



2016/17 Tobacco-Use Prevention Education (T.U.P.E.) Competitive Grant Annual Report

1. Contact Information

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2. Which of the research-validated or evidence-based programs listed below were implemented?

| | |
|---|-------|
| Botvin's Life Skills Training | 80 |
| Keepin' It Real | 0 |
| Minnesota Smoking Prevention Program | 0 |
| Project Alert | 2,727 |
| Project Northland | 0 |
| Project SUCCESS | 0 |
| Project TND (Towards No Drug Abuse) | 0 |
| Project TNT (Towards No Tobacco Use) | 0 |
| SPORT | 0 |
| State-Wide Indian Drug Prevention Program | 0 |

3. Comments pertaining to question 2 are located in the appendix. (Optional)

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4. Which other curriculum-based programs (e.g., LEA adopted health curricula, lessons addressing specific populations, etc.) listed below were offered to students in the general population during the 2016/17 school year?

| Program/Strategy Name | Number of Participating Students |
|--|--|
| Anti-Tobacco Media Blitz | 0 |
| Blowing Away Big Tobacco's Big Lies | 0 |
| Classroom Animation Studio Kit | 0 |
| Decisions for Health Series | 0 |
| Effective Youth and Adult Partnerships | 0 |
| Enough Snuff | 0 |
| Guiding Good Choices – Families That Care | 0 |
| Hands Off Tobacco! Series | 0 |
| Health and Wellness Series | 0 |
| Personal/Social Lessons: The Missing Link | 0 |
| Project ABCD (Analyze, Beware, Create, Disseminate) | 0 |
| Project ALIVE! (Arts Leading Into Vital Education) | 0 |
| Project SCAT (Schools and Communities Against Tobacco) | 0 |
| Something Stinks in Hollywood | 0 |
| Stay On Track Series | 0 |
| Teen Health Course Series | 0 |
| Teens Tackle Tobacco | 0 |

5. If a non researched-validated curriculum-based program not listed in the table above was offered, please specify the name of the program/strategy along with the number of projected and participating students in the boxes below.

10th grade Health class utilizes, "Health", 3rd edition by Gold and Greenberg and supplemental "Positive Prevention Plus" from American Red Cross, 2012

Number of students receiving general instruction, which includes tobacco = 1,486

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6. Comments pertaining to question 4 & 5 are located in the appendix. (Optional)

7. Which of the non-curricula activities listed below were offered to students in the general population during the 2016/17 school year?

| Non-Curricula Activities | Number of Projected Students |
|---|------------------------------|
| Assembly Presentations | 5,338 |
| Law enforcement sting operations to monitor tobacco sales to minors (i.e., Stop Tobacco Access to Kids Enforcement (STAKE) Act or others) | 3 |
| Media Literacy and Youth Media Production to Counter the Influence of the Tobacco Industry | 69 |
| Youth Involvement in Anti-Tobacco Advocacy | 12,550 |
| Tobacco use prevention Peer Educator | 191 |
| Tobacco use prevention focused Service-Learning Projects | 0 |

8. If a non-curricula activity not listed in the table above was offered, please specify the name of the activity along with the number of projected and participating students.

9. If you selected *Assembly Presentation* as an activity, please specify the names of the speaker(s) and a brief description of the presentation in the space below:

High school trained peer educators presented to elementary and middle school youth on making good choices and the STAR method (Stop, Think, Act and Review) for grades 3-5, and grades 6-8 received additional instruction on the truth vs. lies about tobacco and other substances. (4,427 youth served)

FCUSD 6th grade students (911 youth) also participated in Kaiser Permanente's sponsored assembly, Inside the Darkside. Guest speaker, Dr. DeNoble, gives an insider's view into the tobacco industry's suppression of nicotine addiction research. He uses his own laboratory experience within that Phillip Morris Tobacco Research Center as a backdrop to skillfully pull together the science, history and biology of nicotine addiction in a way that is both education and entertaining. The assembly is also

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10. Comments pertaining to question 7, 8 & 9 are located in the appendix. (Optional)

11. Which of the intervention programs listed below were offered during the 2016/17 school year?

| Intervention Programs | Number of students identified | Number of students served |
|---|-------------------------------|---------------------------|
| Brief Intervention | | 0 |
| Craving Identification and Management (CIM) | | 0 |
| Intervention with Teen Tobacco Users (TEG) | | 0 |
| Project Life | | 0 |
| Smokeless Schooldays: Smokeless Saturday School | 58 | 50 |
| Tobacco-Free Generations | | 0 |

12. If an intervention program not listed in the table above was offered, please specify the name of the program and the number of projected and participating students.

