

Date: \_\_\_\_\_

Dear Parents/Guardians of: \_\_\_\_\_

Your child will participate in an eight week mandatory substance program which will run effective immediately. Sessions will be held at EHS during your child's study hall. You and your child will be notified of the set dates and times when they are scheduled.

In this packet, you will find paperwork to complete along with information pertaining to the role you play as your child participates and engages in the program, which is ran by Ellington Youth Services in partnership with Ellington Public Schools.

Parent engagement with your child during the program is not only necessary, but most importantly will assist your child in successfully highlighting the knowledge and tools they learn to execute. Holding your child accountable and exploring what mechanisms work or do not work for them is part of the ongoing process of obtaining and maintaining their sobriety.

We look forward to assisting your child and family in any way that we can.

We are here to help!

*Brandon HuBrins*

EHS Assistant Principal

*Marque Mercure*

EYS Program &  
Prevention Coordinator



Scan here to access the  
Ellington Youth Services  
Cessation Program  
landing page





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## Next Steps

- Review and fill out this packet to the best of your ability.  
→ You may not know all of the answers and that is fine!
- Marque Mercure from Ellington Youth Services will reach out by phone or email to schedule your parent intake.  
→ This can be done over the phone or in person at the EYS office.
- Understand that parent involvement in this program is required for the student to receive credit for the course in order to avoid expulsion.

# EYS SUBSTANCE CESSATION PROGRAM PARENT & STUDENT CHECKLIST

## → Parent

- Read parent packet carefully.  
*\* There is a lot of important information for both you and your child to be aware of to successfully complete and receive credit for the course. \**

- Initial & sign acknowledgment form
- Fill out & sign youth intake form
- Fill out & sign parent intake form
- Schedule & complete parent intake with EYS

Check-ins with your child after:

- Session 1
- Session 2
- Session 3
- Session 4
- Mid-program check-in w/ EYS

## → Student

- Intake session with EYS  
For all sessions:
  - Attendance
  - Google Form
- Smoking/Vaping Log
- Cost Benefit Analysis
- ABC Worksheet
- Project Brainstorm
- Completed project

To be turned  
in at parent  
intake

PLEASE SEE PROGRAM  
RUBRIC PAGE FOR A  
FURTHER BREAKDOWN OF  
EXPECTATIONS AND  
ASSIGNMENTS.

# FOUR WEEK PROGRAM CURRICULUM DESCRIPTION

## Week One: Substance Education

In the first session, we dive into the history and education surrounding substances. Providing students with evidence based knowledge empowers them to reframe the theories that were previously set in their mind. Having the tool of education is the first step in assisting students making sound decisions to benefit their overall physical health. We conclude the session with introductions to three worksheets/logs to be completed throughout the course.

## Week Two: Exploring The Relation Between Usage & Mental Health

In the second session, we explore the science of the developing adolescent brain. Following this, we learn what changes substance usage makes on the brain of teenagers. We conclude the session discussing the negative mental health impacts of teenage substance use.

## Week Three: Coping Skills & Introduction to Tools/Logs

In the third session, we begin by discussing coping skills that can be used by anyone, at any place or any time. These are vital tools to assist with urges that the student may not be prepared for as they begin their substance use abstinence journey. We conclude the session with a personalized self-care plan for students to hold themselves accountable to choose healthy and positive coping mechanisms.

## Week Four: Worksheet Review, Project Planning & Check-In

In the fourth and final session for any student in the four week session, we begin by circling back to ensure that the student has completed all necessary Google Forms and work sheets. We move on to discuss what did and did not go well when utilizing their self care plans. Finally, we discuss the project that all students in the eight week program will be required to complete. Four week program students are introduced to the project because they will be required to complete one should they be enrolled in another future session.

**\*THIS IS THE FIRST FOUR WEEKS OF THE EIGHT WEEK CURRICULUM\***

# EIGHT WEEK PROGRAM CURRICULUM DESCRIPTION

## Weeks One Through Four

The curriculum outline for weeks one through four can be found on the previous page.

## Weeks Five & Six: Project Planning & Completion

In the fifth and sixth sessions, students are given time to brainstorm, plan and complete their individual project. They are encouraged to network with their peers and the facilitator.

## Week Seven: Project Presentations

In the seventh session, students will present their completed projects.

## Week Eight: Check-In & Accountability

In the eighth session, we will begin with any students who did not present their project during the last session. Following this, we will have a group check-in to solidify in themselves just how much knowledge they have gained and work they have put in/achieved in the past eight weeks.

I, \_\_\_\_\_, parent/guardian of  
\_\_\_\_\_, hereby acknowledge that my child  
has been enrolled in a mandatory substance use program.

