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- American Psychological Association (APA)
- Association of Social Work Boards (ASWB)
- Commission on Dietetic Registration (CDR)

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Substance Use
Prevention &
Intervention: How
SBHCs Can
Support Youth



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Putting Health Care Where Kids Are



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safety
first

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WHO are you?



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REACH Lab



Research and Education to
Empower Adolescents and Young
Adults to Choose Health

Mission

TO EMPOWER AND PROMOTE ADOLESCENT AND YOUNG ADULT HEALTH THROUGH
COLLABORATIVE RESEARCH, EDUCATION, AND POLICY

Aims

1. IMPROVE ADOLESCENT AND YOUNG ADULT (AYA) HEALTH THROUGH:
Conducting interdisciplinary, high-impact research focused on health-related decision-making
2. Translating evidence into effective programs that reduce and prevent AYA risk behavior
3. Informing and supporting policies that improve AYA health
4. Training the next generation of leaders in AYA health and risk prevention

infographics

BE ON THE LOOKOUT.

ADDICTIVE ORAL NICOTINE PRODUCTS ARE GAINING POPULARITY AMONG YOUTH

DIFFERENT TYPES OF PRODUCTS



DON'T BE FOOLED BY...



CANDY-LIKE PACKAGING

SOCIAL MEDIA ADS TARGETING KIDS

OUR CONCERNS



Oral nicotine products are **highly addictive** and contain harmful chemicals that can damage teens health.



Recent surveys found that a sizable number of **US teens** are using these products.



Talk to your teens about this product and **protect their health** by avoiding all nicotine products.

FAST FENTANYL FACTS



Fentanyl effects can include: dizziness and drowsiness, vomiting and nausea, euphoria, pain relief, and respiratory failure



There are 2 types of fentanyl: pharmaceutical and illegally made fentanyl. Most overdoses are due to illegally made fentanyl



Carry Narcan to stop overdoses of those around you



Use test strips to test drugs to see if they are laced with fentanyl

Treatment is available. Here is a resource to find a [treatment center: findtreatment.gov/locate](https://www.findtreatment.gov/locate)



PENNY



GRAIN OF RICE



LETHAL DOSE OF FENTANYL

A lethal dose of fentanyl is equivalent to less than a grain of rice

See our **safetyfirst** curriculum for more information



Quitting Tips for Nicotine & Cannabis



Take back control. Quitting nicotine or cannabis is no easy feat. Below are some tips and tricks that you can utilize to help with quitting either nicotine or cannabis. You got this!



Think about your **reasons for quitting**, which can be very motivating.



Plan your quit date **within 1-3 weeks**.



Prepare your environment by **throwing away your tobacco and cannabis products, lighters, and related supplies**.



Consider different ways of quitting other than "cold turkey" such as **behavioral and medical support** (e.g., NRTs and behavioral therapy).



Withdrawal symptoms are common and temporary. **Plan for how to cope with them.**



Identify strategies to deal with your triggers.



Explore **healthy activities**.



Get support. **You are not alone.**



For more information, infographics, and quitting resources, visit: resources.stanfordreachlab.com



Practice **stress-reducing techniques**.



It might take a few tries. **You got this!**



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**FREE
RESOURCES!**

Stanford REACH Lab offers **free** curriculums and resources to supplement prevention, education, harm-reduction, interventions and cessation on: vaping/e-cigarettes, cannabis, drugs and other substances. Scan the QR code below to learn more!

PREVENTION, EDUCATION & AWARENESS CURRICULUMS

TOBACCO/VAPING



You & Me, Together Vape-Free
Elementary, Middle & High School Curriculum

CANNABIS



Smart Talk: Cannabis Prevention & Awareness
Elementary, Middle & High School Curriculum



DRUG EDUCATION



A Comprehensive Drug Education and Harm-Reduction Curriculum

INTERVENTIONS

CANNABIS/TOBACCO



Self-Paced or Group Led
Alternative-to-Suspension

EDUCATORS & ADMINISTRATORS

A data dashboard for educators, where you can enter survey responses related to the curriculum lessons you are implementing.

LINKED

[hlabdatadashboard](#)



Connect with us and learn more by scanning the QR Code:

Ways to Use Safety First



Use the curriculum to deliver **lessons** to your **class** or **entire school**



Use as a **psycho educational resource** for individual meetings or programs intended for students quitting substances



Use as a **resource** for Youth Advisory Boards (YAB)/Peer Resources



School-wide **health campaigns**



Present the slides at a community forum for parents and students

Resources For Quitting and Support

- SAMHSA's National Helpline 1-800-662-HELP (4357) or <https://findtreatment.samhsa.gov>
- California Youth Crisis Line 1-800-843-5200
- 988 Suicide & Crisis Lifeline
- Smart Recovery - Online Support Groups <http://www.smartrecovery.org/teens/>
- Teenline Support Group (teens helping teens): <https://www.teenline.org/youth>
- Stanford REACH Lab YAB [@Stanfordreachyab](https://www.instagram.com/Stanfordreachyab)

Downloadable, online, and **free** resources

safetyfirst

What brings you to a harm reduction drug education curriculum?



What's the concept of harm reduction



REACH Lab

Safety First Does:

- See abstinence as an important, and primary, strategy in reducing drug harms.
- Empower teens to make healthier choices through accurate information.
- Recognize that some teens will try drugs.
- Encourage teens to take steps to reduce the potential harms of drug use.

Safety First Does Not:

- Encourage or condone teen drug use.
- Teach teens how to use drugs
- Judge teens who use drugs.

safety
first

How to Reduce Drug Harms

- DON'T USE
- IF USING, the best option is to STOP USING
- IF USING, consider CUTTING DOWN
- Gain DRUG KNOWLEDGE
- Know DRUG POLICY
- Look at DOSE and DOSAGE
- Consider the SETTING
- CHECK THE SUBSTANCE
- DON'T MIX SUBSTANCES
- Know How to RESPOND TO AN EMERGENCY

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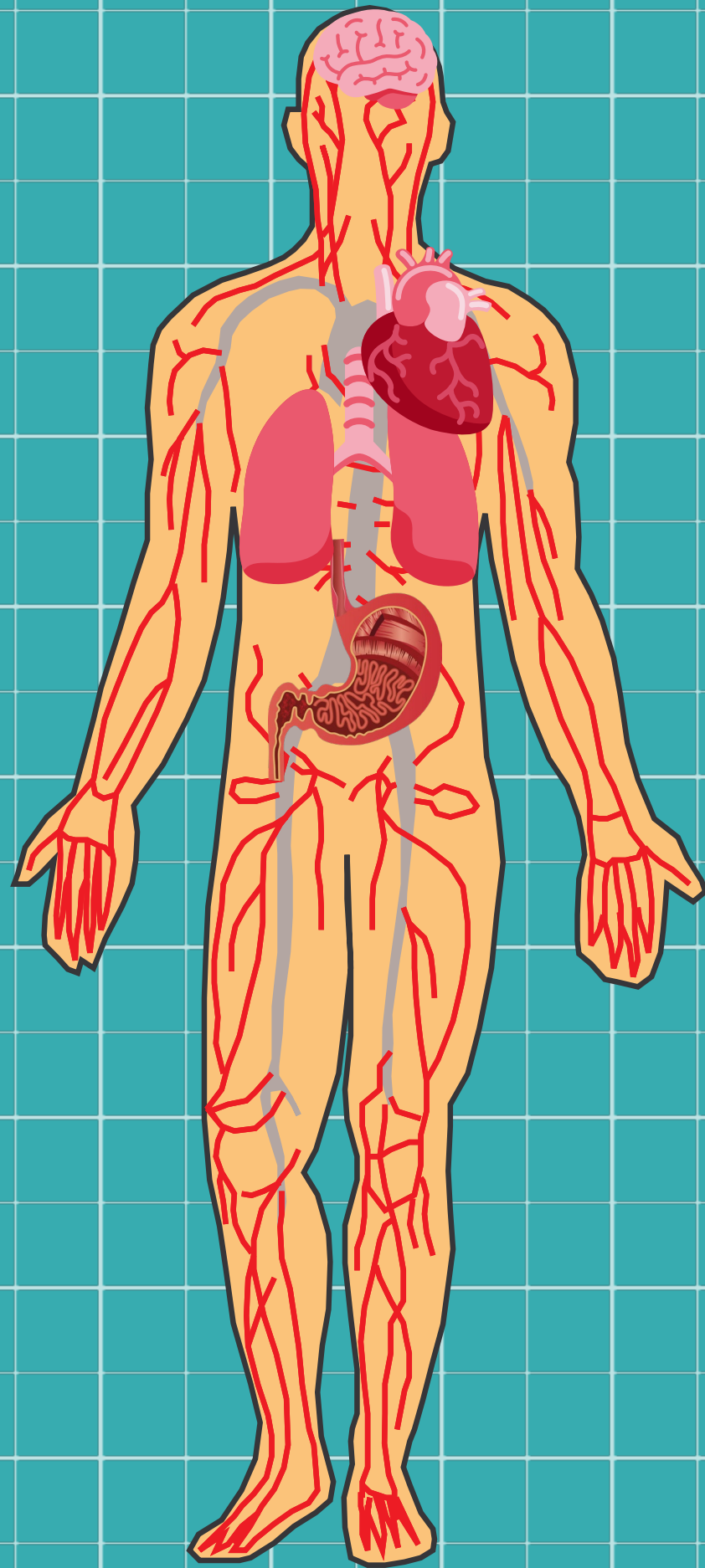
(50 mins
each)

