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 <a href="https://www.sccmha.org/resources/evidence-based-practices.html">https://www.sccmha.org/resources/evidence-based-practices.html</a>.





Main Facility
500 Hancock, Saginaw, Michigan 48602

#### Phone

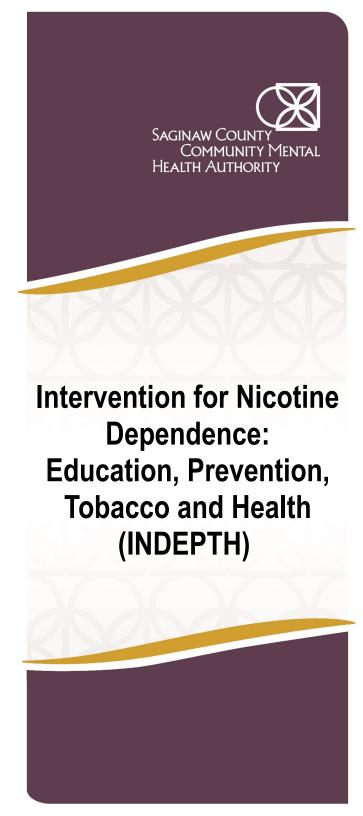
(989) 797-3400 Toll Free 1-800-258-8678 Michigan Relay 711

24 Hour Mental Health Emergency Services (989) 792-9732 Toll Free: 1-800-233-0022

www.sccmha.org

CS Approved— April 2021





# 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

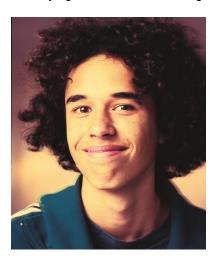
Session 6: Quitting Nicotine Use

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.