

The American Lung Association's **INDEPTH**® (Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health) program is an alternative to suspension or citation program that is offered as an option to students who face suspension for violation of school tobacco or e-cigarette use policies. This program is administered by a trained adult facilitator in either a one-on-one or group format and can be offered in a school or community-based setting. The program consists of four sessions of approximately 50 minutes geared toward youth and focused on tobacco use, including e-cigarettes, nicotine dependence, establishing healthy alternatives and making the change to be free of all tobacco products. Because the program is offered as an alternative to suspension or citation, attendance is mandatory in order to fulfill the obligation for the infraction. **INDEPTH** is not intended to be used as a prevention program (i.e., for students who are not current tobacco users).

Upon successful completion of the **INDEPTH** training, facilitators will have access to a step-by-step guide to plan and implement the **INDEPTH** program to encourage youth to learn about the harmful effects of nicotine and learn strategies to quit tobacco when ready. Each section of this guide offers detailed instructions, notes and talking points for facilitators, as well as handouts for students. Throughout this program, students are engaged through discussion and activities.

While **INDEPTH** is not a cessation program, steps toward cessation are strongly encouraged. Students may decide to quit or reduce their tobacco/nicotine use as result of their participation in the program. Session 4 offers some guidance to refer students to cessation programs and resources, including those offered by the American Lung Association.

### Program Structure

Students will participate in one, 50-minute session per week for four weeks. However, the timing of these sessions can be individualized based on what is feasible for a given school. For example, sessions may be offered before or after school, as part of a “working lunch,” or during what might normally be considered free/flex periods. Facilitators also have the option to administer **INDEPTH** in a one-on-one or group setting. For group administration, the recommended size is 8-10 students. However, group sizes may vary based on program implementation dates and availability.

### Program Implementation Timing

It is best to implement the **INDEPTH** program as soon as possible after a school tobacco-use/vaping policy violation has occurred. Facilitators will need to balance the above-mentioned recommended group size with the need for timeliness between the offense and program implementation.

## Program Session Prep

In preparation for each session, it is recommended that you:

1. Arrange the meeting room.
2. Arrange tables and chairs in a comfortable circle.
3. Review the session.
4. Arrange for flip chart and markers or a white/chalk board.
5. Gather and make an appropriate number of copies of all necessary materials. The handouts needed for each session will be listed under the corresponding subsection titled “Getting Ready.”

## Content Overview/Objectives

### Session 1: Getting the Facts

To help participants:

1. Understand the INDEPTH program.
2. Become familiar with the requirements and expectations of INDEPTH.
3. Get acquainted with one another.
4. Identify some reasons why they started using nicotine/tobacco products and why they continue to do so.

### Session 2: Nicotine Dependence

To help participants:

1. Understand nicotine dependence and other harmful effects of e-cigarette and tobacco product use.
2. Assess their own e-cigarette/tobacco product use.
3. Identify activities that “trigger” their urges to use these products.

### Session 3: Alternatives to Tobacco Use

To help participants:

1. Develop strategies to cope with the urge to use tobacco products, including e-cigarettes.
2. Develop their own vision of a healthy lifestyle.

### Session 4: Past, Present, Future

To help participants:

1. Understand the process of change.
2. Look at the big picture.

