



Changing responses to youth substance use



What is the UpShift Program?

UpShift is a program designed for youth (ages 12-19) who are using substances

Uses a proven approach to reduce current substance use or prevent future substance use

Includes 2-3 individual counseling sessions

Focuses mainly on alcohol, tobacco, and marijuana use

Involves parents or guardians in the process

Student Enrollment

Referral: Caring adults who are concerned about their child's substance use can refer them to this program. **See referral process on page 2.**

School Policy Violation: Instead of receiving an out-of-school suspension, students will either complete a series of individual counseling sessions, or be referred to individual counseling sessions with a healthcare provider. Services will depend on the student's risk for substance use disorder.



Program Overview

WHAT IS THE MAIN GOAL OF THE PROGRAM?

Increase access to mental health services for students who are using substances to help them **be healthy, get good grades, and prevent future substance use.**

UPSHIFT IS DESIGNED TO HELP YOUTH:

- Decide for themselves the pros and cons of use
- Identify their reasons for use
- Learn new skills that support healthier behaviors
- Take responsibility for self-change



ARE PARENTS/GUARDIANS INVOLVED?

The short answer is yes! The final session of the program is designed to involve parents or guardians. Both the student and parent/guardian(s) must agree to meeting with the UpShift Specialist.

REFERRAL PROCESS

If you are concerned that your child might be using substance(s) and would like to refer them to this program, please contact an administrator at your child's school.



PREVENTION RESOURCES FOR PARENTS

It may not always seem like it, but research shows that parents and guardians are the number one influence on the choices young people make about substance use. Below are trusted resources to help guide you through these topics and give you tips to talk about substance use with your child.

[Child Mind Institute](#)

Brief article that provides tips for setting clear rules with your kids about substance use and talk openly with them.

[Partnership to End Addiction](#)

Not sure how to prevent drug or alcohol with your teens? Worried about possible use? Check out this website with information from experts to help you talk with your child, learn about the harms of substance use, and other helpful prevention tips. Resources available in [Spanish](#).

[A Vaping Guide for Parents](#)

A guide to learn more about what vaping is, why it appeals to youth, what the health risks are, and what you can do to protect young people from its harms. Guide is available in [Spanish](#).

[Take Meds Seriously Oregon](#)

Website designed to encourage safe use, safe storage, and safe disposal to prevent the misuse of prescription medications. Website available in English and [Spanish](#).

[Cannabis Communication Resources from Oregon Health Authority](#)

Materials offered in English and Spanish.