

About this report

The American Lung Association's INDEPTH® (Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health) is an **alternative to suspension or citation program** that is offered to students who face suspension for violation of policies for tobacco use, including e-cigarettes. It is administered by an adult facilitator in either a one-on-one or group format in a school or community-based setting. The program consists of four 50-minute sessions focused on tobacco, vaping, and other nicotine use; nicotine dependence; establishing healthy alternatives; and ending personal use of tobacco products including e-cigarettes.

In Spring 2019, the American Lung Association recruited a total of 11 schools from across the United States to participate in an INDEPTH pilot. The Research & Evaluation Group at Public Health Management Corporation (R&E Group), the Lung Association's external evaluator, developed online surveys to measure program outcomes and gather **evaluation feedback from participating students, program facilitators, and school administrators**. This report summarizes feedback from these pilot participants and describes recommendations for next steps.

Description of evaluation findings

Feedback from INDEPTH participating students (n=66), adult facilitators (n=11) and school administrators (n=11) assisted the American Lung Association in better understanding the program benefits and next steps for program updates. Adult facilitators reported the following roles in their schools and communities: school nurse, drug prevention specialist, health department educator, clinical social worker, certified tobacco treatment specialist, and in school suspension supervisor.

The INDEPTH program was delivered at 7 high schools, 2 combination middle and high schools, 1 alternative school, and 1 court system. Participating schools served urban, suburban, and rural communities.

All surveyed adults, including adult facilitators and school administrators, would recommend the INDEPTH program to other schools in their area. Additional feedback on the program is detailed below.

INDEPTH activities include learning about alternatives to tobacco use. The top 3 activities students reported they will use after the program ends were:

- Use gum, candy or toothpicks
- Drink water
- Doodle or draw

At the end of the program, over half of students were willing to try to quit use of nicotine/vaping/tobacco products.



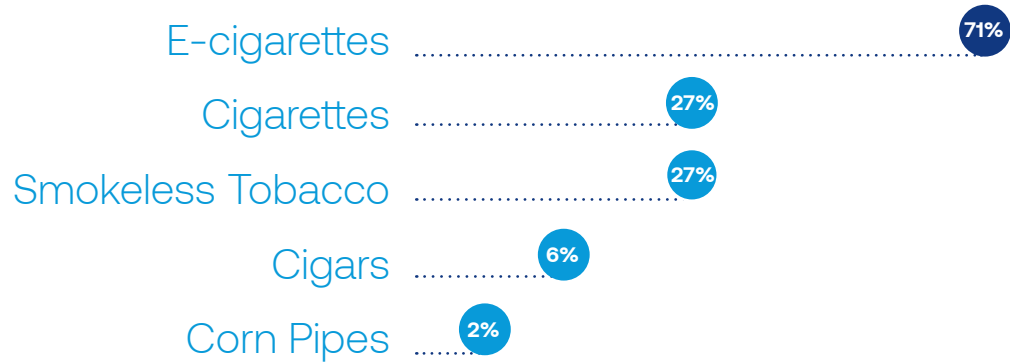
Description of evaluation findings

Most students reported that INDEPTH activities influenced them to make a plan to stop using vaping/tobacco products.

For example, over half of students reported the “My Nicotine/Tobacco Budget” activity influenced them ‘a lot’ to make a plan to quit.

A majority of the student participants identified as male (68%) and nearly a third (30%) identified as female; one respondent

identified as other. Two-thirds identified as White (67%), 15% identified as American Indian or Alaskan Native, 11% identified as Multi-racial, 5% identified as Black or African American, and 3% identified as Hispanic or Latinx. The average age of student participants was 16.3 years old. Nearly three-quarters of students **reported using e-cigarettes.**



‘[INDEPTH has] clearly written instructions [that are] easy to follow. Some of the handouts are very helpful for our students to focus on healthy life choices and finding their motivation.’

– School Administrator

The timing of INDEPTH sessions can be individualized based on what is feasible for a given school. During Spring 2019, the program was frequently delivered in four separate sessions.

INDEPTH is administered by an adult facilitator in either a one-on-one or group format. During the Spring 2019 pilot implementation, nine facilitators used the group setting approach for program delivery.

Next steps

Findings from the Spring 2019 evaluation were used to update the INDEPTH program guide, as well as development of additional materials and tools to better support schools and communities in implementing the INDEPTH program. The Lung Association continues to collect data from program participants to inform continuous quality improvement.

The INDEPTH program training and guide are now available online. Schools and adult facilitators will be able to download the guide free of charge upon successful completion of the training.