



2017/18 Tobacco-Use Prevention Education (T.U.P.E.) Competitive Grant Annual Report

1. Contact Information

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2. Which of the research-validated or evidence-based programs listed below were implemented?

Botvin's Life Skills Training	0
Keepin' It Real	0
Minnesota Smoking Prevention Program	0
Project Alert	0
Project Northland	0
Project SUCCESS	0
Project TND (Towards No Drug Abuse)	2123
Project TNT (Towards No Tobacco Use)	0
SPORT	0
Stanford Tobacco Prevention Program	2123
State-Wide Indian Drug Prevention Program	0

3. Comments pertaining to question 2 are located in the appendix. (Optional)



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4. Which other curriculum-based programs (e.g., LEA adopted health curricula, lessons addressing specific populations, etc.) listed below were offered to students in the general population during the 2017/18 school year?

<u>Program/Strategy Name</u>	Number of Participating Students
Anti-Tobacco Media Blitz	1,062
Blowing Away Big Tobacco's Big Lies	1,696
Classroom Animation Studio Kit	0
Decisions for Health Series	0
Effective Youth and Adult Partnerships	0
Enough Snuff	0
Guiding Good Choices – Families That Care	0
Hands Off Tobacco! Series	701
Health and Wellness Series	0
Personal/Social Lessons: The Missing Link	0
Project ABCD (Analyze, Beware, Create, Disseminate)	0
Project ALIVE! (Arts Leading Into Vital Education)	0
Project SCAT (Schools and Communities Against Tobacco)	0
Something Stinks in Hollywood	0
Stay On Track Series	0
Teen Health Course Series	1,696
Teens Tackle Tobacco	2,017



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5. If a non researched-validated curriculum-based program not listed in the table above was offered, please specify the name of the program/strategy along with the number of projected and participating students in the boxes below.

Human Resources Media Tobacco Issues Took Kit with videos and curricula. "Vaping: More Dangerous Than You Think" was also presented and discussed by the mostly 9th grade Health Classes and their teachers. 2123 students viewed this video.

Next year, there will also be a textbook for the Health Classes, "Comprehensive Health" by Sanderson and Zelman, which also covers the health concerns connected to tobacco and nicotine.

6. Comments pertaining to question 4 & 5 are located in the appendix. (Optional)

7. Which of the non-curricula activities listed below were offered to students in the general population during the 2017/18 school year?

<u>Non-Curricula Activities</u>	Number of Projected Students
Assembly Presentations	40
Law enforcement sting operations to monitor tobacco sales to minors (i.e., Stop Tobacco Access to Kids Enforcement (STAKE) Act or others)	0
Media Literacy and Youth Media Production to Counter the Influence of the Tobacco Industry	2,110
Youth Involvement in Anti-Tobacco Advocacy	2,800
Tobacco use prevention Peer Educator	975
Tobacco use prevention focused Service-Learning Projects	1,800

8. If a non-curricula activity not listed in the table above was offered, please specify the name of the activity along with the number of projected and participating students.

Aragon High School provided Drug and Tobacco Education for 500 students. Aragon also did a Public Service Announcement that was shown on a local TV network. The Mills High School Wellness Team offered a psychoeducational presentation on nicotine, cannabis, and alcohol vaping, "What's Sus About Vaping", for the mostly 9th grade Health Classes of 150 students. The Mills Wellness Team also presented "If you Don't Know Now You Know" on Cannabis vaping to 400 students.



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9. If you selected *Assembly Presentation* as an activity, please specify the names of the speaker(s) and a brief description of the presentation in the space below:

Free Parent Education Workshop: Talking to your child about cannabis: Learn how cannabis can impact a young person's development. Find out what you can do to prevent underage use. May 3, 2018, 6:30 to 8:30pm at San Mateo High School. Dinner and Spanish interpretation services provided.

Speakers were as follows: Academic Impacts of Cannabis Use - Education Expert Jessamy Cadigan, PsyD, TUPE Mental Health Therapist, San Mateo Union High School District, Health Impacts of Cannabis Use - Adolescent Health Expert, Edith Cabuslay, M.P.H., Program Services Manager, Community Health Promotion Unit, San Mateo County Health System, Law Enforcement Perspective, Local Police Department Representative, Lt. Ryan Monaghan from the San Mateo Police Department. Discussed the legal issues surrounding cannabis use including Prop. 64.

10. Comments pertaining to question 7, 8 & 9 are located in the appendix. (Optional)

11. Which of the intervention programs listed below were offered during the 2017/18 school year?

Intervention Programs	Number of students identified	Number of students served
Brief Intervention	65	40
Craving Identification and Management (CIM)	49	43
Intervention with Teen Tobacco Users (TEG)	0	0
Project Life	0	0
Smokeless Schooldays: Smokeless Saturday School	315	315
Tobacco-Free Generations	0	0



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12. If an intervention program not listed in the table above was offered, please specify the name of the program and the number of projected and participating students.

