

American Lung Association
INDEPTH: Intervention for Nicotine Dependence:
Education, Prevention, Tobacco and Health

The American Lung Association's INDEPTH program is not a cessation program; steps toward cessation are strongly encouraged. This INDEPTH program encourages youth to learn about the harmful effects of nicotine and learn strategies to quit tobacco or nicotine when ready.

Students may decide to quit or reduce their tobacco/nicotine use as result of their participation in the program.

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.

Program Structure

The program is structured such that students participate in one, 50-minute session per week for four weeks. For group administration, the recommended size is 8-10 students.

Content Overview

Session 1: Getting the Facts

Objectives:

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:

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

Session 3: Alternatives to Product Use

Objectives:

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

Session 4: Past, Present, Future

Objectives:

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