

# Leigh Dunavant Principal, Godwin High School



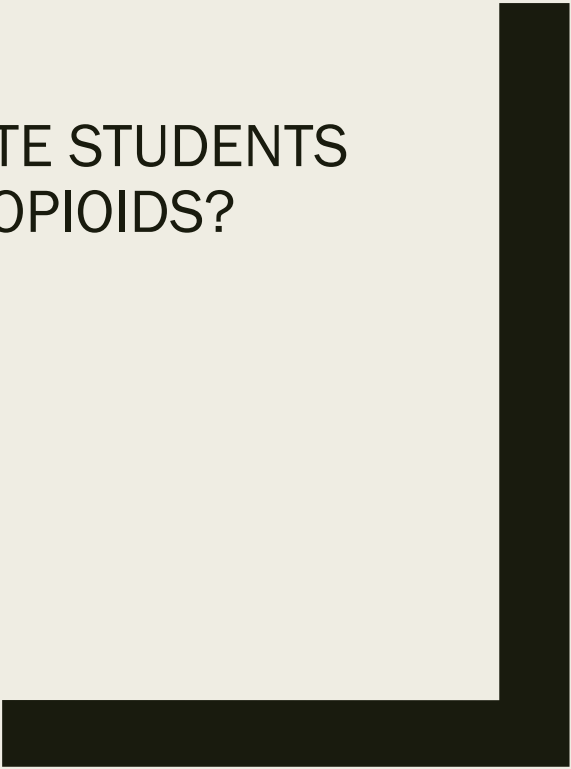
Mrs. Leigh R. Dunavant is the principal of Mills E. Godwin High School in Henrico County Public Schools. She has been at Godwin since 2010 starting as assistant principal. Mrs. Dunavant is a member of Henrico County's Heroin Task Force Prevention team and Henrico County Public Schools' Prevention Advisory Committee. She was the 2017 Beacon Tree Foundation Light of Hope award winner for her work with student leaders at Godwin to help break the stigma of mental health and substance abuse.

Mrs. Leigh R. Dunavant  
Principal  
Mills E. Godwin High School  
(804) 750-2600



WHAT ARE K-12 SCHOOLS DOING TO EDUCATE STUDENTS  
AND PARENTS ABOUT THE DANGERS OF OPIOIDS?  
ONE SCHOOL'S APPROACH

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Principal, Godwin High School



# Godwin's Why...

- 2013-2014: Godwin administration's has its first real encounters with students under the influence of prescription drugs (to our knowledge-probably earlier in 2012-2013 as we reflect on our experiences)
- 2014-2015: Godwin's administration learns of first instances of current students entering into substance abuse rehabilitation programs
- 2015-2016: Godwin 2010 alumni dies by heroin overdose
- 2016-2017: Godwin 2016 alumni dies at VCU most likely by a substance-abuse related accident; Godwin 2004 alumni dies by opioid overdose; first known opioid non-fatal overdose from a current student in the class of 2017

# Substance Abuse Survey of Students (June 2017)

	Alcohol (1,454)		Marijuana (1,450)		Prescription Drugs (1,449)	
Response	n	%	n	%	n	%
Yes, I have used/abused	628	43%	315	22%	129	9%
No, I have not used/abused	826	57%	1135	78%	1320	91%

# Project Purple Advisory Board

- Quarterly meetings
- Mission is to assist with prevention, intervention, and recovery for students and families
- Parents
- Teachers
- Central office representatives
- Community Partners
- Feeder school administrators
- Other high school administrators and staff members

# How are we educating and preventing?

- Health Curriculum
- Resource Packets
- Speakers: Chris Herren, Attorney General Mark Herring, Cameron K. Gallagher: *Minding Your Mind*
- Film: *Heroin: The Hardest Hit*
- Panel Discussions: Those in recovery, mental health professionals, medical professionals, law enforcement, Red Ribbon Week
- January 8<sup>th</sup> Event: Partnership with other schools in the area for more impact

# How are we helping our students?

- No Eagle Left Behind:
  - *Student-led club*
  - *anti-bullying, suicide prevention, anxiety prevention, substance abuse prevention*
- WellNest
  - *Mindful Mondays*
  - *Yoga Tuesdays*
  - *Cameron K. Gallagher Minding Your Mind Groups*
  - *Stress Management Thursdays*
  - *Recovery Club Friday Morning Check-in Meetings*
- Homebound services for those who are struggling with substance abuse or working on their recovery

# No Eagle Left Behind





# The Wellnest

