Using Brief Intervention with Substance-Using Adolescents

An evidence-based program for youth (12-19 years old) who may be experiencing problems associated with tobacco, alcohol or other drug use. The program consists of 3-4 individual sessions and a closing session with both a parent/guardian and the adolescent. Teen Intervene integrates stages of change model, motivational interviewing, and cognitive-behavioral techniques to help teens reduce and, ultimately, eliminate their chemical use.

ASCENT

Adolescent Smoking Cessation Escaping Nicotine and Tobacco

A multi-faceted smoking cessation/intervention group for young people (9-12 grades) based on the stages of change model. This comprehensive curriculum is broken into six sessions: Making the Decision to Quit, Making the Commitment, Getting Ready to Quit, The Last Smoke, Smoke Free and Relapse Prevention, and The Celebration. Discussions involve topics such as personal reasons to quit smoking and quitting tips and utilize role-playing and stress management exercises.

In order to implement Teen Intervene and ASCENT, Prevention Programs will need the following:

- A confidential room available 2-3 times a week to meet privately with students in close proximity to other school staff
- A list of student referrals or permission for Prevention Specialists to identify referrals through Q Front Office
- Final approval for student participation in Teen Intervene and ASCENT must come from the school’s principal and/or parent/guardian

To learn more about Teen Intervene and ASCENT visit www.hazelden.org.

For questions regarding Teen Intervene or ASCENT or to refer students at your site, contact:
Prevention Specialist Dre Thomas at (916) 979-8605 deandre.thomas@sanjuan.edu.

Prevention Programs/Pupil Personnel Services
3738 Walnut Avenue Carmichael, CA 95608 916-979-8623