators and nurses with a systematic approach to recognizing and evaluating individuals in the academic environment who are abusing and impaired by drugs, both legal and illegal, in order to provide early recognition and intervention. DITEP is derived from the national Drug Evaluation and Classification (DEC) Program, a successful law enforcement procedure used to detect drug and alcohol impaired drivers. The methods employed in this training are based on medical and scientific facts. The information is supported by research conducted in both laboratory and field studies. The DEC Program was validated in laboratory by studies conducted at the Johns Hopkins University, and in the field by the Southern California Research Institute. Although DITEP is not intended to qualify participants as Drug Recognition Experts (DREs), it is intended to make participants competent and confident in evaluating and documenting those individuals suspected of abusing drugs in the school setting.

The training will enable school nurses to determine first of all, whether or not the student is impaired. If it is determined that there is impairment, whether the impairment is due to a medical problem or is drug related. And finally, if the impairment is drug related, through proven diagnostic procedures, what category or categories of drugs that are likely causing the observed impairment.

By providing training to school officials and health care professionals, it is anticipated that drug usage in schools employing an aggressive evaluation and detection program will decline. Consequently, not only will the disruption caused by individuals abusing drugs be decreased, but also the incidence of those individuals driving to and from schools while impaired by either alcohol or drugs will also be greatly reduced, making our communities and schools a safer place for all.

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State Coordinator's Message

I recognize the value and significance DITEP brings to a community. I also realize the "red-tape" issues with trying to make these kind of training efforts come to fruition. So I have established a very simple approach to this, as not to burden administrators with the hassles that surround trying to organize and plan all of this. Just simply secure a location site that has PowerPoint capabilities and room enough for those that want to attend (18 minimum), and then give me some two date options that I can post to the instructors and select the right fit. A few optional date combinations are better than just one, as instructors also have mandatory schedules and minimum staffing mandates, so the more options to choose from are always better.

Once I establish the dates, I connect you with the assigned instructors for any further information final details that need to take place.

Only the best candidates teach DITEP. If one wants to teach a DITEP course and be a DITEP Instructor, they simply need to contact me. There are prerequisites to becoming DITEP certified, and a candidate DITEP Instructor selection process mandates applying applicants be already DRE certified, if not already DRE Instructor certified, SFST Instructor certified with Instructor Development Course (ICD) completion and certificate in hand, strong history and documented successful completions of previous taught ARIDE, Drugs That Impair Driving, DRE Schools, or other courses closely related to impaired driving before even being considered for DITEP certification. Finally, the DRE Oversight Committee makes the final decision and recommendation for any applicants to attend DITEP training schools, and the State Coordinator makes the final decision to certify or not, based on the first-hand observation and critiques given during a two-day DITEP Certification Class, that also serves as a DITEP certification Instructor School with the DRE/SFST State Coordinator present to observe, critique, and ultimately certify or deny the candidate for DITEP instructor certification.

There is no cost associated with the training as this a BOTS funded event and instructors wages as well as course materials are all provided through BOTS grant funding. If there is any lunch, snacks, donuts, coffee, etc., that is not provided through BOTS funding and would be the responsibility of the officer and/or agency to include mileage/transportation costs to and from the training facility and any wages earned while attending. The latter may sound ridiculously obvious but I get asked for these things quite regularly so I've gotten into the habit of just stating it up front.

Drug Impairment Training for Educational Professionals (DITEP)

The DITEP program is a two-day drug impairment awareness program provided to school administrators, teachers, counselors, nurses and school liaison officers, and anyone else who works with youth in the academic environment. All participants are required to attend both days to be eligible to receive a certificate of training.

