



Jeffco Drug Intervention Services-

NEWSLETTER- January 2021



Resources for Parents

Upcoming Parent workshops:

Start the Conversation-

Talking with Youth About Vaping, JUULS, & Electronic Nicotine Products

This workshop provides adults with information, skills and practice to support young people who may be using nicotine/vaping or another form of tobacco. This workshop uses trusted adult principles to make a difference in the lives of young people around tobacco/nicotine.

- [Start the Conversation \(Flyer\)](#) Workshop in English:

Jan. 20, 2021 5:30 - 7:00 pm MST

Jan. 27, 2021 5:30 - 7:00 pm MST

Link to Register: <https://bit.ly/35rxS1z>

- [Start the Conversation \(Flyer\)](#) Workshop in Spanish:

Feb. 3, 2021 5:30 - 7:00 pm MST

Feb. 10, 2021 5:30 - 7:00 pm MST

Link to Register: <https://bit.ly/35rxS1z>

Jefferson County Public Health -

Tobacco Prevention initiative (TPI)- www.tobaccofree@jeffco.us

Ph: 303.275.7555

The Tobacco Prevention Initiative offers training and educational information, support, and resources related to tobacco in Jefferson County for youth and adults..

- [JCPH-Tobacco Nicotine Resources](#)

Did you know... JCPH offers class on how to talk with teens!

Visit: www.twelvetalks.com

Topics include:

Friends

Coronavirus

Marijuana

Mental Health

Tobacco and Vaping

Dating

Mental Health

Gender Identity

Prescription Drugs

Hopefulness and Coping

Setting Boundries

Sex/Consent

Did you know... Jefferson County Public Health offers a [Parenting Workshop](#) called **Navigating Substance Experimentation in Teens(NSET)**. This free, interactive, online workshop provides strategies, information and resources for parents or guardians whose teen has begun experimenting with, or using vape, tobacco, alcohol, marijuana and/or other drugs. The workshop is led by Jeffco School nurses who specialize in teen substance use prevention.

- The class is free, but requires registration: [Register here](#)

NEW! Explorando la Experimentación de Sustancias en Adolescentes (NSET)

[Register here.](#)

Did you know...

Your school nurse- Carole Coukos, RN can discuss referrals to programming with [Denver Family Therapy Center](#), including:

- [Y-DAP](#) **Youth Drug and Alcohol Prevention** program. Y-DAP is an evidence based program provided virtually for youth and their families to educate them on the effects of Marijuana and Alcohol, on the body and brain. This program is geared to provoke critical thinking around substance use limits, and increase family communication.
- [ASAP](#) **Adolescent Substance Abuse Program**, an intensive outpatient program licensed through the Office of Behavioral Health (OBH) to provide support to adolescents and their families struggling with substance abuse and dependency. Services include

Substance use Evaluation, Individual and Family Therapy, Multi Family Groups, Peer Groups and Urine Analysis

Conifer High School Nurse: Carole Coukos, RN can also refer your son or daughter to a 6-week group called:

- **[Substance Use Disorders \(SUD\)](#)** This **FREE** virtual program is provided through **[The Jefferson Center of Mental Health](#)**. Students work with a licensed certified addiction counselor (CAC III), in a small group setting. The focus is on identifying and changing patterns in the individual, developing refusal skills and goal setting.
- For class registration, please reach out directly to JCMH Clinician Cris Gill: ChristineGI@jcmh.org or call 720-462-9224

Please contact Carole Coukos, RN, via email at Carole.Coukos@jeffco.k12.co.us who can directly answer your questions about Health Services for your student.