

# American Lung Association Trainings

Each day in the United States, more than 6,100 kids start vaping, and an additional 2,100 youth and young adults become daily cigarette smokers. These trainings intend to raise awareness about vaping and tobacco and help youth make healthy decisions.

## Trainings Available

### **INDEPTH Training (Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health)**

**INDEPTH** is a training course made of four, 50-minute sessions. INDEPTH is offered to youth aged 12-19.

A forward-thinking alternative to suspension or citation for tobacco or e-cigarette use, INDEPTH addresses the teen vaping epidemic in a more supportive way. This interactive program teaches students about nicotine dependence, establishing healthy alternatives and how to make the change to be free of all tobacco products, including e-cigarettes. INDEPTH can be offered in schools or communities.

### **Goals of this training:**

- Teach students about nicotine dependence.
- Help students establish healthy alternatives to tobacco use.
- Show students how to make the change to be free of all tobacco products including e-cigarettes.

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## N-O-T Training (Not On Tobacco)

**N-O-T** is a training course made of ten, 50-minute sessions. N-O-T is offered to youth 12-19. It is most effective in a small group format (6-10 participants) that emphasizes teamwork.

N-O-T is an evidence-based program with an impressive success rate, with approximately 90% of teens who participate in the program cutting back or quitting tobacco all together. Post program, Not On Tobacco program youth also have been shown to have better grades, higher motivation, fewer absences, better relationships with teachers and fewer school tobacco use policy violations.

### Goals of this training:

- Help support vape-free/tobacco-free policies.
- Deliver a better quality of life and health to all students by reducing exposure to secondhand smoke and e-cigarette aerosol.
- Improve tobacco and e-cigarette users' other health behaviors, leading to improved self-esteem and enhanced school attendance and performance.

### Meet the Trainer



**Colleen Babcock** is Horizon's Parent & Family Support Coordinator. Colleen is trained in both INDEPTH and N-O-T, with the American Lung Association,

Looking to schedule a training? Contact Colleen at [CBabcock@horizon-health.org](mailto:CBabcock@horizon-health.org).