The first day covers:

Drugs in Society

- National statistics
- Drug trends
- Development of this Program

Policies, Procedures and Roles

- District/school policy for drug possession/influence
- Observations and changes
- Team effort
- Three step process
 - Verify impairment
 - Determine if impairment is drug or medically related
 - Standardized systematic diagnostic assessment
- Possession of drugs is a crime
 - Internal possession
 - Driving is illegal

Drug Identification

- Seven Drug Categories
 - Drug definition
 - Medicines
 - Narcotics
 - Use and addiction

Contacting the Parents

- Who- will contact the parents
- What- is the school policy
- Where- can the parents go for help

References

- National Institute of Drug Abuse
- Vista Hill Foundation Drug Abuse Newsletter
- National Clearinghouse for Drug Abuse Information
- NHTSA Website-www.nhtsa.dot.gov

Day two contains the following information:

Eye Exams

- Eyes to the soul
- Seven drug categories
- Horizontal and Vertical Gaze Nystagmus
- Categories of Nystagmus
 - Vestibular
 - Rotational
 - Post Rotational
 - Caloric
 - Positional
 - Pan I
 - Pan II
 - Optokinetic
 - Gaze Nystagmus
 - Vertical
 - Resting

Lack of Convergence

Pupil Size

- Reaction to Light
 - Room light
 - Near total darkness
 - Indirect light
 - Direct light
- Relationship of Drug Categories to Eye Exam

Examination of Vital Signs

- Pulse rate
- Blood pressure
- Temperature
 - Affects of drugs on vital signs

Divided Attention Tasks

- Romberg Balance
- Walk and turn
- One leg stand
- Finger to nose

Poly Drug Use

Assessment Process

There are no fees for this program. The Bureau of Transportation Safety will supply the instructors and the manuals. The agency requesting this program is responsible for recruiting no less than 18, but no larger than 50 participants. Additional, that agency needs to have an adequate location for the presentation. A six week scheduling time is necessary to arrange for the class.

For additional information, contact Sgt. Nate Thompson, DRE/SFST/DITEP State Coordinator, sgtnate@sbcglobal.net 920)-216-3456

DITEP FAQs:

Q: How much does the training cost?

A: We have budgeted for a limited number of DITEP classes to be held at various locations and facilities around the state and I have a few sample brochures I can provide (upon request) from previous classes that were used to advertise them. There is a minimum class size (18) required to make these worth holding, and at times we've had to cancel a class due to low enrollment. Although there is a nominal charge that some hosting entities require to attend these, the registration fee primarily pays for the facility use and lunch they provide. The costs of materials and providing the instructors is covered through the Bureau Of Transportation Safety (BOTS) and coordinated through me.

We also have budgeted enough to conduct a limited number of DITEP classes with individual schools that request to host the training, provided they can obtain the minimum number (18) to attend. The costs for conducting these classes, including materials and providing the instructors, is also covered through (BOTS) and coordinated through me. There is typically no registration fee required for these classes, but there is typically no lunch provided and the school uses their own facility. I can provide (upon request) an informational sheet I provide to school administrators interested in hosting these.

Q: Is there a minimum/maximum number of participants required or allowed in each presentation?

A: As already stated above, the minimum number required to host a class is 18. There is typically a restriction of 24 on the maximum number that can attend, any number of attendees between 18-24 will only be restricted by what the facility will allow. The facility will need to be equipped with a Power Point projector and sound capabilities. If the class size is anticipated to be over the maximum class size restriction exceptions can be made to accommodate this up to 50, but if there are too many I would suggest hosting two separate classes to accommodate the more individual and hands-on instruction that is provided on the second day (Day Two). It also provides more flexibility for scheduling purposes for those interested in attending. There is no minimum number of attendees required for Day 2 but there should really be enough attending to justify the expense in offering the second day. If there is not enough interest in those attending Day 2, exceptions have been made to allow just a one-day (Day 1) class, but this is not how the class is designed or typically presented, and not the preferred method. It also requires the instructors to modify the curriculum to get in all the necessary materials and information into such a concentrated time frame, which can be difficult.

Q: Would you recommend Day 1 for all school staff for an in-service day or for selected staff?

A: I would recommend Day 1 of the DITEP class be provided to all school administrators, teachers, counselors, nurses and school liaison officers. All participants

are required to attend the first day. The DITEP program is a two-day drug impairment awareness program, but the second day is optional to anyone who attends Day 1, but is more applicable for nurses, school liaison officers or those who have direct medical or psychological assessment responsibilities. Keep in mind that certificates of training are only awarded to those who attend both days.

