



Teen Intervene is a brief, early intervention program for 12-19-year old's who display the early stages of problematic alcohol, vaping/nicotine and/or marijuana use. This program is designed to reduce and ultimately eliminate a teen's substance use. The Substance Abuse Council offers this program in a 1-day, small group, classroom setting.

The class begins by introducing the Teen Intervene program with education focused on vaping nicotine and marijuana. These questions are answered in an interactive format: What are these substances? What's in them? How does it affect us when we use them? Discussion is then moved to the teen's use. The discussion helps the group identify the pros and cons of using and the reasons 'why' for using. The intent is not to force the students into making any decisions. Open and honest discussion surrounding the students' use is sought, while they are presented with proper information, so that they are equipped to make informed decisions surrounding their use. This program seeks to challenge the students' thinking and evoke change from within. Discussion and worksheets take place concerning: advantages of not using, triggers/cravings, student's readiness to change, peer pressure, decision-making skills, goals, and social support systems. A pre/posttest is administered, and a screener is conducted with each student individually to properly assess their substance use.

Program Goals:

- Help youth decide for themselves the pros and cons of use
- Identify reasons for use
- Informed decision-making
- Learn new skills that promote healthy behaviors
- Take responsibility for self-change