I agree to the following (Please initial each):

- \_\_\_ I will ensure that my child attends the initial intake appointment.
- \_\_\_ I will attend the family intake that occurs following the initial intake at Ellington Youth Services or via phone.
- \_\_\_ I will complete, sign and return the necessary paperwork to EYS within one week of receiving this packet.
- \_\_\_ I will ensure that my student attends all necessary sessions of the program.
- \_\_\_ I will engage with my child after each session to see what they have learned and how I can guide them in a positive manner toward obtaining and maintaining abstinence of substances.
- \_\_\_ I will monitor my email for any correspondence from Ellington High School and/or Ellington Youth Services and respond accordingly.
- \_\_\_ I will prioritize family check-ins which will routinely happen around the four week point of the program.
- \_\_\_ I acknowledge that my student's failure to successfully complete all program requirements and further violations of the tobacco/drug Ellington Board of Education Policy will be subject to further disciplinary action including suspension and possible expulsion.

\_\_\_\_\_  
Parent Name (Print)

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date



# Youth Intake Form

Name  DOB

School  Grade  Special Education Services **Yes**  **No**

Address

Phone  Email

Gender **Male**  **Female**  **Transgender**  **Non-binary**  **Did not report**

Ethnicity **Hispanic/Latino**  **Non-Hispanic/Latino**  **Did not report**

Race **Asian**  **White**  **Multiracial**  **American Indian or Alaska Native**  **Native Hawaiian or Other Pacific Islander**  **Black or African American**  **Did not report**

Suspensions in current or previous school year **Yes, Curent Year**  **Yes, Previous Year**  **Yes, Both Years**  **No**  **Did not report**

Expulsions in current or previous school year **Yes, Curent Year**  **Yes, Previous Year**  **Yes, Both Years**  **No**  **Did not report**

Legal Guardian(s)  I.E. Both Parents, Single Parent, Joint Custody, Grandparents, Relative

Housing Status  I.E. Not Homeless, Homeless, Shelter, Hotel

Case management offered by Ellington Youth Services is the choice of the parent/guardian and participant. All services are voluntary and Youth Services staff will work with the youth to create a plan that is catered to their individual needs. Youth Services staff are not licensed counselors but create case management programs using evidence based research practices.

Parent/Guardian Signature

Referred By  Reason for Referral

Date of Intake

# EYS CESSATION PROGRAM PARENT INTAKE FORM

Please fill out this form and answer all the questions to the best of your abilities. There are no right or wrong answers! You will review the questions and answers during the parent intake with EYS staff.

## Your Marijuana Usage

Do you use marijuana? (Circle)  
If so, what method of delivery(ies)  
do you use? (Circle)

Yes      No  
Smoke      Vape      Dab      Edibles  
Other(Please describe): \_\_\_\_\_

How often do you use per week?

Where is your marijuana stored?

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## You As A Parent...

What preventative measures have you taken to prohibit your child from obtaining and using marijuana? \_\_\_\_\_

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What preventative measures have been successful? \_\_\_\_\_

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What goals do you have for your child by the end of the eight week session?

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What goals do you have for yourself by the end of the eight week session?

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# EYS CESSATION PROGRAM RUBRIC



There are five components for the student and parent to complete in order for the student to successfully complete and receive credit for the cessation program. They are broken down as follows:



## Intake & Attendance

- 20%
- 1 intake session
- 8 classroom sessions

## Sheets & Logs

- 10%
- Consists of:
  - Smoking/Vaping Log
  - Cost Benefit Analysis
  - ABC Worksheet
- Entries must be completed throughout the entirety of the 8 week session.

## Google Forms

- 10%
- Four Google Forms total to be completed
- Must be completed following Sessions 1-4



## Project

- 40%
- Rubric will be introduced in session 2 for students to begin brainstorming and planning

## Parent Participation

- 20%
- Parent is expected to:
  - fill out/turn in the parent packet within 1 week of receiving
  - engage in an in-person or over the phone intake
  - respond to correspondence from EHS & EYS in a timely manner
  - routinely engage with their child about their program participation

In order to receive credit, the student must receive 85% or higher.

# TIPS FOR PARENTS

## KEEP CALM.

- Show empathy, relatability and understanding.

## BE A GOOD LISTENER.

- Address and acknowledge their comments so they know you're paying attention and understand them.

## COMMUNICATION IS KEY!

- Ask open-ended questions that encourage them to elaborate. Having a genuine conversation lets them know they can come to you whenever they have questions or problems.
- Let them know they can always come to you if they're in trouble and that their safety and well-being is your number one priority.
- Leave the door open for problem solving.
- Talk to them often.

## SET CLEAR EXPECTATIONS ABOUT DRUG AND ALCOHOL USE.

- When dealing with behavior problems it is important to communicate your disapproval of the behavior without making your child feel rejected or like they are a bad person.
- Include real consequences for not following family rules.
- Correct any misconceptions teens may have, such as "everyone smokes weed" or "marijuana won't hurt me."