Q: Do you have a limited number of presentations that you are able to schedule in a year?

A: Yes. Unfortunately we have a limited budget annually to provide the funding to cover all the expenses in running these, and that is why we must ensure we have at least a minimum number in attendance to make it worth the expenditure. We do at times have cancellations due to low enrollment which allows for a class to be conducted somewhere else.

I also like to hold a few DITEP Instructor classes each year. The DITEP curriculum is very similar to the Drugs That Impair Driving and Advanced Roadside Impaired Driving Enforcement (ARIDE) classes that are offered exclusively to Law Enforcement. To become an instructor for either of these classes the officer must first have completed and been certified in Standardized Field Sobriety Tests (SFST), successfully completed a DOJ/Training & Standards Instructor Development Course (IDC), successfully completed the NHTSA certification for SFST instructor, successfully completed the very long and academically challenging Drug Recognition Expert (DRE) course and be certified as a DRE through the International Association of Chiefs of Police (IACP) a NHTSA approved curriculum.

Once the instructors have become proficient in teaching the SFST, Drugs That Impair Driving, and Advanced Roadside Impaired Driving Enforcement (ARIDE) curriculum, and have held several classes demonstrating their skills and proficiencies in teaching such, they may then apply to teach the DITEP curriculum.

The reason why I go into detail about this is I often get questioned about the qualifications of the instructors when I decide to make a DITEP class also an instructor certification class. By the time they get to this stage, they are seasoned instructors with ample experience teaching the material, they just have not instructed to this target audience previously. I am present to critique and ultimately certify them as DITEP instructors should they prove to be competent to do so. The benefit to these instructor classes is BOTS does not compensate them for doing it as it is considered training for them. Most, not all will be allowed to go on duty time through their agency, but some go on their own time. This makes it very affordable to run these classes as BOTS typically only has to provide the class materials and it doesn't put a big dent in the budget.

Q: How far in advance must your officers be booked?

A: We schedule many DITEP classes up to a year in advance but this is not required. A minimum of 30-day advance notice is required but this is typically not enough time if

instructors need to be scheduled and coordinated and advertisement is needed to schedule attendees. I can usually get instructors lined up within two months from the start of the class date if given a couple date options for flexibility with their schedules. How long is needed for advertising (if any) is dependant upon the given situation and who the audience will be.

Q: Do you do presentations for parents as well?

A: BOTS does not currently provide courses for parents or students. Several instructors have recognized the need for these and have developed programs to meet these needs when requested. Joe Keil and Steve Krejci are just two of them. Several instructors we have do presentations and courses all over the country; have written articles and books on various drugs related aspects geared towards a variety of audiences. Although it is not part of my responsibilities to coordinate these I can certainly make referrals when requested. I too recognize the need for these and the importance they have in curbing the overall drug problem through education and training. Instructors are typically compensated directly by the requester for their services and expenditures. I do not get involved in any of that.

Q: What job categories within schools do you recommend for Day 2 training?

All participants are encouraged to attend both days. However the Day 2 training is best suited for those of which will be conducting the psychological or medical assessment/evaluation or have an expressed interest in learning more about how to conduct the vital signs assessments and other sessions offered on day two. The value of attending Day 2, for those who will not be conducting assessments, is that they will gain an understanding of the process and and be able to interper the results. (What is done – How is it done – What is being looked for - & What do those observations mean)

Q: How do I schedule a DITEP class(s)?

To schedule a DITEP class(s), is simple. Arrange for a facility with Power Point projector and sound capabilities large enough to accommodate the number you plan on attending with some room to spare. Provide me with a few date options well enough in advance to allow some flexibility to arrange for instructors and scheduling purposes. Once I have arranged the instructors I will provide you with the dates that were selected and the instructors contact information to work out the minor details such as times and location. Advertise or arrange to have at least the minimum number of attendees to hold the class. The instructors all have the necessary forms they need to submit to me and know what they need to do in regards to getting the materials and requesting reimbursements.