13 Lessons

1. What are Drugs?
2. Keeping You Safe; Reducing Your Harm
3. Drugs and the Youth Brain
4. Stress, Coping, and Wellness
5. Stimulants
6. E-cigarettes/Vaping
7. Cannabis
8. Alcohol & Other Depressants
9. Fentanyl & Opioid Awareness & Overdose Prevention
10. Hallucinogens
11. Media Literacy
12. Zero-Tolerance: Understanding School Drug Policy
13. Looking Back, Looking Forward



People who use drugs
aren't bad people



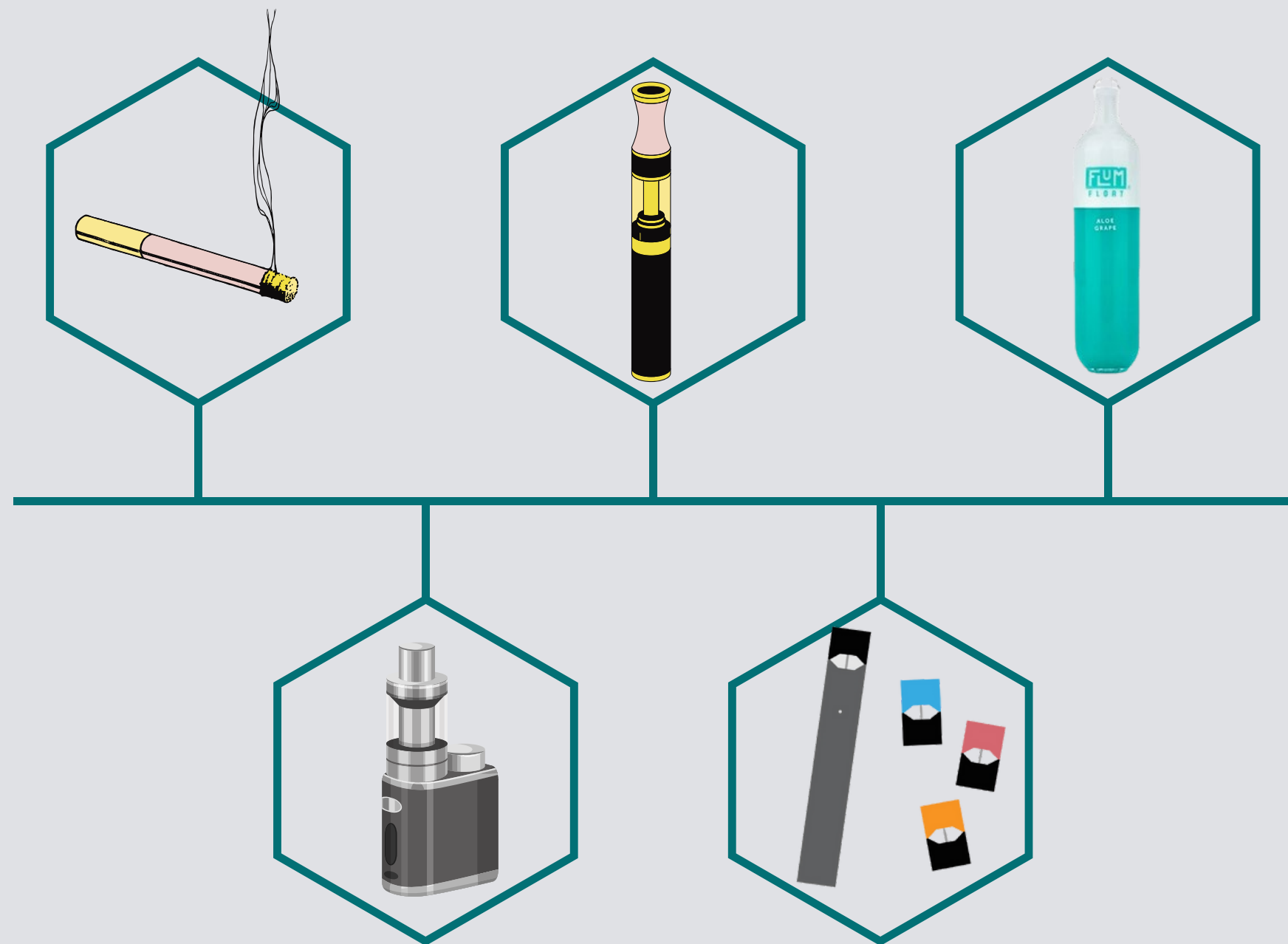
E- Cigarettes & Vaping

Lesson 6

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Cigarettes to E - cigarettes



*E - cigarettes = vapes

"e - cigs"

MORE ADDICTIVE
HIGH IN NICOTINE
HARMFUL TO HEALTH

I WILL LEARN...

The harms and
real and
perceived
benefits of
e-cig use

About
the harmful
chemicals in
e-cigarette
aerosol

How second
and thirdhand
smoke can be
harmful to
others

How my heart,
lungs, and other
body parts are
affected by
e-cigarette use

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WARM UP

What Do You Know?

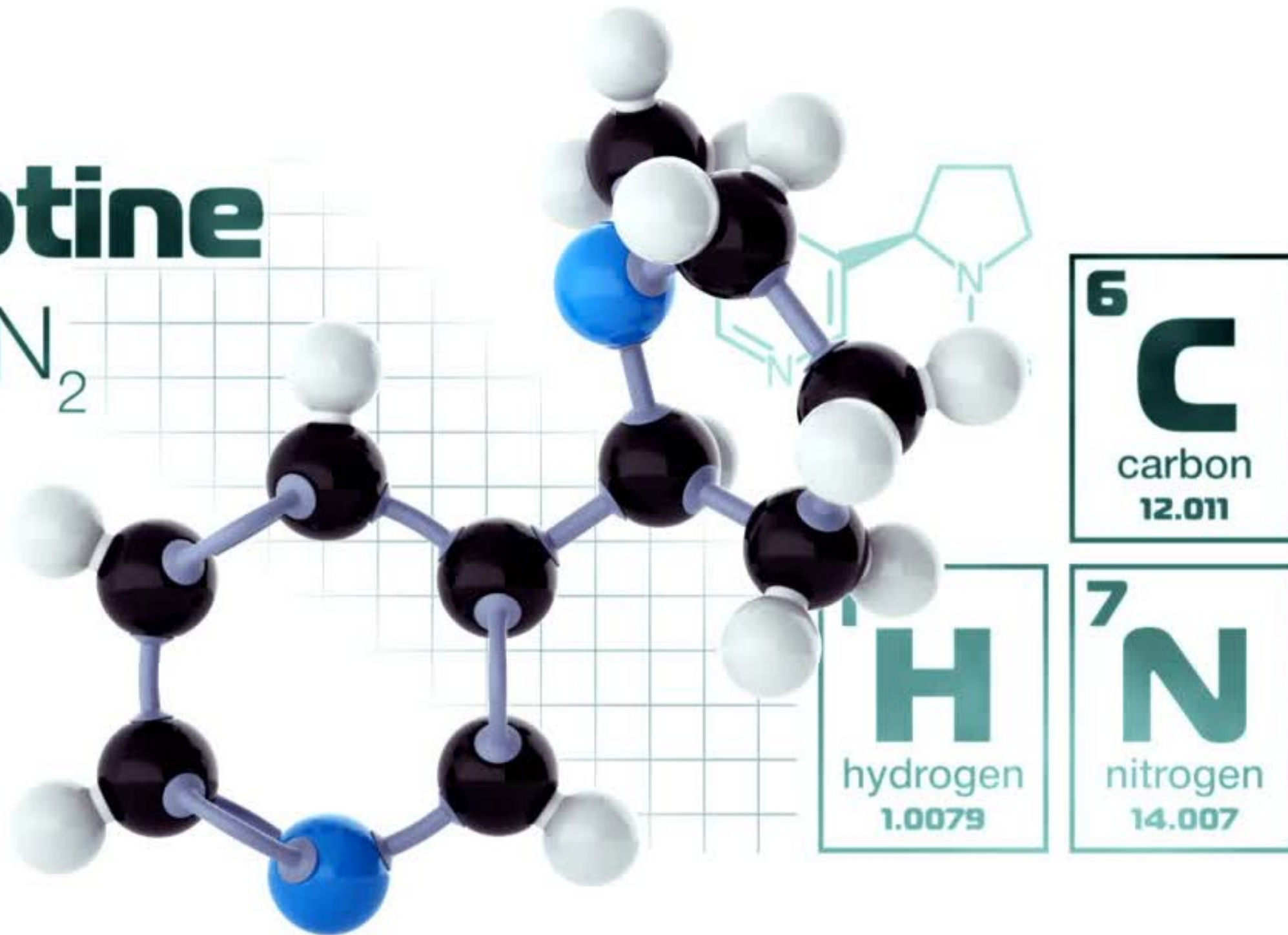
what do you want to know?



