

The American Lung Association’s Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health (INDEPTH) 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, vaping, or nicotine use policies. It is administered by an adult facilitator in either a one-on-one or group format in a school or community setting. The program consists of four sessions, approximately 50 minutes each, geared towards youth and focused on tobacco use, vaping, nicotine addiction, establishing healthy alternatives, and making the change to be free of all nicotine and tobacco products.

How INDEPTH Works:



Schools connect with the American Lung Association



Facilitators complete an online INDEPTH training



Facilitators prepare for INDEPTH program

Increasing Quit Readiness

*“[INDEPTH] is educational and offers students the chance to think about how they might like to change their relationship with tobacco to **reduce risks** and increase the chances that they will be able to **achieve the goals** they have for themselves.”*

– INDEPTH Facilitator

Program Implementation:

Session 1: Getting the Facts

Handouts: [Fact or Fiction](#), [Nicotine/Tobacco Product Fact Sheet](#), [Danger-Poison](#), [My Product Use Tracking Diary](#)

Session 2: Addiction

Handouts: [My Product Use Style](#), [Signs of Addiction](#), [My Nicotine/Tobacco Budget](#)

Session 3: Alternatives to Product Use

Handouts/Activities: [What Else Can I Do](#), [Quit Kit](#)

Session 4: Past, Present, Future

Handouts: [A Picture of My Dream Life](#)

Results reported back to the Lung Association

60%

of student participants reported that they were **willing to quit using tobacco products** after completing the INDEPTH program.



Student Comments

“enjoyed all of the facts”

“showed that the school cared”

“focused on the student”

“didn’t have to be afraid to speak”

“hold me accountable”

Most students reported that INDEPTH activities **influenced them to make a plan to stop** using nicotine/tobacco products:

Level of Influence: ■ Don't recall ■ Not at all ■ A little bit ■ A lot

