



Alcohol and Other Drugs (AOD) INSPIRE Intern

ORGANIZATION: Daly City Youth Health Center/Jefferson Union High School District

REPORTS TO: AOD Program Director

SCHEDULE: August 2024-June 2025 10 hrs a week

INTRODUCTION:

The Daly City Youth Health Center believes in the potential of all young people, and with a little help and guidance, they can make smart decisions that set them on track for a healthy and productive life. Young people today are dealing with impacts of the COVID-19 pandemic. In response to the pandemic, this new way of life has exacerbated issues young people had already been dealing with, including pregnancy, sexually transmitted infections, substance abuse, stress, bullying and suicide. These challenges are greater in northern San Mateo County where at least a third of our young people live in poverty and many are immigrants facing language and cultural barriers. Many don't know where to get the help and support they need.

For 32 years Daly City Youth Health Center has prepared our communities' teens and young adults for a healthy and productive adulthood. The Health Center is a school-linked program of the Jefferson Union High School District in collaboration with a medical clinic operated by the San Mateo Medical Center. The Health Center provides free, confidential and culturally sensitive primary medical care, mental health counseling, and health education to adolescents aged 6-26 years of age.

DESCRIPTION OF POSITION:

Under the direction of the AOD Director and Program Coordinator, the AOD intern will work directly with high school students to coordinate youth-led prevention projects. and implement brief intervention as an alternative to suspension (A2S) in Jefferson Union High School District using motivational interviewing, and aspects of cognitive behavioral therapy. Youth who are identified as using substances (marijuana, alcohol, tobacco, vapes, etc.) on school campuses have the option to attend I.N.S.P.I.R.E. (**IN**novative **S**trategies for **P**revention and **I**ntervention through **R**estorative **E**ducation), which is a program that allows youth to learn about the effects of their substance use in order to recognize triggers and create a plan to address it. INSPIRE helps students have an in-depth understanding of the dangers of their use, optimize decision-making skills, develop better communication skills, increase emotional control and self-awareness. This program utilizes three 30-45 minute sessions to assess the students readiness to change. Students will have work to do between each session to track use, triggers, thoughts and actions. All information shared in the sessions will be confidential. The program is designed as an opportunity for learning and growth. This restorative practice, as an alternative to traditional discipline, focuses on establishing trust with students and giving them a safe space to reflect on their use behaviors and patterns.

Interns will be placed on school campuses to meet in person with students and work directly with staff. Interns will spend up to 8 hours a week in direct service and 2 hours a week for documentation and supervision.. A car will be needed to carry out the duties of the internship. This is a supportive program so empathy and kindness are required. This is an in-person position.

RESPONSIBILITIES:

- Complete Brief Intervention Training
- Participate in program planning sessions
- Facilitate 3, 30-45 minute brief intervention sessions over the course of three weeks with each student referred to the program.
- Manage, review, and report Brief Intervention worksheet results
- Maintain, respect, and uphold confidentiality
- Adhere to guidelines and organizational policies and procedures.
- Attend team meetings and other program meetings on a weekly or monthly basis.
- Be engaged
- Hold personal responsibility for timelines and assigned work
- Work independently to research, communicate, and collaborate as needed during the internship.

REQUIRED QUALIFICATIONS:

- Empathy and kindness required
- Must have a car and valid drivers license
- BIPOC students are highly encouraged to apply
- Spanish and/or Tagalog bilingual students are highly encouraged to apply
- Strong written and verbal communication skills
- Well organized and efficient
- Ability to adapt to changes during the course of this project
- Flexible schedule and team oriented
- Strong collaborative skills including the ability to work well with people in a variety of work settings
- Exercise good judgment under pressure
- Strong interest in working with at-risk youth from diverse backgrounds.
- Ability to receive and apply feedback
- Have a fun and creative mindset

****Stipend offered

TO APPLY:

Send resume and cover letter to Mary Bier, Director of Alcohol and Other Drug Services, mbier@jeffersonunion.net