## HELP YOUR CHILD DEAL WITH PEER PRESSURE.

- Get to know your child's friends and their parents.
- Monitor your child's whereabouts.
- Supervise teen activities.

## HOW TO RESPOND

Here are some frequent teen comments and responses that you can implement during conversations surrounding marijuana so you're prepared to answer them in the moment.

**TEEN:** "But, it's natural"

**PARENT:** "Just because it's natural, it still doesn't mean it's safe at your age. Your brain won't stop developing until you're in your mid-20s. Using marijuana now can impact your memory, and your ability to cope with stress, and anxiety"

**TEEN:** "But, it's not as bad as tobacco or other drugs"

**PARENT:** "As your brain develops, it's fine-tuning its connections, and many substances—including cannabis—can disrupt that important process."

**TEEN:** "But, vaping isn't harmful"

**PARENT:** "Vaping is harmful not only to your physical, but also to your mental health. The liquid you are inhaling into your lungs is a heated oil that turns into the vapor that you exhale."

**TEEN:** "But so many successful people use it"

**PARENT:** "Just because someone is successful now and uses cannabis, doesn't mean they started when they were young. The best way to let your brain grow to its full potential is to avoid underage cannabis use."

**TEEN:** "But you used when you were young"

**PARENT:** "Cannabis today is stronger now than it used to be, which can affect your brain and may become addictive."

**TEEN:** "But I saw you use"

**PARENT:** "Using cannabis underage puts your brain development at risk. That means your memory, attention, coordination, and mental health could all be affected."



# TERMS TO KNOW



## CESSATION

- the act of refraining from using a substance, in this case nicotine or marijuana

## HARM REDUCTION

- intentionally practicing safe usage of a substance through education, awareness, management and the focus on an individual's needs to guide them to cessation

## PREVENTION

- actions (such as communication and education) that stops something from occurring

## INTERVENTION

- actions that are taken to improve or discontinue a negative situation, in this case, engaging in this course to quit substance use

## PSYCHOLOGICAL DEPENDENCE

- the perceived need or craving of a drug

## PHYSICAL DEPENDENCE

- bodily changes that have occurred after repeated use of a drug that makes it necessary for the individual to continue usage in order to prevent withdrawal

## ADDICTION

- compulsive drug-seeking behavior where acquiring and using a drug becomes the most important activity in the user's life

## WITHDRAWAL

- negative physical symptoms that appear shortly before the time of the next anticipated dose of substance the person has a physical dependence or addiction to

## POTENCY

- the concentration or strength of the active ingredient that alters the state of a person's brain in a drug, in this case thc



# PARENTAL INFORMATION ABOUT MARIJUANA

## Intake Method

- Vaped
- Edibles or baked goods
- Smoked
- Dabbed

## Mental Health Effects

Studies have shown that the adolescent brain does not fully develop until age 25. The last section of the brain to develop is the frontal lobe which is responsible for executive functioning; reasoning, impulse control and judgment. Since young brains are still developing, when adolescents are introduced to substances like marijuana, the more likely that person is to develop a dependency or addiction.

## Prevention

Research suggests that one of the most influential factors when a teen is growing up is a strong, open relationship with a parent or caregiver. Frequent check-ins and setting clear boundaries about your expectations regarding marijuana help establish that bond.

## Intervention

This course is designed to incorporate education, positive coping skills, visual tools and empowerment for our youth to achieve and maintain cessation.

According to 2024 Youth Voices Count Survey results for Ellington students grades 7-12, the average age of first marijuana use is 13.9. 2022 survey results indicated average first use at age 14.5.

## Marketing To Youth

With the legalization of recreational marijuana usage for anyone over the age of 21, youth are exposed to many advertisements from commercial marijuana businesses who are targeting their age group.

Youth exposure to positive marijuana messages increases their risk of marijuana use.



## Potency

**THC** is the active ingredient in marijuana that causes the mind-altering or “high” effect. The higher percentage of THC content in marijuana indicates a higher level of potency. THC content has been increasing rapidly in recent years.

Year	Average THC Content
1995	4%
2009	9.75%
2017	17%

Today, cannabis products like dabs, oils & edibles have as high as a **90%** potency rate.

Higher-potency cannabis increases the risk of addiction, anxiety, psychotic episodes and suicidal ideation/attempts.



# THERE IS MORE THAN WHAT MEETS THE EYE...

## Discreet Use & Storage

There are multiple items that are available through purchase that contain hidden and discreet storage within them. Some examples as found on Amazon are...



Soda Can



Car Key



Hair Scrunchie



Hair Brush



Sharpie



Portable USB Charger



Deodorant/Body Spray



Water Bottle



<https://wakeupcallroom.org>