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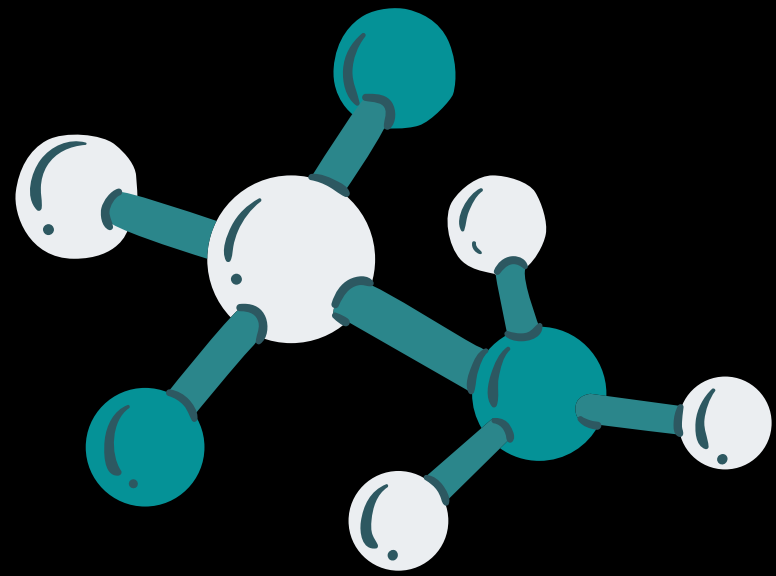
What is Nicotine?

Nicotine



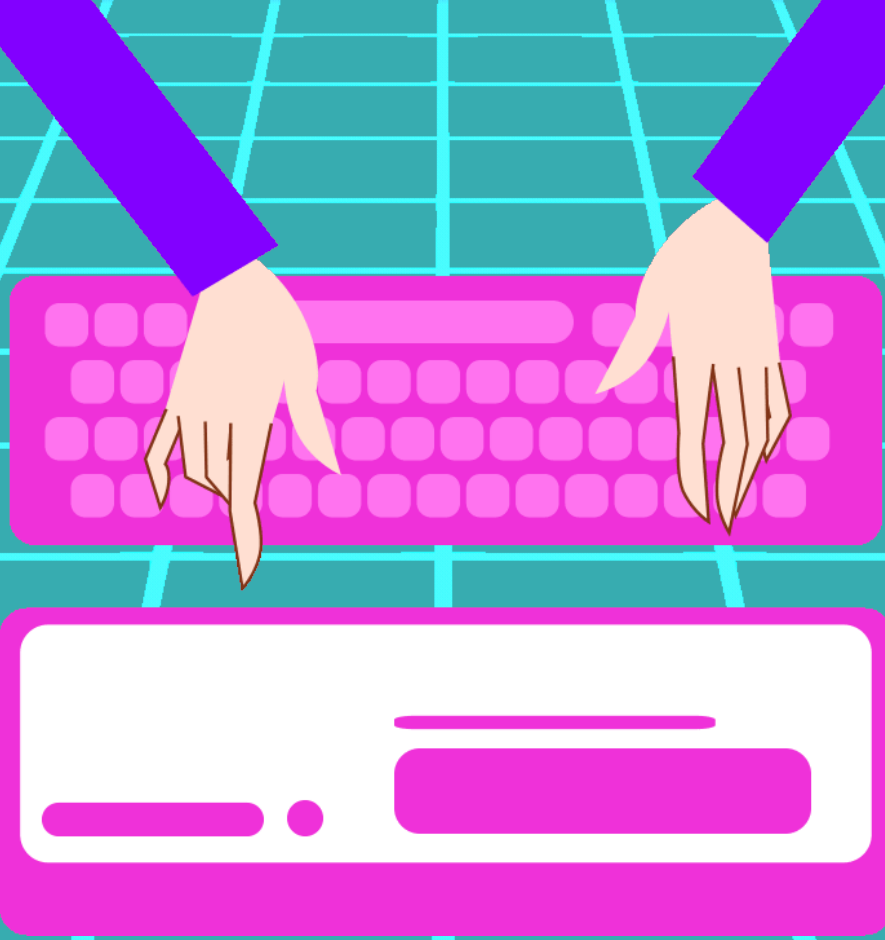
- DRUG
- STIMULANT
- HIGHLY ADDICTIVE
- CAUSES CHANGES IN BRAIN CHEMISTRY
- FOUND IN TOBACCO PRODUCTS

NICOTINE EFFECTS



- Highly addictive substance
- Causes changes in brain chemistry - stimulates pleasure centers, alters normal brain function
- As nicotine levels in brain drop, brain craves nicotine to feel pleasure and relieve feelings of anxiety and stress (withdrawal)



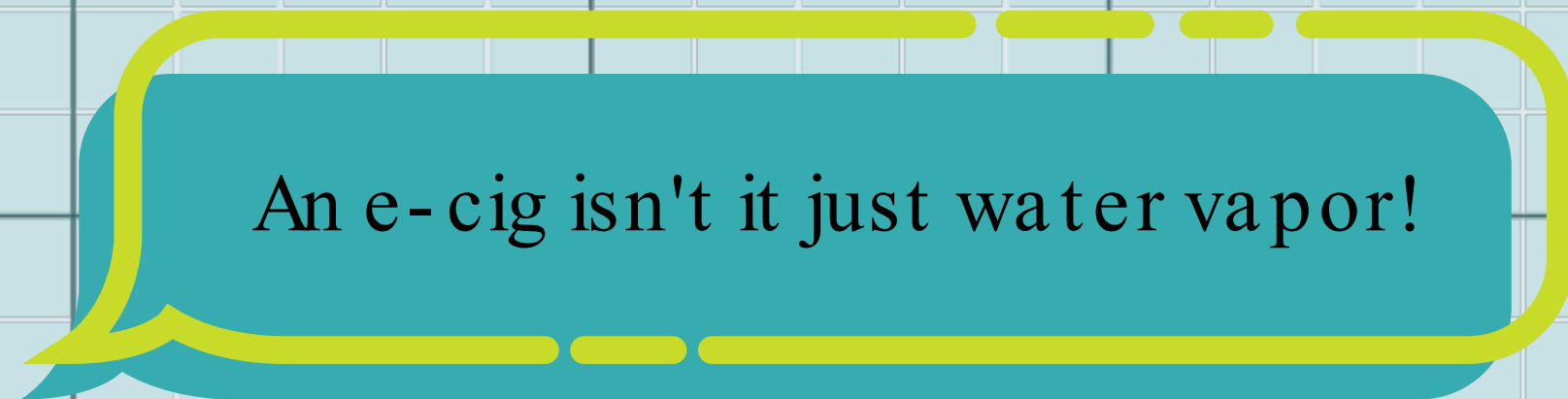


What's in these e -
cigarettes
anyway?



Vapor or Aerosol?...

An e-cig isn't it just water vapor!



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first

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first**

Clear the air, show you care

Vaping releases a mix of harmful chemicals called an aerosol, not water vapor!

Vape aerosol pollutes the air with cancerous chemicals, heavy metals, and more!



Why does it matter that e-cigs
create aerosols?



What's in that Aerosol?

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Propylene glycol
Glycerin
Flavorings (many)
Nicotine
NNN
NNK
NAB
NAT
Ethylbenzene
Benzene
Xylene
Toluene
Acetaldehyde
Formaldehyde
Naphthalene
Styrene
Benzo(b)fluoranthen

Chlorobenzene
Crotonaldehyde
Propionaldehyde
Benzaldehyde
Valeric acid
Hexanal
Fluorine
Anthracene
Pyrene
Acenaphthylene
Acenaphthene
Fluoranthene
Benz(a)anthracene
Chrysene
Retene
Benzo(a)pyrene
Indeno(1,2,3cd)pyrene

Benzo(ghi)perylene
Acetone
Acrolein
Silver
Nickel
Tin
Sodium
Strontium
Barium
Aluminum
Chromium
Boron
Copper
Selenium
Arsenic
Nitrosamines
Polycyclic aromatic hydrocarbons


Cadmium
Silicon
Lithium
Lead
Magnesium
Manganese
Potassium
Titanium
Zinc
Zirconium
Calcium
Iron
Sulfur
Vanadium
Cobalt
Rubidium

What's in that E-cig?

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Diacetyl
(butter
flavor)



Nicotine
(tobacco)



Benzene
(gasoline)



Cadmium
(batteries)



N-Nitrosornicotine
(pesticides)



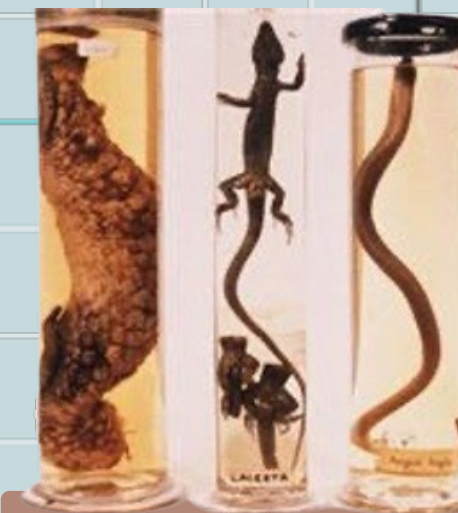
Nickel
(cheap jewelry)



Lead
(car batteries)



Toluene
(paint thinner)



Formaldehyde
(dead tissue
preservative)



Why Flavors?



Widely used e-cigarette flavoring impairs lung function

Date: May 23, 2018

Source: American Thoracic Society

Summary: A new study has found that a common e-cigarette flavoring that has chemical characteristics similar to toxic chemicals found in cigarette smoke disrupts an important mechanism of the lungs' antibacterial defense system.

