



Jeffco Drug Intervention Services Newsletter

February 2021

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Events

Thu., Feb. 4, 2021, 6:00pm | Navigating Substance Experimentation in Teens | [REGISTER](#)

A free, two-hour workshop offering information and support for parents or caregivers whose teen is experimenting with alcohol, marijuana, vaping and other substances.

[NEW] Thu., Feb. 11, 2021, 5pm | Safe Medicine Storage & Disposal | Email christinegi@jcmh.org

This course is open to parents, teachers and administrators to explore ideas on how to keep our youth safe from substances that may be used as an intoxicating substance that may be found in our homes. [Click for more info.](#)

[NEW] Thu., Feb. 25, 2021, 10am | Communities that Care, 2021 Virtual Youth Town Hall | [REGISTER](#)

This event is open to high school youth who live or go to school in Jeffco. Register and participate to receive a \$20 gift card. Topics include discussions about teen gathering spots and how to prevent adults from providing alcohol to teens.

[NEW] Sat., Mar. 6, 2021, 10am | Virtual Conference for Teens & Adults: Helping Teens Thrive | [REGISTER](#)

This free, 2-hour community event for teens and their trusted adults will be held virtually. Registrants will work closely with experts in the fields of psychology, public health, and suicide prevention to connect and learn new skills together.

Resources for Parents & Caregivers

[Twelve Talks:](#) Jeffco data shows that many teens don't have an adult to go to when they need to talk. Be that adult for a teen in your life with these free resources. Click here for topics and resources: www.twelvetalks.com.

February Talk Focus: Dating Do teens even use the word "dating"? You would need to ask each teen! Regardless of what it might be called, make sure you talk to your teen about creating healthy and safe relationships, whether or not they are involved with a significant other. Here is a sample question you might ask: "What kinds of things would you consider to be crossing the line for a boyfriend or girlfriend?"

[NEW] [Jeffco Schools Drug Intervention & Prevention Programs:](#) This document includes the services available through Jeffco Schools for drug and alcohol support (tobacco is below). Jeffco Schools offers school-based support and partners with community-based programs to provide prevention and intervention programs.

[NEW] [Jeffco Public Health Tobacco Prevention Initiative:](#) The Tobacco Prevention Initiative offers training and education, support, and resources related to tobacco in Jefferson County for youth and adults. Learn more: tobaccofree@jeffco.us or call 303-275-7555.

[Youth Drug & Alcohol Prevention Program \(Y-DAP, Denver Family Therapy\):](#) Y-DAP is a program for youth and families to educate on the effects of marijuana and alcohol on the body and brain. This program provokes critical thinking on substance use, and increases family communication. **For a referral, contact your high school nurse: [CLICK HERE](#).**

[Adolescent Substance Abuse Program \(ASAP, Denver Family Therapy\):](#) ASAP is an intensive outpatient program licensed to provide support to adolescents and families struggling with substance abuse and dependency. Services include substance use evaluation, individual and family therapy, multi-family groups, peer groups, and urine analysis. **For a referral, contact your high school nurse: [CLICK HERE](#).**

[Adolescent Substance Use Outpatient Group:](#) This free virtual program is provided through The Jefferson Center of Mental Health. Students work with a licensed certified addiction counselor in a group setting. The focus is identifying and changing patterns, developing refusal skills and goal setting. **For February registration, please reach out to Cris Gill: ChristineGI@jcmh.org or 720-462-9224.**



High School Nurse Contact List

Each Jefferson County high school has a nurse trained to discuss substance use referrals with parents and caregivers, and to support students with substance use. Find the nurse for your child’s high school nurse here, or contact **Keke Stickney, District Coordinator - Substance Use Prevention: Keke.Stickney@jeffco.k12.co.us**.

School	Nurse Name	Nurse Email	Nurse Phone
Addenbrooke Classical Academy	Molly Fisher	Molly.Fisher@jeffco.k12.co.us	720-661-8437
Alameda International Jr/Sr HS	Genevieve Waters	Genevieve.Waters@jeffco.k12.co.us	720-357-1318
Arvada High School	Stacey Kowalski	Stacey.Kowalski@jeffco.k12.co.us	303-982-3021
Arvada West High School	LeAnne Downing	Leanne.Downing@jeffco.k12.co.us	303-902-7275
Bear Creek High School	Kristen Stoll	Kristen.Stoll@jeffco.k12.co.us	303-982-4370
Chatfield High School	Wendy Dorrance	Wendy.Dorrance@jeffco.k12.co.us	303-982-4356
Columbine High School	Jennifer Keydel	Jennifer.Keydel@jeffco.k12.co.us	303-982-0203
Conifer High School	Carole Coukos	Carole.Coukos@jeffco.k12.co.us	303-982-4364
D'Evelyn High School	Ashley Jetton	Ashley.Jetton@jeffco.k12.co.us	720-315-3864
Dakota Ridge High School	Amy Doolittle	Amy.Doolittle@jeffco.k12.co.us	720-315-3863
Evergreen High School	Karen Holton-Harriman	Karen.Holton-Harriman@jeffco.k12.co.us	720-315-3846
Golden High School	Valerie Borowiec	Valerie.Borowiec@jeffco.k12.co.us	303-982-3204
Green Mountain High School	Nicole Collins	Nicole.Collins@jeffco.k12.co.us	720-618-8490
Jefferson Jr/Sr High School	Aundrea Vondrak	Aundrea.Vondrak@jeffco.k12.co.us	303-982-3022
Lakewood High School	Loren Edwards	Loren.Edwards@jeffco.k12.co.us	303-514-4122
Longview High School	Sara Killian	Sara.Killian@jeffco.k12.co.us	303-982-7379
McLain Community High School	Sara Killian	Sara.Killian@jeffco.k12.co.us	303-982-7379
Pomona High School	Dusty Keaton	Dusty.Keaton@jeffco.k12.co.us	303-982-0703
Ralston Valley High School	Christy LeBlanc	Christy.LeBlanc@jeffco.k12.co.us	303-982-3326
Standley Lake High School	Stephanie Duncan	Stephanie.Duncan@jeffco.k12.co.us	720-795-4504



Wheat Ridge High
School

Chaelin Sieving

Chaelin.Sieving@jeffco.k12.co.us

303-982-4351

Previous Newsletter Resources

January 2021

Free Workshop: Start the Conversation Vaping | Contact RMC Health for more information: info@rmc.org

Becoming a trusted adult requires skill and practice. At this free workshop, participants will get both: learning the keys to being a trusted adult, and applying that approach. At the end of this workshop, participants will be able to use trusted adult principles to have conversations with youth about electronic nicotine devices, e-cigarettes, and vaping.

December 2020

Substance Use & the Adolescent Brain Webinar | [WATCH WEBINAR RECORDING](#)

Dr. Thurstone, Associate Professor of Psychiatry at the University of Colorado, provided facts about how substance use can affect the developing brain. Dr. Thurstone is one of about four dozen physicians in the United States who are board-certified in general, child and adolescent addictions psychiatry.