

Alternatives to Suspensions for Vape Related Offenses

Sonia Gutierrez, MPH
Santa Clara County Office of Education

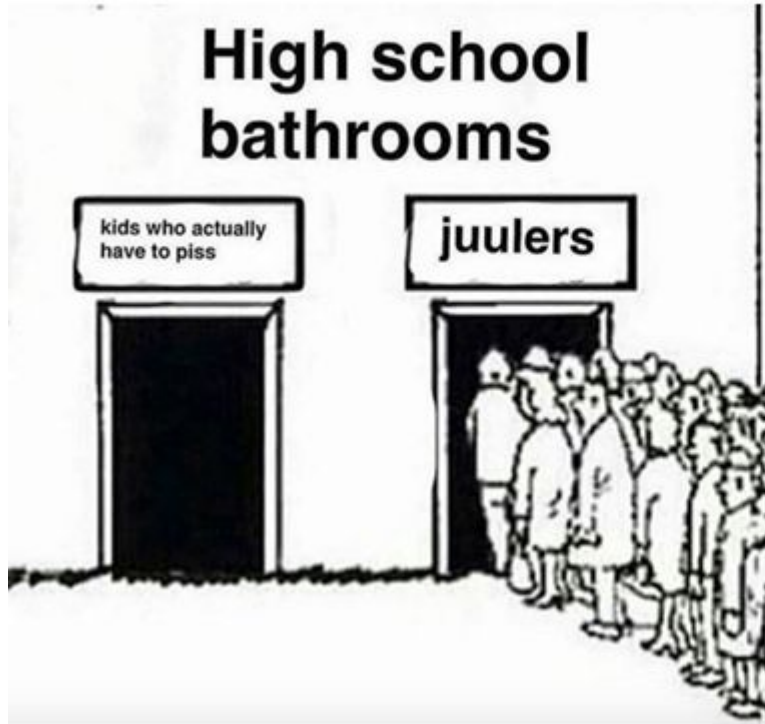


Today's Agenda:

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

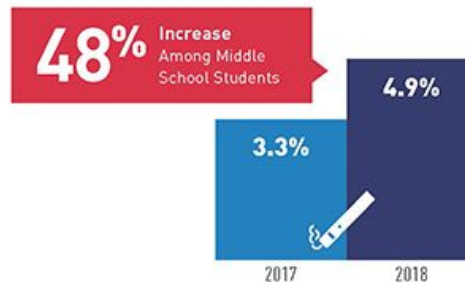
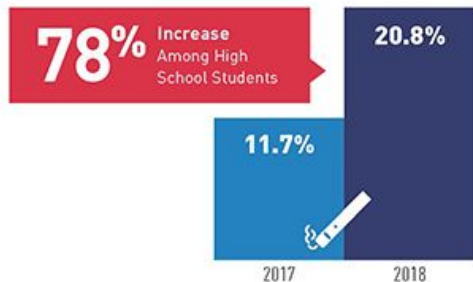


What's Really Going On in the Bathroom?



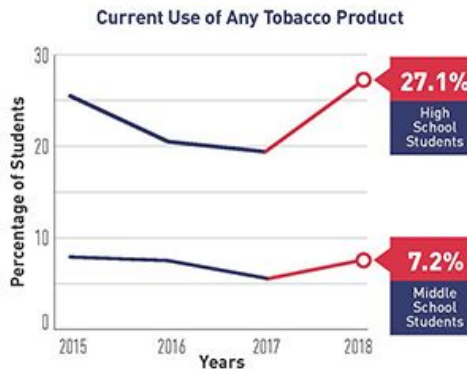
2018 National Youth Tobacco Survey

SURGE IN YOUTH CURRENT E-CIGARETTE USE — 1.5 Million More Students Used E-Cigarettes in 2018 vs 2017



AMONG HIGH SCHOOL CURRENT E-CIGARETTE USERS — Rise in Frequency and Use of Flavors

E-CIGARETTE USE SURGE LED TO UPTICK IN OVERALL TOBACCO USE — Reversing Previous Declines



Note: All numbers in this document are estimates.