Share: [f](#) [twitter](#) [p](#) [in](#) [envelope](#)

FLAVORS/FLAVORANTS

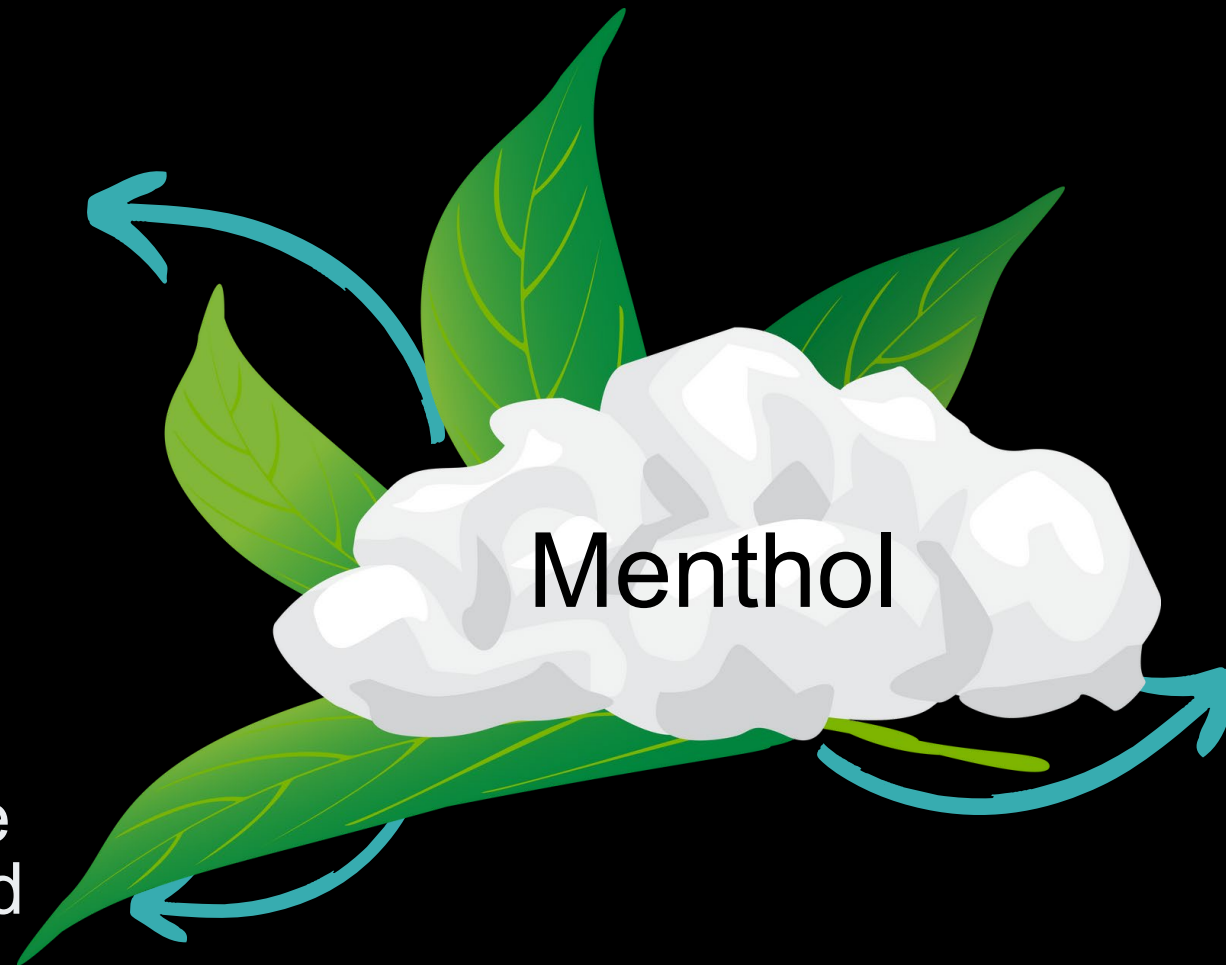
MOST COMMON ARE MENTHOL, MINT, FRUITS LIKE MANGO, DESSERT/ CANDY

#1

Menthol in a cigarette inhibits nicotine metabolism and hence more nicotine in body

#3

E- cigarette flavors like menthol, eugenol, and others have been shown to decrease nitric oxide production in endothelial cells



#2

Menthol suppresses respiratory tract irritation thus more smoke can be inhaled facilitating nicotine addiction



what are the Effects of E
cigs on the BODY?

