Intervention Resources

Alternatives to suspension when a student is **caught using or in the possession of** tobacco, nicotine, or cannabis products, include:

healthy FUTURES

BRIEF
INTERVENTION

YVAPE
Youth Vaping Alternative Program Education

Healthy Futures is a program created by the **Stanford REACH Lab**. The online courses are self-paced, come in both a nicotine and a cannabis version, and are intended for any student caught using tobacco/cannabis/vaping on school campus, or for students who want to quit.

Brief intervention (BI) is a short-term counseling intervention consisting of 2-4 sessions aimed at adolescents who use alcohol, tobacco/nicotine, or other drugs. This approach uses motivational interviewing, cognitive behavior therapy, and the stages of change model to meet the needs of youth.

YVAPE is a program available to all public schools in the state of California. Enrolled students participate in telephone counseling sessions, watch short educational videos, and complete discussion questions with their parent / guardian or YVAPE counselor.

Learn More:

Staff Trainings:

MCOE holds annual Brief Intervention Trainings for school site staff. For more info about upcoming BI trainings, please contact: Ally Constantino aconstantino@marinschools.org

Learn More:

Cessation (Quitting) Resources

The resources below can be shared with students 13+ who **want to quit** vaping, smoking, or using other tobacco, nicotine, or cannabis products:

Phone Counseling

- Learn about **Kick It California** at **kickitca.org/our-program**
- **Call 800-300-8086 (**Support in English and Spanish)
- **Schedule a** **phone consultation** with a Quit Coach

Text & App Support

- Text **QuitVaping** or **NoVapear** to **66819**
- Text **QuitSmoking** or **DejarDeFumar** to **66819**
- Download the **app**: **Kick It California**

Local Resources

- Ask a **doctor and/or health insurance provider** for help quitting (coaching, nicotine patches/gum, and/or cessation medications)
- Check out **Nicotine Anonymous Zoom meetings** in the area: **bit.ly/3RzwBNR**