Sources: [1] Cullen KA, Ambrose BK, Gentzke AS, Apelberg BJ, Jamal A, King BA. Notes from the Field: Increase in use of electronic cigarettes and any tobacco product among middle and high school students — United States, 2011–2018. *MMWR Morb Mortal Wkly Rep.* 2018;67(45). [2] Wang TW, Gentzke A, Sharapova S, Cullen KA, Ambrose BK, Jamal A. Tobacco product use among middle and high school students — United States, 2011–2017. *MMWR Morb Mortal Wkly Rep.* 2018;67(22).

CTP-116
Last Updated November 2018



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



≈20

CIGARETTES



1 JUUL
pod

≈41.3 mg of
nicotine



≈41

CIGARETTES



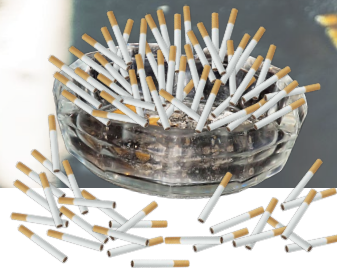
1 PHIX
pod

≈75 mg of
nicotine



≈75

CIGARETTES



1 Suorin
pod

≈90 mg of
nicotine

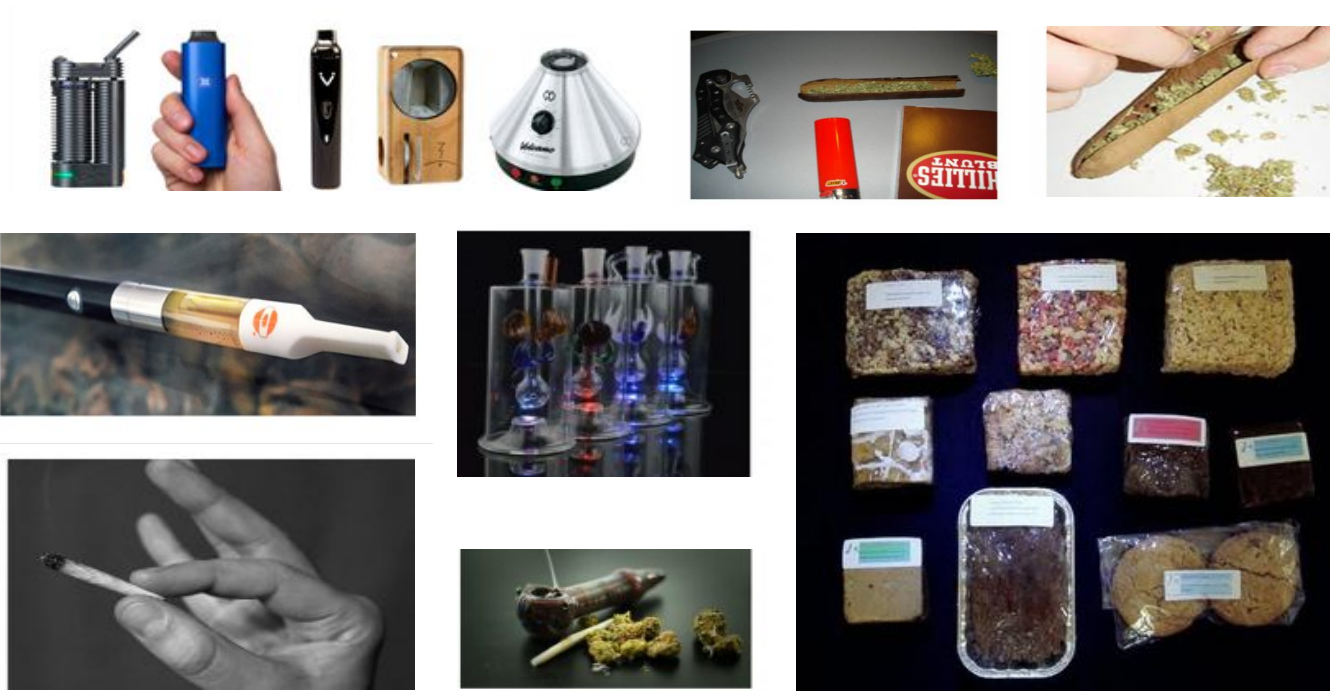


≈90

CIGARETTES



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 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