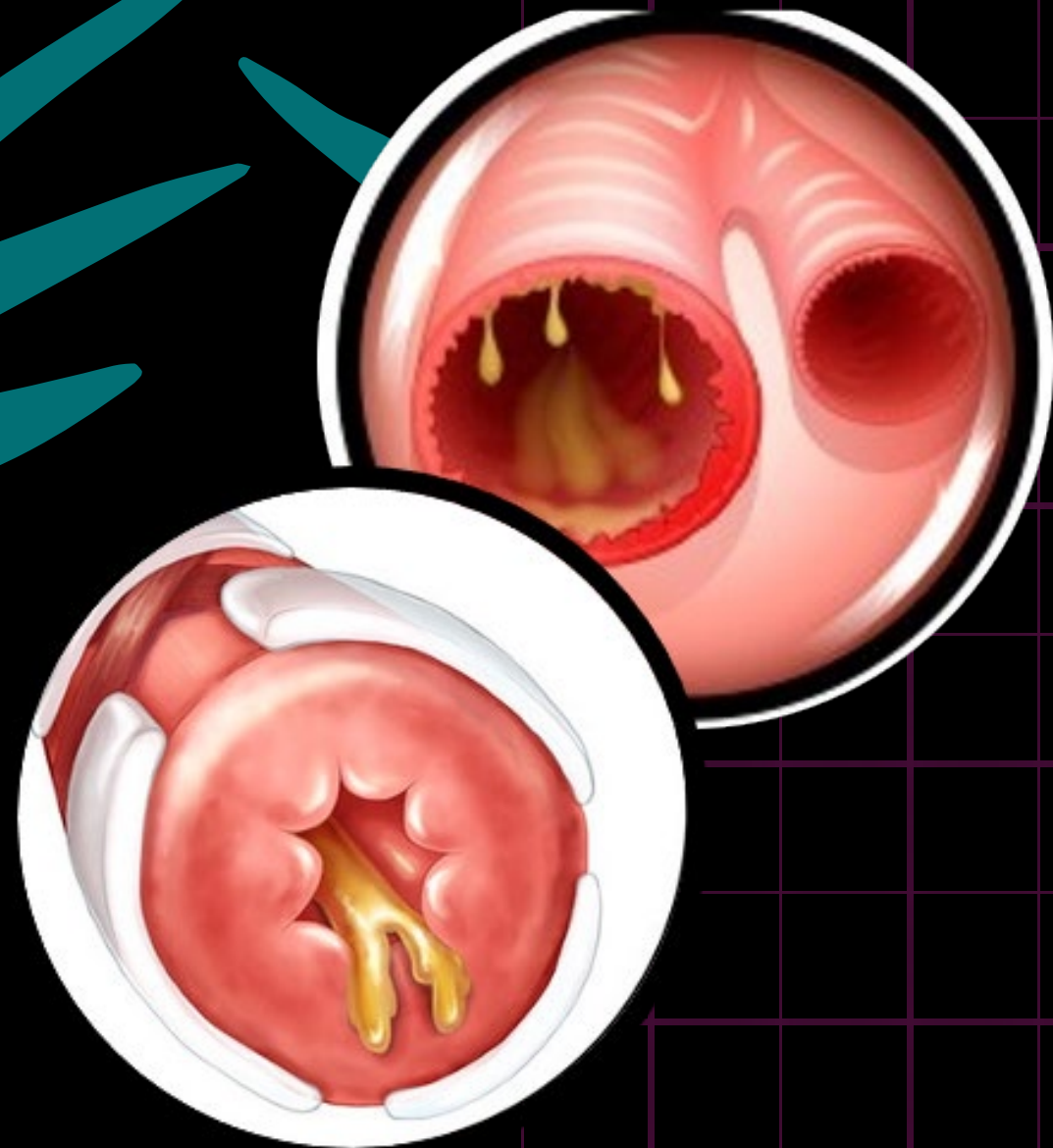


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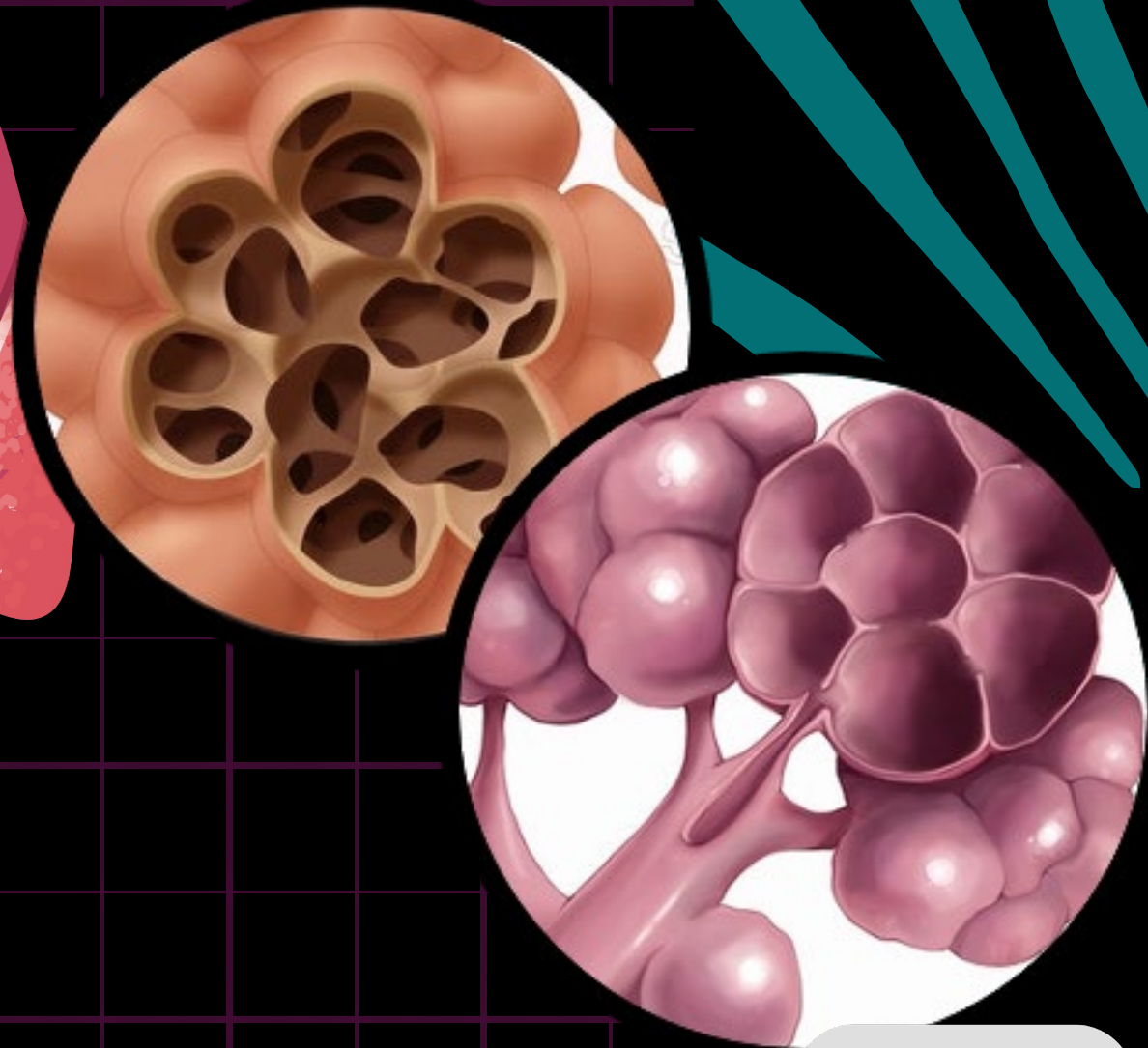


No Fun in the Lungs*

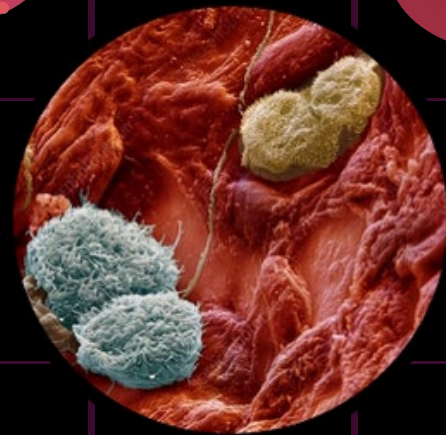
1 Inflammation and Irritation of the Airways



2 Destruction of Air Sacs in the Lungs



3 Weaker Immune Response to Infection

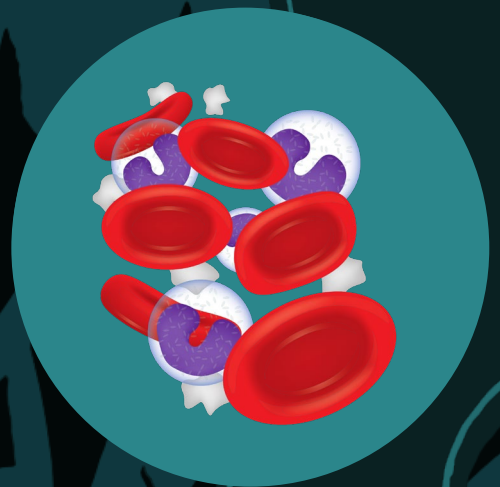


A Hit to the Heart

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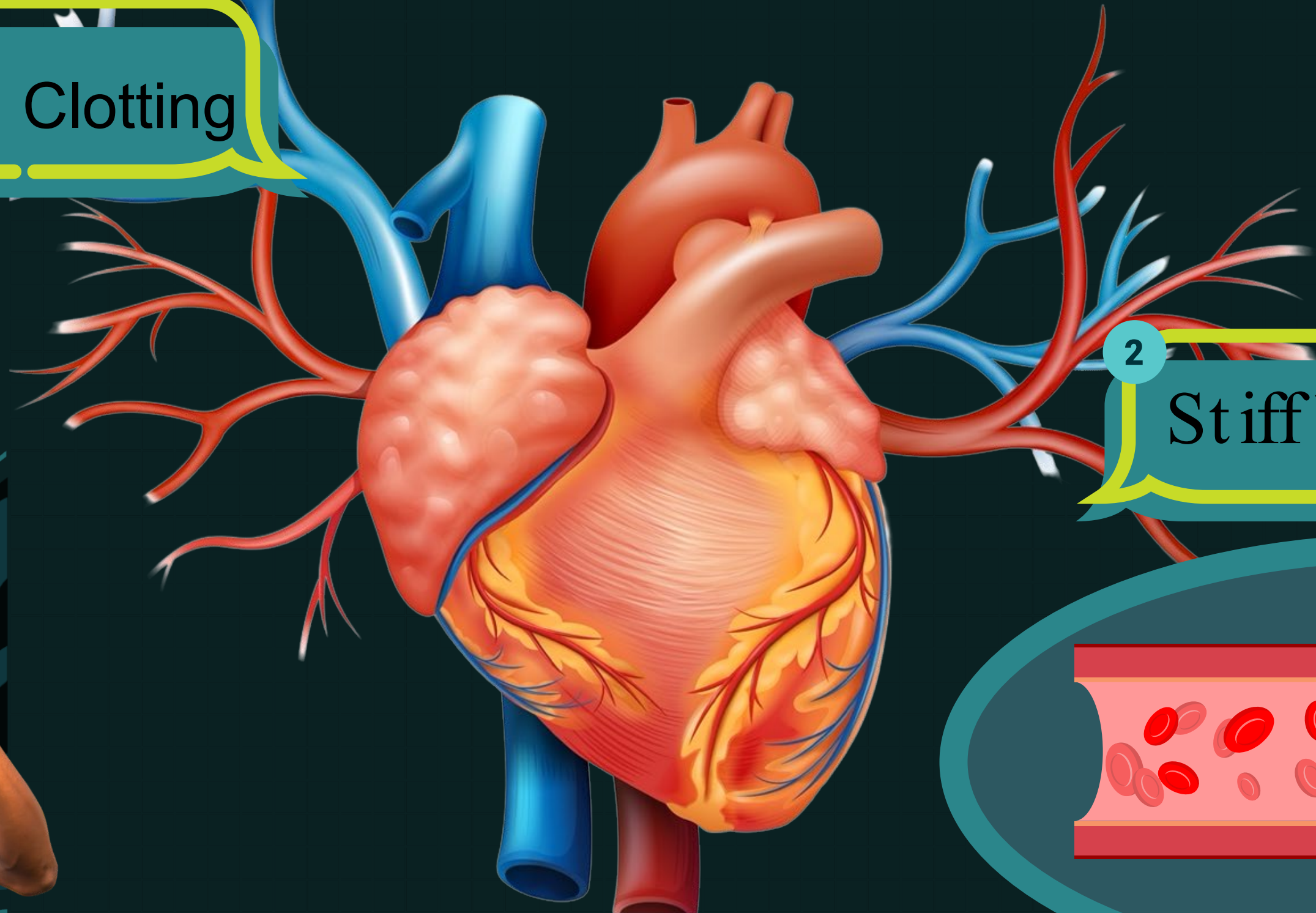
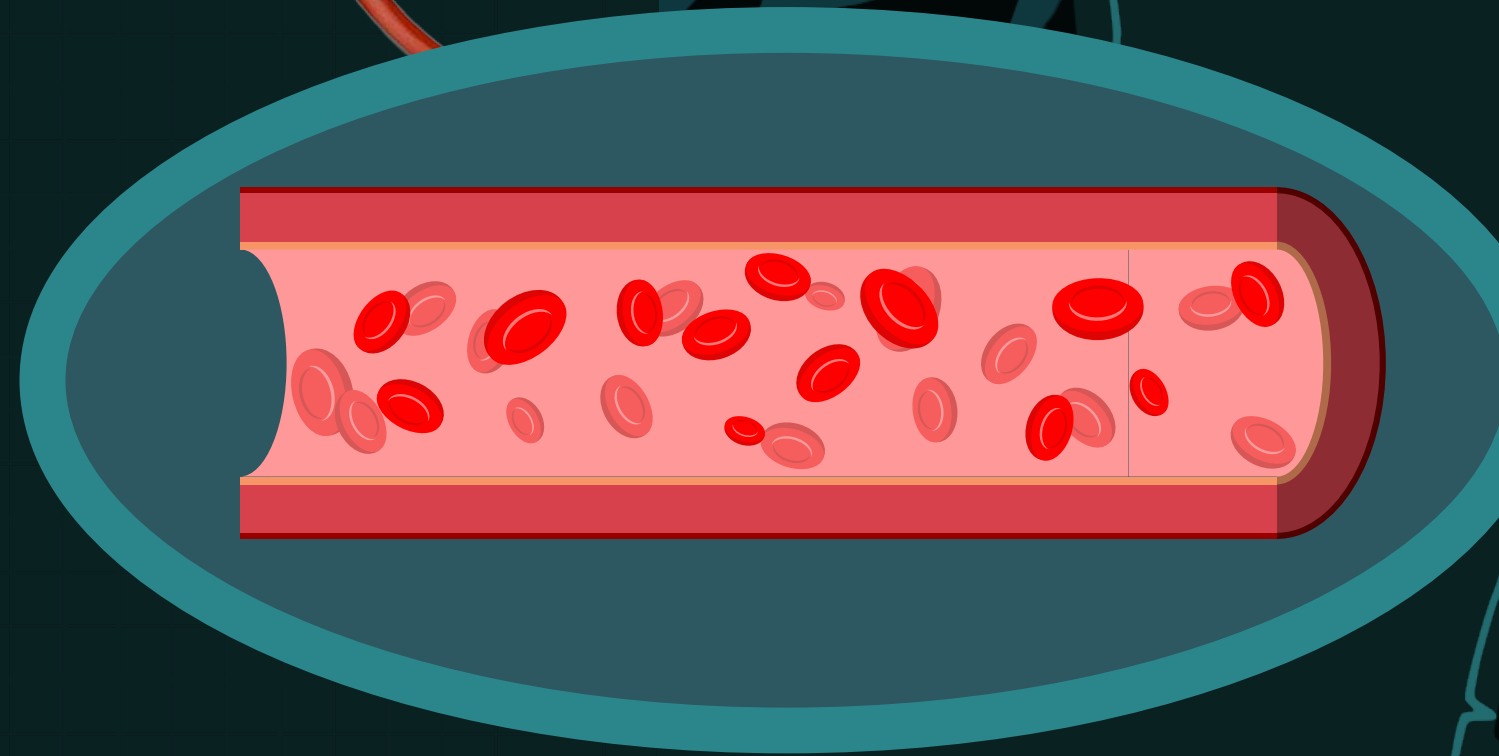
1