13. Comments pertaining to question 11& 12 are located in the appendix. (Optional)

14. Which of the cessation services listed below were offered during the 2017/18 school year? For each program offered provide the number of students identified and served under this grant.

Cessation Programs	Number of students identified	Number of students served
Adolescent Smoking Cessation-Escaping Nicotine and Tobacco (ASCENT)	0	0
Enough Snuff: A Guide for Quitting Smokeless Tobacco	0	0
Helping Teens Stop Using Tobacco (TAP)	0	0
California Smoker's Helpline	180	180
Project EX: Teen Tobacco Use Cessation Program	0	0
Project N-O-T (Not on Tobacco)	0	0



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15. If a cessation program not listed in the table above was offered, please specify the name of the program along with the number of students identified to be served and the number of students served in the space below. *(Please do not use acronyms)*

BREATH California offered a six week cessation class for 35 identified students. BreathCA also attended all Health classes (2123 students) as well as summer school (70 students) to guest speak on the topic of adolescent smoking cessation.

16. Comments pertaining to question 14 & 15 are located in the appendix. (Optional)

17. Indicate which programs were provided to students in the grades listed below

	Research-Validated or Evidence-based curricula-based programs	Other Curricula-based programs	Non-curricula activities	Intervention programs	Cessation programs
6th Grade					
7th Grade					
8th Grade					
9th Grade	X	X	X	X	X
10th Grade		X	X	X	X
11th Grade		X	X	X	X
12th Grade		X	X	X	X
Non Traditional		X	X	X	X



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18. Comments pertaining to question 17 are located in the appendix. (Optional)

19. Indicate which programs were specifically targeted to students in the priority populations listed below (i.e.; a conscientious decision was made to select or tailor programs to impact priority populations). Enter an “x” in the appropriate boxes below for the school year.

	Research-Validated or evidence-based curricula-based programs	Other Curricula- based programs	Non-curricula activities	Intervention programs	Cessation programs
African American	X	X	X	X	X
American Indian or Alaska Native		X	X		
Asian	X	X	X	X	X
Pacific Islander	X	X	X	X	X
Hispanic/Latino	X	X	X	X	X

20. Comments pertaining to question 19 are located in the appendix. (Optional)

21. How many parenting and/or pregnant minors were identified and served during the 2017/18 school year under this grant?

	Number of students
Number of parenting and/or pregnant minors identified	1
Number of parenting and/or pregnant minors served	1
Number of parenting and/or pregnant minors in school based programs	1
Number of parenting and/or pregnant minors referred to community programs	1

22. Comments pertaining to question 21 are located in the appendix. (Optional)



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23. Report the total number of classified and/or certificated staff trained in one or more of the areas listed in the table below. Then identify how many individuals received each type of training.

Training Type	Classified	Certificated
TOTAL persons receiving any kind of training related to the TUPE program	30	85
Trained to deliver program curriculum	8	12
Trained to deliver youth development strategies	30	85
Trained to deliver intervention strategies	30	20
Trained to deliver cessation strategies	8	30
General TUPE information	30	20

24. If staff were trained in areas not listed in the table above please specify the type of training and how many classified and/or certificated staff were trained in the box below.

The Classified staff are comprised of licensed mental health professionals as well as supervised unlicensed mental health professionals who are trained in child development, marriage and family therapy, counseling, psychology, substance use support, narrative therapy, Cognitive Behavioral therapy (CBT), talk therapy, assessment, crisis management, Neuropsychology, and have great knowledge and depth of experience with working with adolescents, their families, and the high school system. 25 Classified staff have this type of training. 8 therapists were trained to offer the Alternative to Suspension Group. 5 therapists were trained for the Brief Intervention Program. The TUPE Mental Health Therapist is a Clinical Psychologist with experience and training working with children, families, and specializing in supporting families managing their adolescents relationship with substances including coordinating 2 Substance Use Support Groups previously. The TUPE Mental Health therapist attended the following trainings: Youth Suicide Assessment and Intervention for Mental Health Professionals. Effecting Change Through Motivational Interviewing, ASAM Criteria for DPN Agencies in the Prop 64 Marijuana Citation Diversion Program, System Issues in the Treatment of African American Adults and Transitional Aged Youth With Substance Use Disorders. Menthol in Cigarettes - Facts and Information for Clinicians to Help Clients Quit Smoking With Special Focus on African Americans Who Smoke, Winter Cannabis Summit 2017.

25. Comments pertaining to question 23 & 24 are located in the appendix. (Optional)



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26. How many parents received general TUPE information during the 2017/18 school year under this grant? 4,000

27. If parents received training other than general TUPE information, please specify in the space below the type of trainings or information they received and the number of parents participating in each activity.