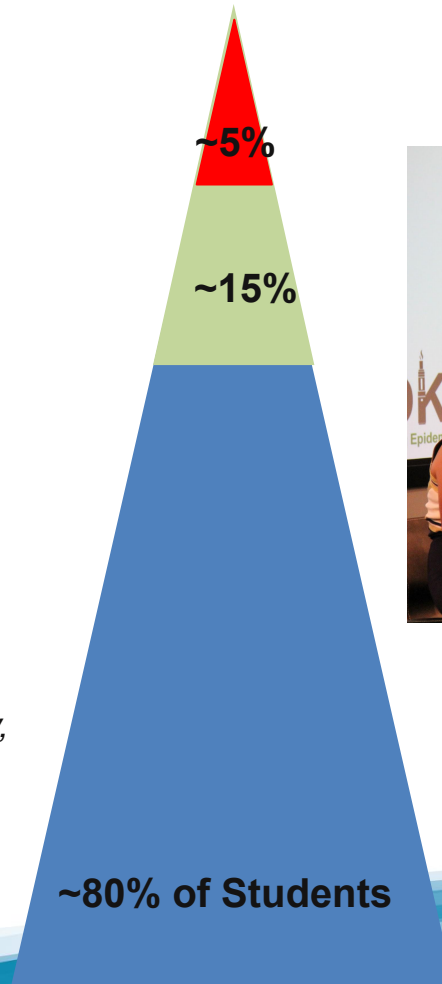
District/School-Wide Campaigns

Parent/Student Awareness Presentations

Data Driven: *California Healthy Kids Survey*,

California Student Tobacco Survey,

Suspension Data

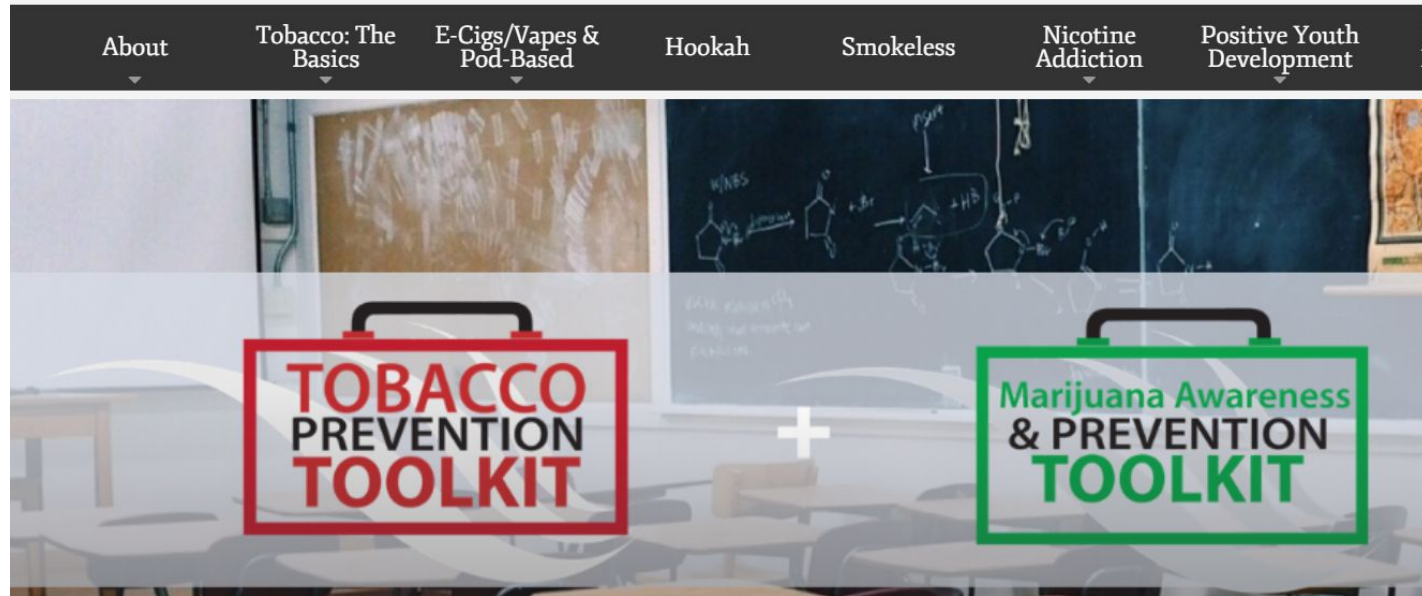


Stanford Tobacco Prevention Toolkit



Stanford
MEDICINE

Tobacco Prevention Toolkit
Modules for tobacco and nicotine education



Presentation to Parents/Staff

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?

Santa Clara County Office of Education



What We Need To Know About Teen Vaping & Marijuana Use

*For Educators, Families and
Community Members*

Join us to answer these following questions:

- What is vaping?
- How much does vaping occur among teens?
- What does vaping do to the teen body and mind?
- How can parents prevent vaping before it starts?
- How can you help a teen who is vaping?
- How do you have a conversation with a teen about vaping?

Register Today!

<http://bit.ly/2019Vape101>



Students First – Collaboration – Innovation – Service – Strengths Based



Youth Engagement

BE A PEER ADVOCATE!



BE PART OF THE SOLUTION TO THE
TEEN VAPING PROBLEM

WHEN

Monday, September 9, 2019
8:30am – 2:30pm

WHERE

Santa Clara County Office of
Education
1290 Ridder Park Drive, San Jose, CA 95131



San Jose, CA



FOR
MIDDLE & HIGH
SCHOOL
STUDENTS

FOOD AND BUS
