

ONE-ON-ONE INTERVENTIONS



Brief Intervention
ONE-ON-ONE INTERVENTION PROGRAM
FOR SUBSTANCE USING ADOLESCENTS

Brief Intervention (BI)* for Substance Using Adolescents is a one-on-one intervention program for young people who use tobacco and/or other drugs. A trained BI provider (counselor, teacher, or other school-based staff) facilitates the program on campus.

Sequence: Two to three 45-60 minute sessions

Grades: 6-12

SMALL GROUP INTERVENTIONS



Healthy Futures* is a small group intervention program from the Stanford Tobacco Prevention Toolkit. Students learn about the harms of vapes/e-cigarettes or cannabis and will receive resources on how to quit vapes/e-cigarettes or cannabis.

Sequence: 40-60 minute self-paced course, or 2-hour and 4-hour curricula

Grades: 6-12

[Healthy Futures Website](#)



Restorative Circles* are conducted as a small group intervention with up to seven students. Students will be provided with education around tobacco, vaping, and cannabis. In addition, a trained facilitator will ask students questions to get closer to the root reasons of why students are using these products.

Sequence: One to three 1-hour to 2-hour sessions

Grades: 6-12

PHONE / ONLINE PROGRAM



Youth Vaping Alternative Program Education (YVAPE) is operated by Kick It California. All services are provided at no cost by trained counselors. Students participate in telephone sessions, watch short educational videos, and complete discussion questions.

Sequence: Two, 20-minute counseling sessions and 30-60 minutes of videos and discussion completed independently

Age: 13+

[YVAPE Website](#)

Contact our Tobacco Use Prevention Education (TUPE) team at tupe@sccoe.org or visit our TUPE website at sccoe.org/tupe