



The American Lung Association’s 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 or nicotine use policies. This program is administered by an 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 towards youth and focused on tobacco use, nicotine addiction, establishing healthy alternatives and making the change to be free of all nicotine and tobacco products. For students who choose the INDEPTH program, attendance is *mandatory*.

This step-by-step guide can be used to plan and implement your INDEPTH program to encourage youth to learn about the harmful effects of nicotine and learn strategies to quit tobacco or nicotine when ready. Each section of this guide offers detailed instructions, notes, and talking points for facilitators as well as handouts for students, which are found in the “Handouts” section of this guide. Throughout this program, students are engaged through group or one-on-one 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 four does offer some guidance around how to refer students to cessation programs and resources, including those offered by the American Lung Association.

Program Structure

The program is structured such that students 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, this recommendation should be balanced with that for the timing of program implementation. As such, group sizes may vary from the ideal.

Program Implementation Timing

It is best to implement the INDEPTH program as soon as possible after a school tobacco use policy violation has occurred. Facilitators will need to balance the abovementioned recommended group size with the need for temporal contiguity 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

Session 1: Getting the Facts

Objectives

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: Addiction

Objectives

To help participants:

1. Understand addiction and other harmful effects of nicotine and tobacco product use.
2. Assess their own nicotine/tobacco product use.
3. Identify activities that "trigger" their urges to use these products.

Session 3: Alternatives to Product Use

Objectives

To help participants:

1. Develop strategies to cope with the urge to use nicotine/tobacco products.
2. Develop their own vision of a healthy lifestyle.

Session 4: Past, Present, Future

Objectives

To help participants:

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