San Mateo Union High School District

Substance Use Support and Restorative Justice Programs for Students

The following programs will be offered virtually beginning the week of September 14, 2020:

**Vaping Awareness Prevention and Education (VAPE)**
SMUHSD is offering small group sessions in an effort to increase our students’ knowledge surrounding the harmfulness of vaping and to empower conversation to support awareness about nicotine use.
- Ongoing group enrollment
- Group sessions will run on Mondays for two weeks, 3:30 - 5 p.m. via Zoom

**Substance Use Program (SUP)**
This group provides the opportunity to enhance critical thinking, inform decision making, raise awareness and foster ambivalence towards substance use.
- Ongoing group enrollment
- Group sessions, via Zoom, will run on Tuesdays or Wednesdays for four weeks, 3:30 - 5 p.m.

**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.
- Ongoing enrollment
- Two brief one-on-one sessions via Zoom will be scheduled with a trained professional based on student’s availability, with options for additional sessions and an optional, encouraged parent session.

More Information

Tupe Referral/Information Form: [www.smuhsd.org/tupe-referral](http://www.smuhsd.org/tupe-referral)
Questions? Contact Laura Adams, TUPE Coordinator, at [LAdams@smuhsd.org](mailto:LAdams@smuhsd.org).

For more resources and referrals in the community, please contact our partner Care Solace at (888) 515-0595 or visit [www.caresolace.com/smuhsdfamilies](http://www.caresolace.com/smuhsdfamilies).