↑ Risk for Blood Clotting

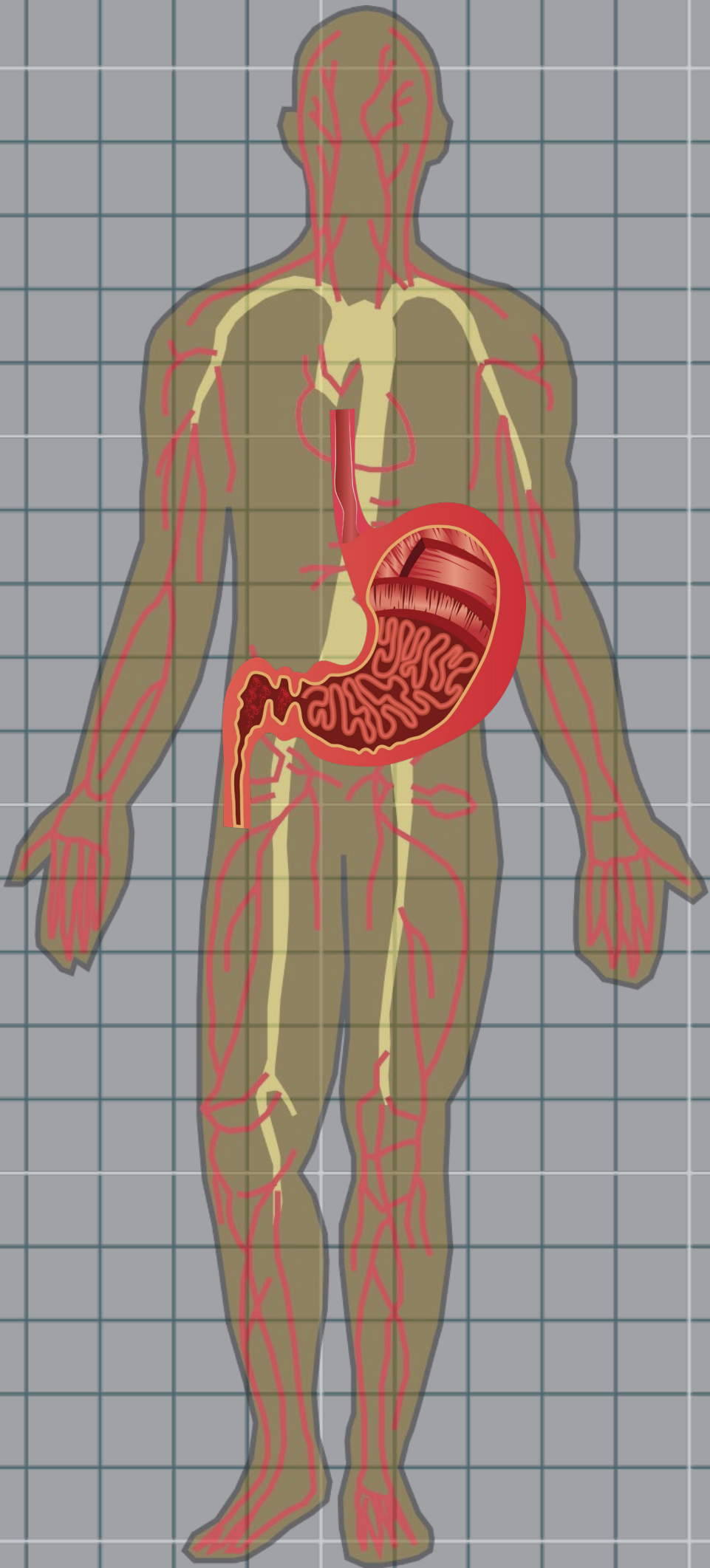


2

Stiff blood vessels



Increased acid r e f l u x



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E-cig aerosol doesn't just harm the person who is vaping

Second & third hand aerosol



How does second and third hand aerosol affect the people you love?



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Secondhand Aer o s o l

Heavy Metals

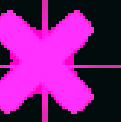
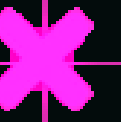
Cancerous Chemicals

Ultrafine Particles

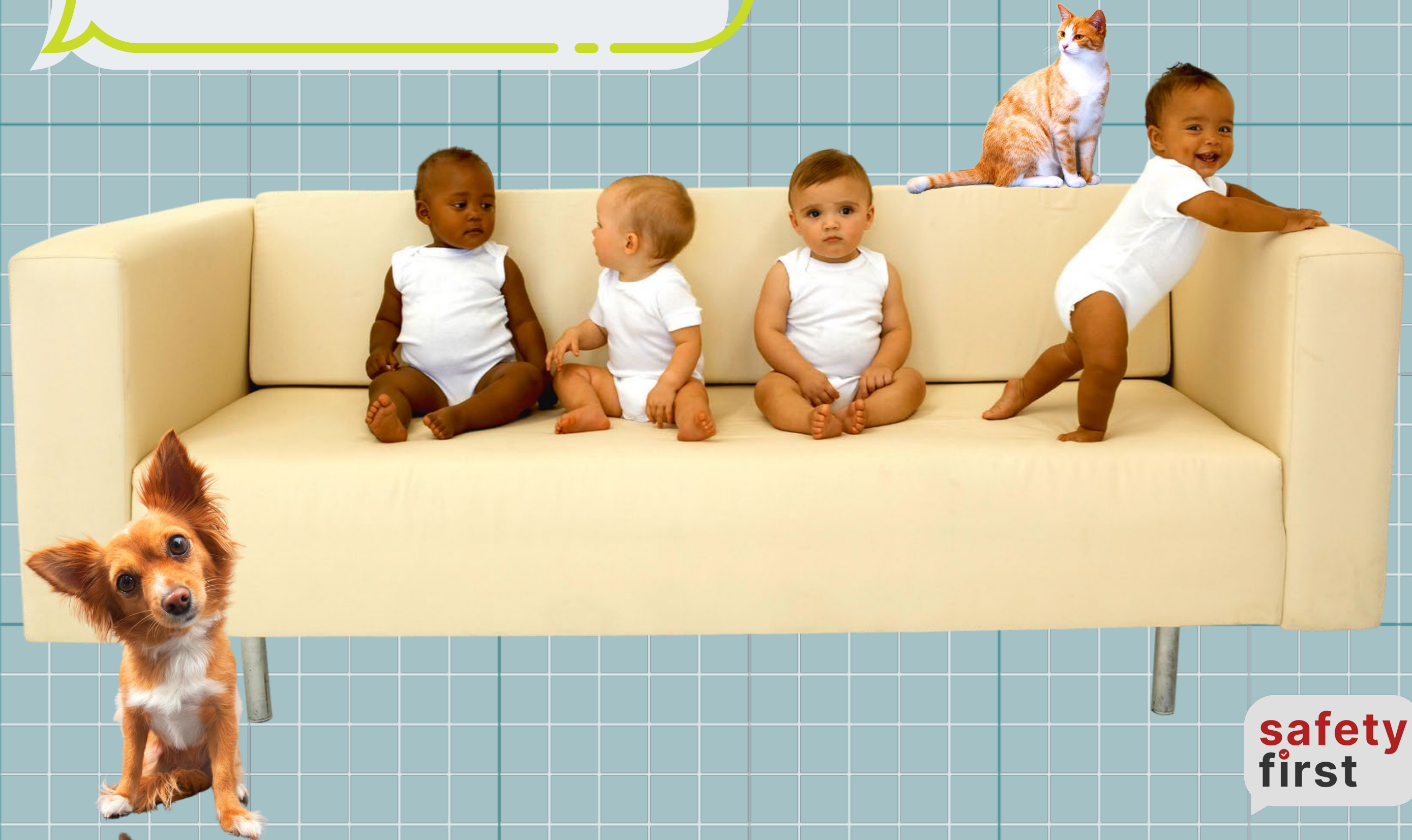
Nicotine

VOC

S



Thirdhand Aer o s o l



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Reducing Harms of e - cig Use



