**LIFESAVER**

The Lifesaver Program was created to address the issue of tobacco from a social ecological perspective at 11 LAUSD high schools. We hope that the coordination and integration between after school providers and health care providers can impact the personal and environmental factors that determine behaviors that lead to the use of tobacco.

* = recently added Lifesaver

This program addresses tobacco use among adolescents through:

- Anti-tobacco Ambassador training
- Campus Outreach/Awareness Events
- Health Fairs
- Student Advocacy Projects
- Coordination with Sister Agencies/Community
- Youth Referral to Lifesaver Classes
- Parent Outreach
- Student Arts Campaign

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**REFERRAL CARDS**

The L.A. Trust for Children's Health provides referral cards to the LifeSaver program, which helps students that use tobacco to quit. Cards should be handed out at all outreach events and shared with the Wellness Centers.

To see larger version of referral card:

Click here

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**The LifeSaver Class**

**Description**
- We provide a welcoming space for students to share their experiences with tobacco/marijuana/ecigs/hookah
- No pressure!
- Dedicated to helping students receive the support & info to make informed decisions

**Ask yourself:**
- Do you want to quit using?
- Are you feeling stressed & using to deal
- Do you feel like you are no longer in control?
- Are you considering tobacco/marijuana/drug use?

**Where to sign up:**
- After School Provider: Room: 
- Life Saver Mentor: Room: 
- Phone number: 

**When:**
- Date: 
- Time: 
- Room: 

*Incentives (food and gift cards) may be provided

**Want to talk to someone? Visit your school Wellness Center or call **

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**The L.A. Trust**

STUDENT HEALTH = STUDENT SUCCESS
Events and programs should support students in seeking help, breaking down myths and social norms, pursuing healthy behaviors, and destigmatizing the wellness centers.

**FALL EVENT EXAMPLES**

**GREAT AMERICAN SMOKEOUT**
**DATE:** EVERY THIRD THURSDAY OF NOVEMBER

Hosted by the American Cancer Society, the Great American Smokeout is held every November to encourage smokers to plan to quit or to quit together, to take steps towards a healthier lifestyle. Students will also learn about the effects of smoking and second hand smoke on health, as well as identify intent to manipulate in tobacco ads.

**CAMPAIGN ACTIONS:**
- For resources, toolkits, and outreach material (printouts, posters, social media graphics) visit ACS website

**CLICK HERE TO GO TO CANCER.ORG**

**RED RIBBON WEEK**
**DATE:** YEARLY, LAST WEEK OF OCTOBER

**DOOR DECORATING CONTEST**

**POSTER CONTEST**

**PRESENTATION @ ASSEMBLY**

**WELLNESS CENTER TOURS**

**FOR MORE INFORMATION SEE LIFESAVER TOOLKIT**

- ACTIVITY IDEAS
- INFOGRAPHICS
- PLANNING & IMPLEMENTATION
- RESOURCES
SPRING EVENT
NATIONAL KICK BUTTS DAY
DATE: CHANGES YEARLY, MARCH

Kick Butts Day is a day of advocacy and activism for youth that helps students to understand how to avoid and the consequences of tobacco use. Students can also take action by informing policy and urging officials to take action against tobacco.

CAMPAIGN ACTIONS:

- Tabling fair to inform students about the consequences of tobacco use, treatment options, the tobacco industry, and to encourage students to stay tobacco-free!
- KickButtsDay.org features lots of activity ideas and ways to get more involved

CLICK HERE TO GO TO KICKBUTTSDAY.ORG

CAMPUS COLLABORATORS:

Campus Beyond the Bell collaborators (ARC, EduCare, Boys & Girls Club, World Fit for Kids, Woodcraft Rangers, etc) can offer assistance in event planning and coordination for Kick Butts Day
SBIRT/WASUP

Children’s Hospital Los Angeles (CHLA) and The L.A. Trust for Children’s Health are collaborating with four LAUSD high school campuses and their respective Wellness Centers to support substance use prevention activities for WASUP (Wellness & Adolescent Substance Use Prevention Project). CHLA helps incorporate SBIRT (Screening, Brief Intervention, and Referral to Treatment) trainings into Wellness Center medical care services.

- Fremont
- Jefferson
- Manual Arts
- Washington Prep

We encourage you to use Federal, County, and State information when looking for facts, statistics, and resources to address substance use.

HHS CA STATS AL- ANON LA
DRUG POLICY ALLIANCE NIH- SUBSTANCE USE

EVENT EXAMPLE

NDAFW EVENT
DATE: JAN 22-28, 2018

NDAFW, or National Drug and Alcohol Facts Week helps to shatter myths about drugs through science based facts.

CAMPAIGN ACTIONS:
- For resources, activity ideas, partnering with NIDA, or free materials visit NIDA’s website

CLICK HERE TO GO TO DRUGABUSE.GOV

FOR MORE INFORMATION SEE SBIRT TOOLKIT

Click here

ONLINE RESOURCES
- PRESCRIPTION DRUG ABUSE RESOURCES
- LA COUNTY SUBSTANCE ABUSE PREVENTION & CONTROL
- LA COUNTY SAPC BRIEFS AND FACT SHEETS
- DRUGS & DRIVING
- ALL-INCLUSIVE RESOURCE FOR TEENS
- PRINTOUTS FROM NIH- DRUGS: SHATTER THE MYTHS

Children’s Hospital LOS ANGELES
We Treat Kids Better

The L.A. Trust
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