Alternatives to Suspensions for Vape Related Offenses

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Today’s Agenda:

1. Teen Vaping
2. California TUPE Program
3. PBIS- Levels of Intervention Strategies:
   - Stanford Tobacco Prevention Toolkit
   - Parent Awareness Presentations
   - Youth Leadership Opportunities
   - Addiction Support
4. Alternatives to Suspension Options
What’s Really Going On in the Bathroom?

High school bathrooms

- Kids who actually have to piss
- Juulers

Actually use the bathroom

JUUL

Sophomores
2018 National Youth Tobacco Survey
Understanding Why Students Use E-Cigarettes

- Use by "friend or family member" (39.0%)
- Availability of "flavors such as mint, candy, fruit, or chocolate" (31.0%)
- The belief that "they are less harmful than other forms of tobacco such as cigarettes" (17.1%)

Tobacco/Nicotine Products

Current generation of e-cigarettes

JUUL

Suorin Drop

myblu™
How many cigarettes are in a Pod

tobaccopreventiontoolkit.stanford.edu

1 Pack of Cigarettes
≈20 mg of nicotine

1 JUUL pod
≈41.3 mg of nicotine

1 PHIX pod
≈75 mg of nicotine

1 Suorin pod
≈90 mg of nicotine
Marijuana/Cannabis Products
Program Overview

- **Tobacco-Use Prevention Education (TUPE)** is a comprehensive evidence-based prevention, youth development, intervention, and cessation program for students in grades 6-12 in **California**.
- The purpose of the program is to **reduce youth tobacco-use**.
- Endorsed by California Department of Education and California Department of Public Health Tobacco Control Branch.
- TUPE funding originates from tobacco tax revenue; CA Prop 99 & 56.
Positive Behavior Interventions & Supports (PBIS) Framework

**Intensive Intervention**
Addiction Support (referral to treatment)

**Early Intervention**
SCCOE: Peer Advocate Program
SCCPHD: Community Advocate Teens of Today Clubs
Alternatives to suspension:
- Brief Intervention
- Stanford Medicine Healthy Futures

**Prevention & Skill Building**
Tobacco-Free Policy
Classroom Instruction
District/School-Wide Campaigns
Parent/Student Awareness Presentations
Data Driven: California Healthy Kids Survey, California Student Tobacco Survey, Suspension Data
Stanford Tobacco Prevention Toolkit
Questions covered:

1. What is vaping?
2. How much does vaping occur among teens?
3. What does vaping do to the teen body and mind?
4. How can parents prevent vaping before it starts?
5. How can you help a teen who is vaping?
6. How do you have a conversation with your teen?
Youth Engagement

**Goal:** Involve youth in solving the vaping epidemic

**How:** Train youth to present on vapes and marijuana awareness to their peers. Skill building: how to deal with peer pressure

**Collaboration** with Stanford University’s Tobacco Prevention Toolkit team, and Santa Clara County Public Health Department

**Featured on CNN**
Local Partnerships

• **Public Health Department:**
  – Youth Coalition- Community Advocate Teens of Today Website:  
    https://www.sccgov.org/sites/phd/hi/tf/Pages/community-actn.aspx

• **Colleges**

• **Behavioral Health Department:**
  – Addiction Support Services

• **Community Based Organizations**
Alternatives to Suspensions

Recommendations:

• Letter to Parent
• Alternative to Suspension:
  – ***Counseling Sessions***
  – In Class or After School Suspension
  – Saturday School
  – Option for parent to attend last session
• Referral to addiction services
Dear Parent/Guardian:

You may have learned recently perhaps, for the first time, that your child was caught using vapes/e-cigarettes at school. You might be feeling a variety of emotions, including anger, sadness, disappointment, embarrassment, and concern for your child’s health and well-being.

The tobacco companies that make vapes/e-cigarettes are experts in manipulating young people into using these products. Oftentimes, youth do not know that these products contain nicotine, which is addictive and harmful to the developing brain, lungs, and circulatory system. Other ingredients, such as flavorings (e.g., mint, mango, and so on) are harmful to their lungs. Peer pressure is also a contributing factor to vape/e-cigarette use as many youth perceive these products to be harmless.

As a community, we are here to help you and your child. Instead of suspension, your child will be taking part in a mandatory Alternative to Suspension program called Healthy Futures created by the Tobacco Prevention Toolkit team at Stanford University School of Medicine. Your child will learn about the facts and harms of vapes/e-cigarettes and will receive resources on how to quit vape/e-cigarette use.

Included in this letter are several links to the Surgeon General’s Fact sheet and Parent Tip Sheet to help you continue the conversation with your child at home. You can also find more information in the Tobacco Prevention Toolkit (http://med.stanford.edu/tobaccopreventiontoolkit/resource-directory.html).

Please note that we are here for you and your child. Do not hesitate to reach out to us with any questions or concerns. If you have more questions regarding this program or nicotine products, please call __________________________ at ___________________________ or email ___________________________.

Resources and Parent Tip Sheets:
Alternatives to Suspension

● Brief Intervention (Teen Intervene):
  ○ Brief interventions are evidence-based practices designed to motivate individuals at risk of substance abuse and related health problems to change their behavior by helping them understand how their substance use puts them at risk and to reduce or give up their substance use.
    ○ Letter to Parent
    ○ 1:1 or 1:3
    ○ 1-2 sessions
    ○ 3rd Session Optional Parent Meeting
    ○ ***Fees for Trainings/Curriculum***
Alternatives to Suspension

- **Healthy Futures**: Stanford Tobacco Prevention Toolkit
  Curriculum for students in a group setting who are in possession of vapes or smoking on school campus
  - Letter to Parent
  - Group Setting
  - One hour Session
  - Two hour released soon

- Website to Access FREE Curriculum: [https://med.stanford.edu/tobaccopreventiontoolkit/curriculums/HealthyFutures.html](https://med.stanford.edu/tobaccopreventiontoolkit/curriculums/HealthyFutures.html)
Quit Resources

1. Text “QUIT” to 706-222-QUIT to leave JUUL or vape
2. Text "DITCHJUUL" to 887-09
3. Please call the National Hotline: 1-800-QUIT-NOW (1-800-784-8669) or visit: https://teen.smokefree.gov/
4. State Quit Programs
   a. CA Smokers Hotline: 1800- NO- BUTTS
   b. My Life My Quit: www.MyLifeMyQuit.com or text “Start My Quit” to 855-891-9989
Parent Resources

4. How to have a Conversation and Not a Confrontation: https://drugfree.org/download/how-to-have-a-conversation-not-a-confrontation/
Contact Information

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