

TUPE Substance Use Support

TUPE is an award-winning program with a team of mental health therapists trained to support students in the district who want to talk confidentially about their substance or nicotine use, free of charge.



Vaping Awareness Prevention and Education (VAPE)

Small group sessions to increase our students' knowledge surrounding the harmfulness of vaping and to empower conversation to support awareness about nicotine use.

- Group sessions will run on Mondays for two weeks, 4:15 - 5:45 p.m., in person at the district office or via Zoom.
- Language interpretation available with advance notice.



Substance Use Program (SUP)

This group provides the opportunity to enhance critical thinking, inform decision making, raise awareness and foster ambivalence towards substance use.

- Group sessions will run on Tuesdays for four weeks, 3:30 - 5 p.m., in person at the district office or via Zoom.
- Language interpretation available with advance notice.



Brief Intervention (BI)

Brief Intervention (BI) is a counseling intervention for students identified with low level substance abuse, a short history of drug use, ambivalence about changing their drug use, and experiencing few problems with their drug use.

- Two brief one-on-one sessions via Zoom or in person will be scheduled with a trained professional based on student's availability, with options for additional sessions and an optional, encouraged parent session.
- Language interpretation available with advance notice.

For more info or to request a referral for your student: www.smuhsd.org/tupe-referral

Questions? Contact Dr. Jessamy Cadigan, TUPE Coordinator, at jcadigan@smuhsd.org.