

North County Lifeline, Inc.

PRESS RELEASE

FOR IMMEDIATE RELEASE

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CUSD ADDRESSES YOUTH SUBSTANCE ABUSE

In response to an increase in drug and alcohol abuse among teens in North County, beginning in February, Carlsbad Unified School District (CUSD) will launch a comprehensive substance abuse program geared toward middle and high school aged youth. The Alcohol/Drug Diversion and Uplift Program (ADD UP) will focus on intervention as well as preventive education for youth and their parents.

To implement the ADD UP program, CUSD will partner with North County Lifeline, a multi-service charitable organization dedicated to developing resilience in youth, nurturing family strengths and partnering to solve community problems. Guided by evidence-based practices, students will work directly with trained counselors to achieve learning objectives on a variety of drug and alcohol related topics. Youth and their parents will also be given techniques for recognizing warning signs and avoiding substance abuse. Program curriculum will be divided in order to target middle and high school populations.

Students in Carlsbad Unified School District may be referred to the ADD UP program as a result of drug or alcohol related offenses. A self-referral process will also be in place for youth seeking help with substance abuse related issues. Once in the program, students will receive a thorough substance abuse assessment followed by curriculum-based group counseling, education, and referrals. Support for family members will also be available through assessments and classes for parents.

Community members interested in learning more about Carlsbad Unified's ADD UP Substance Abuse Program may contact Rosemary Eshelman at CUSD (760) 331-5021.

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