13. Comments pertaining to question 11& 12 are located in the appendix. (Optional)

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14. Which of the cessation services listed below were offered during the 2016/17 school year? For each program offered provide the number of students identified and served under this grant.

| Cessation Programs | Number of students identified | Number of students served |
|---|-------------------------------|---------------------------|
| Adolescent Smoking Cessation-Escaping Nicotine and Tobacco (ASCENT) | | 0 |
| Enough Snuff: A Guide for Quitting Smokeless Tobacco | | 0 |
| Helping Teens Stop Using Tobacco (TAP) | | 0 |
| California Smoker's Helpline | 50 | 50 |
| Project EX: Teen Tobacco Use Cessation Program | | 0 |
| Project N-O-T (Not on Tobacco) | | 0 |

15. If a cessation program not listed in the table above was offered, please specify the name of the program along with the number of students identified to be served and the number of students served in the space below. *(Please do not use acronyms)*

FCUSD offers individual tobacco cessation support session (up to 4) on campus, during school day, utilizing motivational interviewing method. Community partner, Another Choice Another Chance is contracted out to deliver both the intervention and cessation portion of services to those campuses with the highest tobacco use rates. In 2014 FCUSD proposed offering additional tobacco cessation services on campus in order to increase access to student that have the highest tobacco use rates. Of the 50 youth that participated in the Smokeless School Days workshops, 35 youth went on to continue individual tobacco cessation support. Students reported it was helpful to have a chance to talk with someone about strategies they were trying out when attempting to quit tobacco as well as finding motivation to quit when they were still faced with triggers (stressful environments)

16. Comments pertaining to question 14 & 15 are located in the appendix. (Optional)

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17. Indicate which programs were provided to students in the grades listed below

| | Research-Validated or Evidence-based curricula-based programs | Other Curricula-based programs | Non-curricula activities | Intervention programs | Cessation programs |
|-----------------|---|--------------------------------|--------------------------|-----------------------|--------------------|
| 6th Grade | | | x | | |
| 7th Grade | x | | x | | |
| 8th Grade | x | | x | | |
| 9th Grade | | | x | | |
| 10th Grade | | x | x | | |
| 11th Grade | | | x | | |
| 12th Grade | | | x | | |
| Non Traditional | x | x | x | x | x |

18. Comments pertaining to question 17 are located in the appendix. (Optional)

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19. Indicate which programs were specifically targeted to students in the priority populations listed below (i.e.; a conscientious decision was made to select or tailor programs to impact priority populations). Enter an “x” in the appropriate boxes below for the school year.

| | Research-Validated or evidence-based curricula-based programs | Other Curricula- based programs | Non-curricula activities | Intervention programs | Cessation programs |
|----------------------------------|--|------------------------------------|-----------------------------|--------------------------|-----------------------|
| African American | x | | x | x | x |
| <hr/> | | | | | |
| American Indian or Alaska Native | | | | | |
| <hr/> | | | | | |
| Asian | x | | x | x | x |
| <hr/> | | | | | |
| Pacific Islander | x | | x | x | x |
| <hr/> | | | | | |
| Hispanic/Latino | x | | x | x | x |
| <hr/> | | | | | |

20. Comments pertaining to question 19 are located in the appendix. (Optional)

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21. How many parenting and/or pregnant minors were identified and served during the 2016/17 school year under this grant?

| | Number of students |
|---|--------------------|
| Number of parenting and/or pregnant minors identified | 18 |
| Number of parenting and/or pregnant minors served | 18 |
| Number of parenting and/or pregnant minors in school based programs | 18 |
| Number of parenting and/or pregnant minors referred to community programs | 0 |

22. Please use the space below to comment on your answers to question 21. *(Optional)*

23. Report the total number of classified and/or certificated staff trained in one or more of the areas listed in the table below. Then identify how many individuals received each type of training.

| Training Type | Classified | Certificated |
|--|------------|--------------|
| TOTAL persons receiving any kind of training related to the TUPE program | 3 | 8 |
| Trained to deliver program curriculum | | 22 |
| Trained to deliver youth development strategies | 3 | 8 |
| Trained to deliver intervention strategies | 1 | |
| Trained to deliver cessation strategies | 0 | 0 |
| General TUPE information | 7 | 54 |

24. If staff were trained in areas not listed in the table above please specify the type of training and how many classified and/or certificated staff were trained in the box below.