Quitting nicotine



Consider reducing



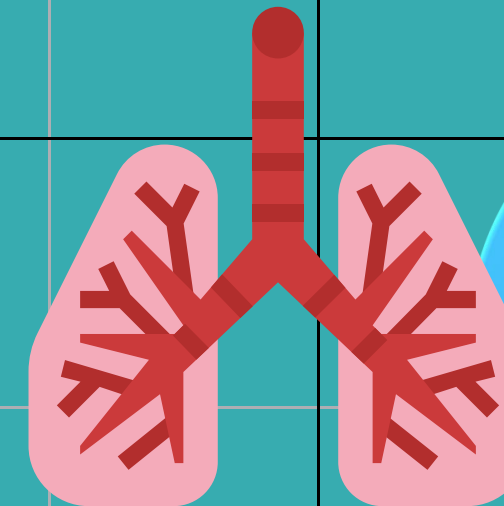
Talk with a healthcare provider



No dual use of nicotine products



5 Know drug policy



6 Stay healthy



7 Be in places that prohibit smoking or vaping



8 Avoid illegal e-cigarettes.

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Follow us on Social Media!



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[@StanfordReachYAB](#)

[@StanfordReachLab](#)

[@TobaccoPreventionToolkit](#)

[@CannabisAwareness&PreventionToolkit](#)



How School-Based Health & Wellness Centers Can Support Youth

Tracy Nguyen

Training Manager

California School-Based Health Alliance

Health & Wellness Center Entrance

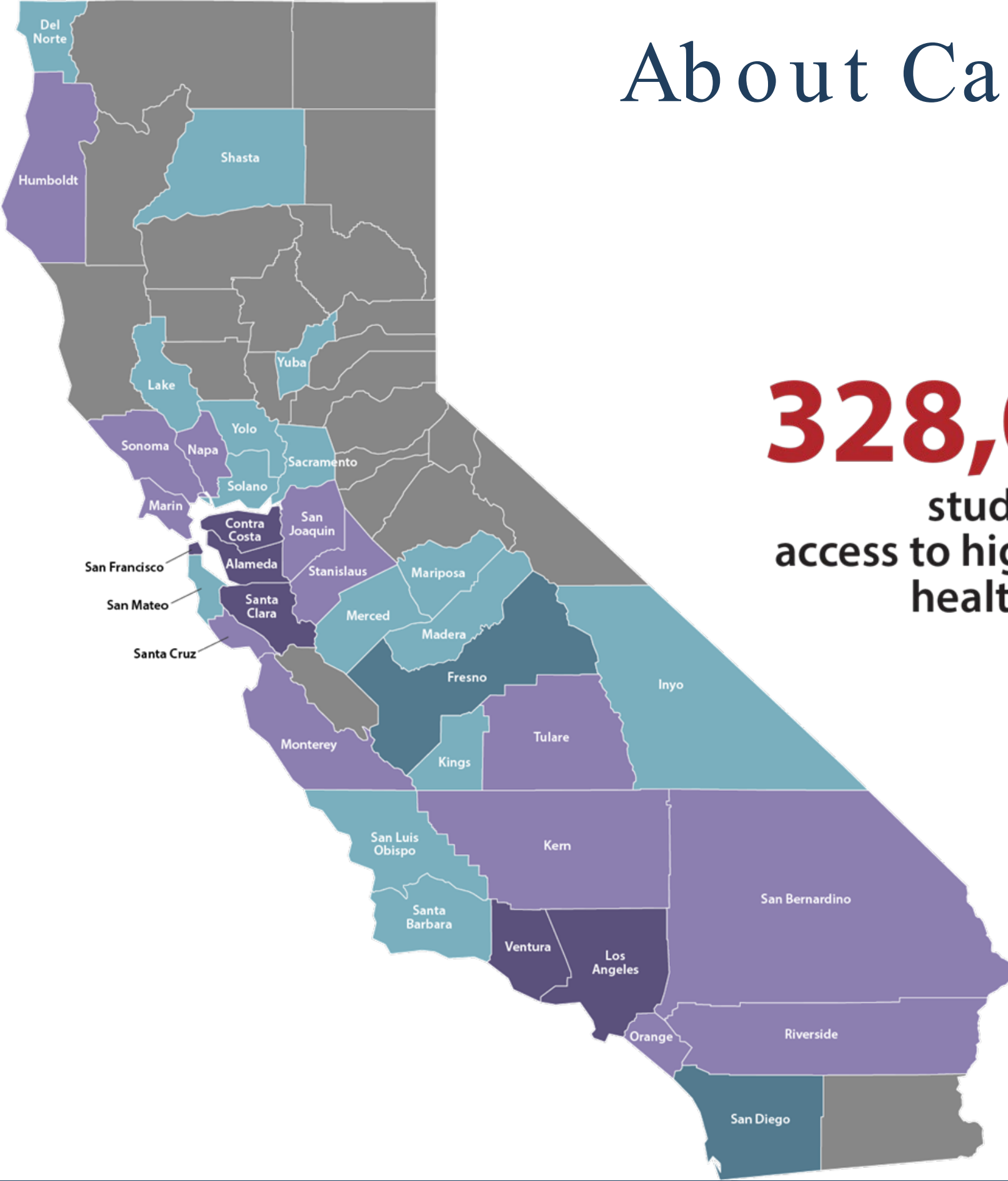
About California School-Based Health & Wellness Centers

328,000
students have
access to high-quality
health services



School-based health and wellness centers (SBHCs) offer services in a place that is familiar, trusted, age-appropriate, and convenient for students and families.

In 2000, there were 108 SBHCs; today there are 346 and growing.



The Intersection Between Vaping and Mental Health

- An increase in number of youth vaping
 - Youth mental health crisis
 - Big Tobacco's deceptive marketing tactics
- Nicotine addiction cycle
 - Contextualize how vaping and other uses of nicotine intersects with mental health
- Mental health benefits of vaping cessation
 - Decrease in symptoms of anxiety and depression
 - A sense of satisfaction or achievement
 - Freed from fear of stigma associated with vaping



How Can SBHCs Support Youth With Addiction?

Let's brainstorm and share out loud together!

- Prevention Education
- Early Intervention
- Counseling and Support
- Community Resources
- Collaboration with Parents/Guardians
- Youth Engagement
- Harm Reduction
- Refusal Strategies
- Screening, Brief Intervention, Referral to Treatment (SBIRT)
- Motivational Interviewing
- Nicotine Replacement Therapy
- Cognitive Behavioral Therapy





TEENAGE VAPE STORIES

IT'S **NOT WORTH IT,**" SHE SAID. "AND IT'S NOT WORTH THE **RISK,** AND IT'S NOT WORTH SEEING **YOUR PARENTS CRY** AS YOU'RE IN A HOSPITAL BED."

WHEN MCKNIGHT LEFT THE HOSPITAL IN JULY 2019, HE HAD **LOST 80 LBS.,** AND HIS LEFT LUNG AND BOTH HIS KIDNEYS WERE **DESTROYED.** HE CARRIES AN **OXYGEN TANK** WITH HIM WHEREVER HE GOES, AND WILL HAVE TO ENDURE **LUNG AND KIDNEY TRANSPLANTS** TO SURVIVE.

VAPING

1/2

Long-term health effects aren't known

Most e-cigarettes use propylene glycol and glycerin as the base for the nicotine liquid. Although, these chemicals are approved for eating.

SOCIAL MEDIA VS REALITY

Viceroy FILTER the Smoke!

VS

Smoking and oral health

Smoking

VS

Myth Filters make cigarettes safer.

What is the benefit of vaping?

The health benefits of being smoke-free include improved lung and heart function, and even better senses of smell and taste. 2. No nicotine.

VS

Inhaling smoke of any kind — whether it's cannabis-containing weed or tobacco or another substance — is bad for lung health, according to the American Lung Association.

Most marijuana users hold smoke in their lungs longer than tobacco smokers, putting them at greater risk for exposure to tar — which is harmful to the lungs.

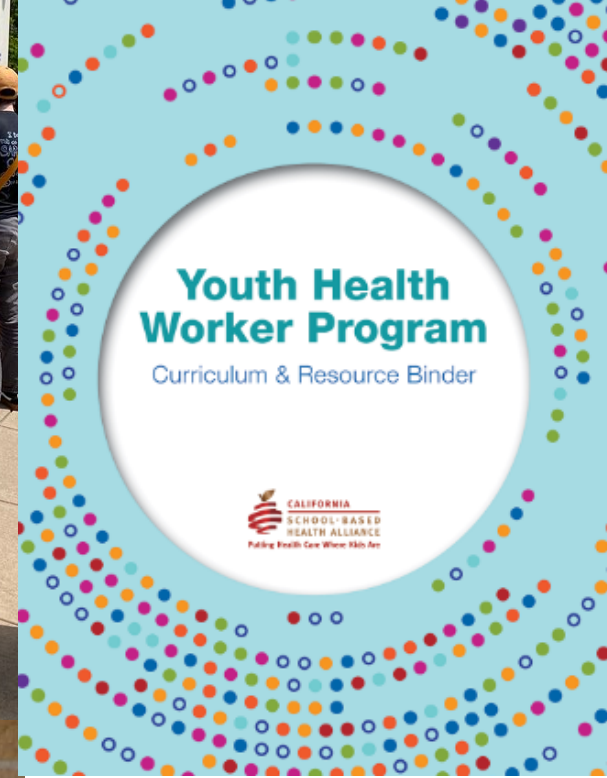
VS

Filters do not protect you. They are designed to make smoke particles smaller. That makes nicotine easier to absorb. This increases addiction.



