

Evidence-based practices are a way to be sure that consumers receive the right treatments. They give the best chance of the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a way for SCCMHA to be sure of the best use of limited resources through the delivery of proven services and supports for persons with disabilities in the Saginaw Community.

For more information about Evidence-Based Practices, please call our Evidence-Based Practice and Trauma-Informed Care Coordinator at 989-272-7372 or go to <https://www.sccmha.org/resources/evidence-based-practices.html>.



**SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY**

Main Facility

500 Hancock, Saginaw, Michigan 48602

Phone

(989) 797-3400
Toll Free 1-800-258-8678
Michigan Relay 711

24 Hour Mental Health Emergency Services

(989) 792-9732
Toll Free: 1-800-233-0022

www.sccmha.org

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SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY

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

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

The INDEPTH Program has two parts, the primary INDEPTH program and part two, the N-O-T (Not on Tobacco) Program.

INDEPTH: The American Lung Association's INDEPTH® (Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health) program is a promising practice. It is an interactive program that teaches students about nicotine dependence, forming healthy changes, and how to kick the unhealthy addiction.

N-O-T: Not On Tobacco® (N-O-T) gives teens what they need to stop using nicotine. It helps them find healthier outlets. N-O-T was made just for teenagers and focuses on issues that are specifically important to them. The program takes a whole-person approach. Each session uses different interactive ways of learning that are based on Social Cognitive Theory of behavior change. The learning can then be applied and practiced in everyday life. It encourages a voluntary change for youth ages 14 to 19.

Who is INDEPTH for?

INDEPTH is for youth consumers, ages 14 to 19, with a serious emotional disturbance who use tobacco.

How Does INDEPTH Work?

INDEPTH is a closed group (or one on one sessions) that consists of four sessions. The sessions have the following topics:

- Session 1: Getting the Facts To help participants:
- Session 2: Nicotine Dependence
- Session 3: Alternatives to Vaping/Tobacco Product Use
- Session 4: Past, Present, Future

The INDEPTH sessions provide the educational base and raise awareness about the dangers of smoking. It flows right into the second part: N-O-T (Not on Tobacco) Program. This part is where the focus is really on stopping the use of nicotine. N-O-T is taught by a trained and certified adult in ten, 50-minute sessions. It works the best in a small group format (6-10 participants) that stresses teamwork.

N-O-T Session Topics

- Session 1: Reasons for Quitting
- Session 2: Why I Smoke/Vape
- Session 3: Nicotine Addiction and Triggers
- Session 4: Effects of Smoking/Vaping
- Session 5: Physical, Psychological and Social Benefits of Quitting
- Session 6: Quitting Nicotine Use
- Session 7: Overcoming Obstacles to Quitting
- Session 8: How to Deal with Stress
- Session 9: Myths of Big Tobacco
- Session 10: Staying Committed to Quitting



To Learn More

Is INDEPTH right for your child? Talk about it with your current treatment provider or contact the SCCMHA Health Education Consultant, Linda Paeglis, at (989) 272-0234. Internally, extension 1234.