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25. Comments pertaining to question 23 & 24 are located in the appendix. (Optional)

26. How many parents received general TUPE information during the 2016/17 school year under this grant? 331

27. If parents received training other than general TUPE information, please specify in the space below the type of trainings or information they received and the number of parents participating in each activity.

FCUSD offers two 15 week Strengthening Families Programs (SFP) each year in the district. (One program per semester) The Strengthening Families Program (SFP) is a nationally and internationally recognized parenting and family strengthening program for high-risk and general population families. SFP is an evidence-based family skills training program found to significantly improve parenting skills and family relationships, reduce problem behaviors, delinquency and alcohol and drug abuse in children and to improve social competencies and school performance. Additional TUPE information is shared through the SFP program with both parents and student participants. TUPE Coordinator shares information/resources with SFP Coordinator for program participants

28. Comments pertaining to questions 26 & 27 are located in the appendix. (Optional)

29. Were the activities listed in the table below offered in collaboration or coordination with LEAs, community agencies or other organizations?

| Activity Type | Local Education Agency | Local public health agency | Local governmental agency | Local non-governmental organization |
|--|------------------------------|-------------------------------|---------------------------------|---|
| Curriculum Implementation | Yes | No | No | No |
| Youth Development activities | Yes | No | Yes | Yes |
| Cessation activities | No | Yes | No | Yes |
| Intervention activities | No | No | No | Yes |
| Local tobacco control coalition planning meetings | Yes | Yes | Yes | Yes |

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30. If an activity other than those listed in the table above was offered, please specify the type of activity and if the activity was in collaboration with an LEA, community agency, local coalitions, or another agency.

31. Comments pertaining to question 29 are located in the appendix. (Optional)

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Comments regarding question 4:

Comments regarding questions 5:

Comments regarding questions 7, 8 & 9:

FCUSD's Friday Night Live and Club Live youth development clubs design school wide tobacco prevention activities on their campus to shape norms, model leadership and engage their peers in tobacco prevention activities (this accounts for the 12,550 students served)

FCUSD works with Breathe California of Sacramento Emigrant (BCSET) Trails to offer meaningful opportunities in media

Comments regarding questions 11 & 12:

Smokeless School Days is offered both as an alternative to suspension and as a voluntary opportunity for students to participate in as and educational experience. A large number of students participating are in the the intervention as a result of self referral, referral by friend or by a caring teacher; thus, on a voluntary basis. FCUSD offers the intervention during the school day to increase access. All students in the workshop learn about other cessation supports as well (text, CA Smoker's helpline and on-campus motivational interviewing sessions/brief intervention) The workshops are co-facilitated by a trained teacher and a contracted community partner (Another Choice Another Chance) with experience in addiction

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Comments regarding questions 14 & 15:

Comments regarding questions 17:

Comments regarding questions 19:

Comments regarding questions 21:

As part of FCUSD's Pregnant and Parenting Teen Program the teacher infuses tobacco education instruction throughout the year to address the risks of tobacco use during pregnancy, second/third-hand smoke consequences and health risks to young children exposed to tobacco smoke. The lactation specialist from WIC also meets with mothers 1 day per week and integrates relevant tobacco education, through informal conversations, addressing nicotine and its impact during breastfeeding. Lastly, the school nurse, who visits weekly, facilitates the implementation of a tobacco use survey on campus in order to identify tobacco use support needs of the pregnant and parenting teens. Tobacco cessation support is available 1:1, resources are also regularly provided regarding community cessation support such as California Smokers Help line or text support.

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Comments regarding questions 23 & 24:

Comments regarding questions 26 & 27:

In addition to the 331 parents that were outreached to through a parent summit and the alternative education sites (letters home regarding cessation and readiness for cessation services on campus, community resources); FCUSD did general awareness/outreach through the Rancho Cordova Kid's Day (highlighting all TUPE programs - the event is attended by over 7000 people) FCUSD also distributes electronic flyers to all secondary parents regarding community partners' youth development activities

Comments regarding questions 29 & 30:

If you are the lead agency for a consortium, please list in the space provided below which districts in your consortium contributed to this report.