The Los Angeles Trust for Children's Health

- 8 student advisory boards (SABs) from different wellness centers in Los Angeles, California
- Taught the Stanford Tobacco Prevention Toolkit curriculum with their SABs over several weeks
- Created different projects to educate their peers on the harms of tobacco use and vaping



James Morehouse Project

- Led a school -wide lunch event that included:
 - Jeopardy game
 - Survey about youth perspectives on substance use at school and school responses
 - Reflection board: what stops youth from using substances or what gets in the way of their quitting
 - Sharing of substance use resources



- Had incentives like candy and a raffle for a \$25 gift card



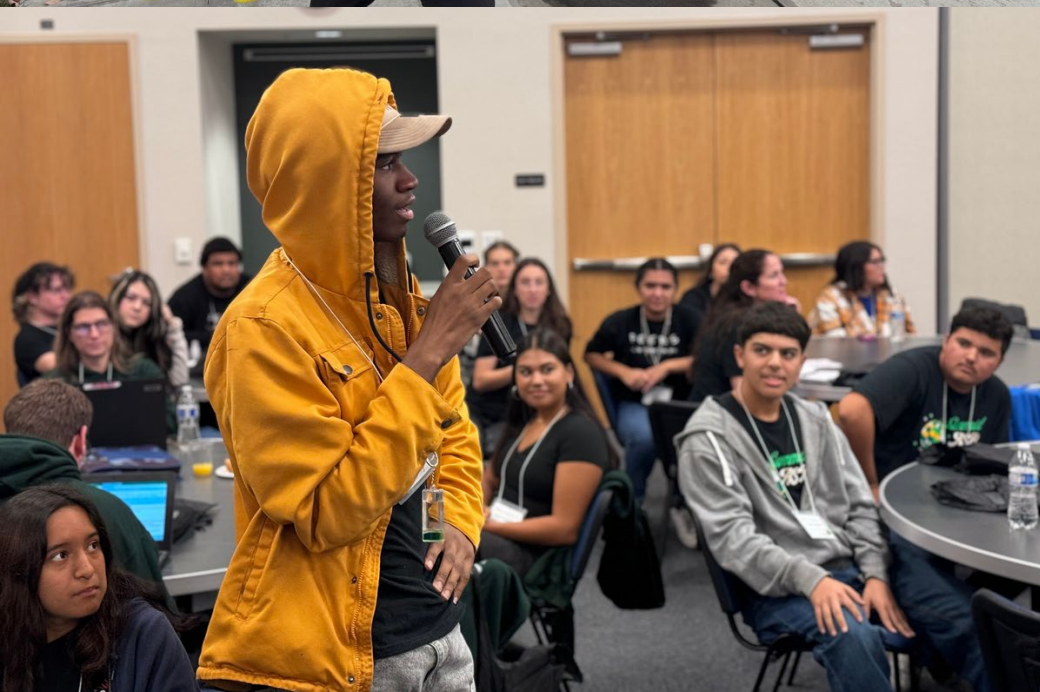
Sierra High School

- Led substance use prevention and harm reduction fairs with various booths and/or activities for students
 - Friday Night Live booth
 - Ask a doctor
 - Free haircuts from local barbers
 - Kahoot game on addiction
 - Survey
- Had incentives like free popcorn and opportunity to win prizes





CSHA Youth2Youth Conference



- A convening of over 100 youth from all over California to share their work on:
 - Substance use prevention and alternatives to discipline
 - Youth advocacy and leadership
 - Peer-to-peer counseling/mentorship



Antioch High School

- Peer Intervention Education (PIE)
 - Contra Costa County Office of Education (CCCCE), Tobacco Use Prevention Education Program, and Advanced Peer Advocates co-created PIE curriculum
 - All peers are trained once a year by CCCCE to be certified to do PIE
 - It's often used as an alternative to suspension



What Are Some Common Challenges When Working with Youth?

Let's brainstorm and share out loud together!

- Sustained Youth Participation
- Tokenism
- Timing and Frequency of Meetings
- Capacity
- Obtaining Permission Slips
- Funding



What Are Some Best Practices In Engaging Young People?

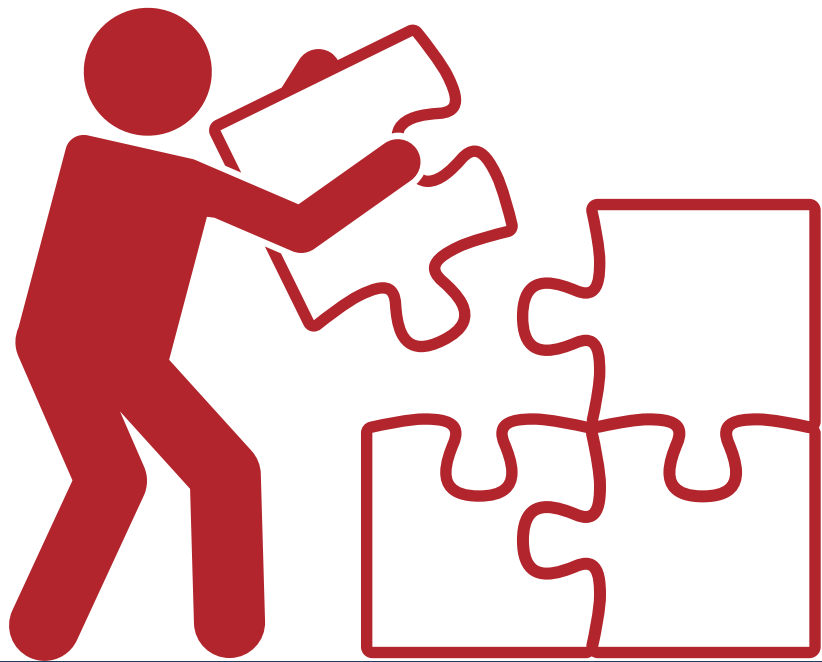
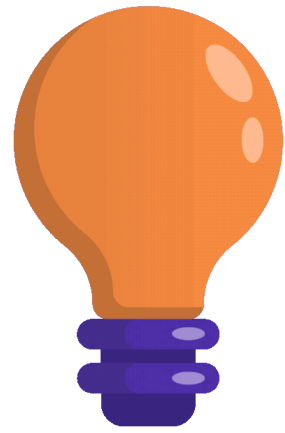
Let's brainstorm and share out loud together!



- Provide incentives (e.g., food, gift cards, hoodies, etc.)
- Including them in the planning process
- Being respectful of youth's views, diversity, culture, and time
- Learn from youth on what they think are important issues/things that interest them
- Giving youth the space, tools, and opportunity to lead



Key Takeaways



- A harm reduction approach goes a long way, especially for youth who use substances
- SBHCs are ideally positioned to support young people
 - All SBHCs are unique in their own ways so they are likely to approach substance use prevention differently
 - They can make an impact with resources and tools like Safety First
- Ultimately, we're hoping to increase access to substance use prevention strategies when youth utilize SBHCS



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Putting Health Care Where Kids Are

Resources

[CSHA Peer-to-Peer Mental Health Support Webpage:](https://www.schoolhealthcenters.org/resources/student-impact/peer-support/)

<https://www.schoolhealthcenters.org/resources/student-impact/peer-support/>

[CSHA SBIRT Quick Guides Webpage:](https://www.schoolhealthcenters.org/resources/student-impact/substance-use/sbirt-quick-guides/)

<https://www.schoolhealthcenters.org/resources/student-impact/substance-use/sbirt-quick-guides/>

[CSHA Substance Use Webpage:](https://www.schoolhealthcenters.org/resources/student-impact/substance-use/)

<https://www.schoolhealthcenters.org/resources/student-impact/substance-use/>

[CSHA Youth Health Worker Curriculum:](https://www.schoolhealthcenters.org/wp-content/uploads/2020/08/Youth-Health-Worker-Curricula-2020.pdf?mc_cid=3d3a1aa0b8&mc_eid=be5c43420a)

https://www.schoolhealthcenters.org/wp-content/uploads/2020/08/Youth-Health-Worker-Curricula-2020.pdf?mc_cid=3d3a1aa0b8&mc_eid=be5c43420a

[Stanford Reach Lab](https://med.stanford.edu/halpern-felsher-reach-lab)

<https://med.stanford.edu/halpern-felsher-reach-lab>

[Safety First](https://med.stanford.edu/halpern-felsher-reach-lab/preventions-interventions/Safety-First.html)

<https://med.stanford.edu/halpern-felsher-reach-lab/preventions-interventions/Safety-First.html>



Thank you!

Questions?

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Share your story using the sample social media posts and graphics from our social media toolkit or your own selfie!

Visit the Toolkit



SPREAD THE 
WORD