

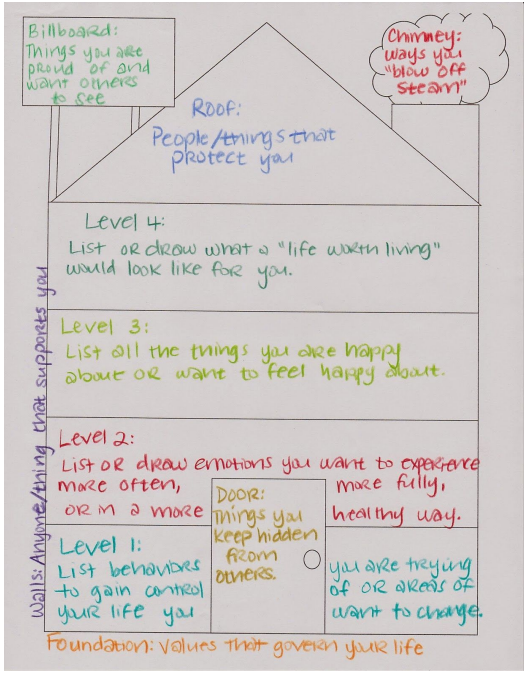
Tier 2 Alternatives to Suspension Curriculum

Purpose: To provide opportunities for students who got caught vaping on campus to change their attitudes and behaviors related to vaping through education, reflective dialogue with a caring adult and peers, and provide students tips and resources to quit.

Title	Description	Link
Brief Intervention	Developed using Teen Intervene . Counseling type intervention consisting of 2-4 sessions for individuals who: <ul style="list-style-type: none"> • Are experiencing few problems with their drug use • Have low levels of dependence • Have a short history of drug use • Have stable backgrounds • Are unsure or ambivalent about changing their drug use *Training provided by TUPE.	Contact Sonia Gutierrez at Sonia_Gutierrez@sccoe.org
Healthy Futures	Stanford Tobacco Prevention Toolkit Curriculum for students in a group setting who are in possession of vapes or smoking on school campus <ul style="list-style-type: none"> • Letter to Parent • Group Setting • 1 hr, 2 hr, or 4 hr session *Curriculum is free.	https://med.stanford.edu/tobaccopreventiontoolkit/curriculums/HealthyFutures.html
INDEPTH	Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health (INDEPTH) is a new, convenient alternative to suspension or citation that helps schools and communities address the teen vaping problem in a more supportive way. Instead of solely focusing on punitive measures, INDEPTH is an interactive program that teaches students	https://www.lung.org/stop-smoking/helping-teens-quit/indepth.html

	<p>about nicotine dependence, establishing healthy alternatives and how to kick the unhealthy addiction that got them in trouble in the first place.</p> <p>Developed by the American Lung Association in partnership with the Prevention Research Center of West Virginia University, this new free education program is available for any school or community to establish to help our teens make healthier choices.</p> <p>*Curriculum is free.</p>	
<p>Ripple Effects</p>	<p>Ripple Effect’s multi-award winning, evidence-based interventions develop a sense of agency and resilience in the face of adversity, and promote educational equity by addressing systemic risk factors, as well as personal ones. Expert system technology uses natural selection patterns to deliver the most relevant set of evidence-based, motivational counseling, SEL skill building, behavioral interventions, and social empowerment practices to each learner, based on personal concerns. Multiple instructional modes per topic provide differentiated learning opportunities for every student.</p> <p>These interventions (Grades PreK – 11) have been proven to change behavior, increase academic success, and strengthen pro-social behavior among children and adolescents, and the adults who work with them. Ripple Effects Whole Spectrum Intervention System is NREPP listed for comprehensive mental health supports and substance abuse prevention. The National Dropout Prevention Center has awarded Ripple Effects its highest Model Program rating for all three tiers of intervention. Schools throughout the country have seen it reduce disproportionate discipline referrals. Available on Mac, PC, Chromebook, iPad, and Android.</p> <p>*Cost</p>	<p>https://rippleeffects.com/</p>
<p>After School Presentations</p>	<p>After school presentations by community partners on various topics.</p>	<p>N/A</p>

Saturday School or In-School Suspension Activities

Activity	Description
<p>Mindfulness House Activity</p>	<p>This "DBT House" (DBT stands for Dialectical Behavioral Therapy) is a mindfulness activity. It helps children to recognize their strengths, ways of coping, support system, values, and so forth. After doing some more research on how to create a DBT House and finding instructions at Kim's Counseling Corner, Below is a template for those children who don't wish to draw their own house:</p>  <p>The diagram is a hand-drawn house template with the following sections:</p> <ul style="list-style-type: none"> Billboard: Things you are proud of and want others to see. Roof: People/Things that protect you. Chimney: Ways you "blow off steam". Level 4: List or draw what a "life worth living" would look like for you. Level 3: List all the things you are happy about or want to feel happy about. Level 2: List or draw emotions you want to experience more often, or in a more healthy way. Level 1: List behaviors to gain control your life you. Door: Things you keep hidden from others. Walls: Anything that surprises you. Foundation: Values that govern your life. Circle: you are trying of or areas of want to change.

Natural High Activity	<p>A natural high comes from any activity that makes you feel good—but doesn't involve drugs. Doing things you enjoy, like riding your skateboard or dabbling in photography, releases natural feel-good chemicals in your brain like dopamine, which regulates movement, emotion, motivation, and pleasure.</p> <p>On a piece of paper people are encouraged to write about or draw these activities or situations.</p>
In-School Assignments	<p>Students can do a variety of different in-school assignments, including:</p> <ul style="list-style-type: none">• Write an essay on the harms of vaping• Create a PowerPoint presentation for younger students for them to learn the harms of using substances like e-cigs and marijuana. Include strategies for overcoming peer pressure to use drugs at school.• Create a poster that alerts students about the addictiveness of e-cigs/vapes or marijuana

Parent Resources

Title	Description	Link
Healthy Futures: Parent Letter	The Open Letter for Parents/Guardians can be used by schools to inform parents about the Healthy Start curriculum. Please feel free to modify to meet your school's needs.	Bottom of page: https://med.stanford.edu/tobaccopreventiontoolkit/curriculums/HealthyFutures.html
Brief Intervention Handout 8	Six Steps: Talking to kids about alcohol/drug - I Care, I See, I Feel, Listen, I Want, I Will	https://drive.google.com/drive/folders/1PsT8EgH1WF6OZpP6BGUQLixUqbEaG7uD?usp=sharing
All Mental Health	Hopelab, All Mental Health (a tech nonprofit) and the American Heart Association: Resource for parents to have productive conversations about teen vaping at home. <ul style="list-style-type: none"> ● Web app or emailed course (weekly for four weeks) ● Covers what parents need to know about teen vaping, ● Ways to talk about vaping so that teens will listen, ● How to manage the stress associated with this topic 	https://www.allmentalhealth.org/vaping