PASSES
PROVIDED

COMMUNITY
SERVICE HOURS

LETTERS OF
RECOMMENDATION

BRING YOUR
FRIENDS!

TO APPLY, CLICK
HERE (DUE 9/3):
[HTTP://BIT.LY/2019
PEERADVOCATE](http://bit.ly/2019peeradvocate)



- **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

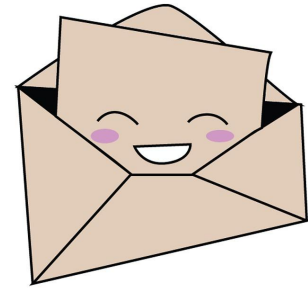
- **Community Based Organizations**



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



Sample Letter for Parents/Guardians

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 design 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>



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

1. Surgeon General Parent Tip Sheet:
https://e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipSheet_508.pdf
2. Surgeon General Advisory:
<https://e-cigarettes.surgeongeneral.gov/documents/surgeon-generals-advisory-on-e-cigarette-use-among-youth-2018.pdf>
3. How to Talk to Your Kids About Vapes:
<http://What-You-Need-to-Know-and-How-to-Talk-to-Your-Kids-About-Vaping-Guide-Partnership-for-Drug-Free-Kids.pdf>
4. How to have a Conversation and Not a Confrontation:
<https://drugfree.org/download/how-to-have-a-conversation-not-a-confrontation/>



Contact Information

**Santa Clara County Office of Education,
Safe & Healthy Schools Department**

Sonia Gutierrez, MPH, Supervisor

Email: Sonia_Gutierrez@sccoe.org

Website: <https://tupe.sccoe.org>