California Healthy Kids Survey 8000. County of San Mateo sponsored: Talking to your child about cannabis: Free Parent Education Workshop with Spanish translator. 40 people attended. Aragon High School (AHS) offered a 2 hour Drug: Juul, Vape, Tobacco Awareness program for 75 parents. 150 parents were also asked to comment on their 9th graders' assignment responding to a VAPE presentation in their Health Classes at Mills High School (MHS). 20 Parents attended the district wide Substance Use Support program parent night. The program is six weeks and the 5th group is a parent night where substance use, vaping, communication, and non-violent communication are discussed.

28. Comments pertaining to questions 26 & 27 are located in the appendix. (Optional)

29. Were the activities listed in the table below offered in collaboration or coordination with LEAs, community agencies or other organizations?

Activity Type	Local Education Agency	Local public health agency	Local governmental agency	Local non-governmental organization
Curriculum Implementation	Yes	Yes	No	No
Youth Development activities	Yes	Yes	Yes	No
Cessation activities	Yes	Yes	No	No
Intervention activities	Yes	No	Yes	No
Local tobacco control coalition planning meetings	Yes	Yes	No	No



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30. If an activity other than those listed in the table above was offered, please specify the type of activity and if the activity was in collaboration with an LEA, community agency, local coalitions, or another agency.

With the support of the TUPE grant, our district plans to hold a Health Fair next year that will include collaboration and coordination with vendors from local education agencies, local public health agencies, local government agencies, as well as local non-government agencies.

31. Comments pertaining to question 29 are located in the appendix. (Optional)



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APPENDIX

Comments regarding question 2:

The district used the Stanford Tobacco Prevention Toolkit more this year. Last year, fewer than 10 teachers used it. This year our Health Coordinator, Barbara Beaumont, presented the toolkit to the health teachers and others interested in tobacco prevention education increasing the use to at least 1 teacher at each site and spreading the word to colleagues regarding the effectiveness of the curriculum. The primary developer, Bonnie Helpert-Flesher is a parent in our district & promotes it.

Comments regarding questions 4 & 5:

The district has participated in and supported Teen Tackle Tobacco for over 10 years. Unfortunately, the program was closed early this year due to early large enrollment from other districts and San Mateo Union High School District was only able to secure 38 student spots. However, we did have 6 teachers that participated. Next year, an extra day will be offered so additional students may attend. We anticipate sending at least 80 students next year.

Comments regarding questions 7, 8 & 9:

Next year, the Health Fair will include information and services regarding tobacco, nicotine, and vaping use, education and cessation. The plan is also to gather additional information from the LGBTQ club, Health teachers, Wellness counselors, and the Leadership Advisors on the work currently being done by these groups on tobacco, nicotine, and vaping use, education, prevention, and cessation, as well as supporting growth in these areas with these groups.



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Comments regarding questions 11 & 12:

In lieu of suspension, the following interventions are offered: At least 1 staff per school has been trained in Brief Intervention (BI). Alternative to Suspension (ATS) Substance use Support Program (SUP) utilizes Craving Identification and Management (CIM). Vaping Awareness, Prevention and Education (VAPE) begins 9/10/18.

Comments regarding questions 14 & 15:

This is an area that we plan to focus on next year and infuse our current programs with cessation resources as well as providing the new Vaping Awareness Prevention Education Program (VAPE) this Fall.

Comments regarding questions 17:

Project TND was provided to all 9th grade students. Smokeless School Days were attended by more students than anticipated. Youth Leadership Institute provided Friday Night Live. Breath California & the following San Mateo County School District sponsored interventions: Brief Intervention, Alternative to Suspension, the Substance Use Support group, and the Wellness Program served students. The Stanford Tobacco Toolkit is also being utilized more and continues to be introduced to the community.



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Comments regarding questions 19:

Comments regarding questions 21:

Our district nurse takes an active role in supporting pregnant minors through providing education and materials, personal visitations, and links to school.

Comments regarding questions 23 & 24:

Our Classified staff consist of our Wellness Program, which won a Kent Award. This program has been created to support our students with obstacles interfering with their academic success and their incredibly bright futures. This TUPE Grant is fostering and helping to grow the efforts toward creating a healthy smoke free foundation and maintaining our youths' well balanced, successful, and conscious contribution to serving their communities and paying forward the gift of holistic education: mind and body.



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Comments regarding questions 26 & 27:

The plan is to work more closely with the Parent Teacher Student Organization at each campus this coming year in order to support more parent training on nicotine vaping, etc.

The San Mateo Union High School District will also be sending a letter as well as an email of a letter on vaping that was written in concert with the Sequoia High School District next school year. This letter is in English, Spanish, and Mandarin so far.

Comments regarding questions 29 & 30:

Strong relationship with San Mateo County Office of Education (SMCOE) that is linked to the San Mateo County Tobacco Education Coalition.

If you are the lead agency for a consortium, please list in the space provided below which districts in your consortium contributed to this report.