



for Students 12-19



Teen Intervene is a four session individualized program providing education, support, and guidance for teens and their parents. Teens who have experienced mild to moderate problems associated with nicotine, alcohol, or other drug use work one-to-one with the Student Assistance Counselor to identify and, ultimately, change their choices and behaviors.

Teaching Youth to Make Healthier Choices

Maybe your teen was caught vaping, using marijuana, or drinking, or is beginning to experience problems at school or home as a result of substance use. They aren't addicted, but some type of response is needed.

The research-based Teen Intervene program uses a curriculum to help youth:

- Identify the reasons they have chosen to use nicotine, alcohol, or other drugs,
- Examine the effects of substance use in their lives
- Learn to make healthier choices

Because Teen Intervene is designed to help teens who have experienced mild to moderate substance use, a screening is completed to determine if your teen is eligible for the program.

A Personalized Approach

Each young person has their own reasons for using nicotine, alcohol or other drugs and individual teens differ greatly in terms of their willingness to change. By focusing on individual goals and personalized feedback, Teen Intervene effectively addresses each young person's specific needs. Teen Intervene consists of three one hour (or four 45 minute) sessions with a specially trained counselor.

- **Referral**

Anyone concerned about a teen's nicotine, alcohol, or other drug use can refer them to Teen Intervene. This could be a parent, school professional, or other concerned person.

- **Screening**

A substance use screening is completed to determine program eligibility.

- **Program Sessions**

The program consists of three one hour (or four 45 minute) sessions with the counselor. The first two sessions occur one-on-one between the teen and the counselor. Parents are invited to join the third session to address issues as a family.

FOR MORE INFORMATION, CONTACT:
