**AMERICAN LUNG ASSOCIATION RESOURCES**

**INDEPTH- Alternative to Suspension**

The American Lung Association’s **free** INDEPTH® (Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health) program is an alternative to suspension or citation program that is offered to students who face suspension for violation of school tobacco use policies.

The program consists of four sessions of approximately 50 minutes. The sessions can be offered at schools or in the community. They can be offered during an in-school suspension session, over a “working lunch” or before or after school. The program can be offered in one, two or three meeting sessions, if more applicable to the setting. The program is administered by certified adult facilitator in either a one-on-one or group (2-10 students) format.

Learn more about INDEPTH at [Lung.org/INDEPTH](http://www.lung.org/INDEPTH).  To register for the free facilitator training, go to [Lung.training/courses/indepth.html](https://lung.training/courses/indepth.html). The online, self-paced training takes approximately one hour to complete.  You will receive three-year certification.  Upon successful completion of the course, the INDEPTH implementation guide and additional resources to assist facilitators in planning and conducting are available for download.  Resources include a step-by-step guide with detailed instructions, notes, and talking points for facilitators as well as handouts for students, including a student certificate of completion..

**Not On Tobacco (NOT)®**

Not On Tobacco (NOT)® is the Lung Association’s evidence-based approach to help youth quit or reduce their tobacco use, including e-cigarettes using a facilitated group-based program.

N-O-T is facilitated by a trained and certified adult in ten, 50-minute sessions over nine to ten weeks.  The program is voluntary, not mandatory, is free for teens to attend and can be offered in a school or community setting.  In addition to supporting youth though their quit journey, the comprehensive program helps build knowledge and life skills including fitness, nutrition, stress management and communication.

Learn more about NOT at [Lung.org/NOT](http://www.lung.org/NOT).  The Not On Tobacco (NOT)® Facilitator training online at [Lung.training/courses/not-on-tobacco.html](https://lung.training/courses/not-on-tobacco.html). The training course takes approximately six hours to complete, is self-paced and does not need to be completed in one sitting. The NOT course also includes the training for INDEPTH.  The cost is **$400** per facilitator for a three-year certification.  There are no group discounts available at this time.  The “Group Purchase” on the registration page allows multiple registrations to be processed with one payment instead of registering each individual separately.

**NOT for Me:**

The American Lung Association’s NOT for Me, is a self-guided, mobile-friendly web-based program that gives teens the resources to quit vaping, smoking or chewing tobacco products. This new digital modality is based off our Not On Tobacco (N-O-T) youth cessation in-person group program curriculum which has 25 years of proven success in helping young tobacco users gain strength, health and freedom from nicotine addiction and tobacco dependency.

NOT for Me offers a six-week program including eight self-paced sessions which may be utilized by youth remotely to best serve those teens who may not have access to a local Not On Tobacco (N-O-T)® program facilitator or feel comfortable participating in a group format. The sessions are spaced a minimum of 5 days apart to allow students to process the knowledge and practice skills as they go through their quit journey. American Lung Association’s NOT for Me web-based program is available at **no cost** at [www.NOTforMe.org](http://www.NOTforMe.org).  A certificate of completion can be downloadable upon completion of the program.  For adults wishing to learn more about the program content, visit [Demo.notforme.org](https://demo.notforme.org/) for a demonstration site (with a five minute instead of five day waiting period between sessions).  This site should not be shared with youth wishing to enroll in the program.

**Vape Free Schools Initiative Toolkit:**

Comprehensive tobacco-free school policies provide a solid foundation and infrastructure to support alternative to suspension, intervention and cessation programs.  Staff or community members looking to review their tobacco-free policies, can take this brief free course (approximately 15 minutes) to utilize an assessment tool and then download support resources for policy review and implementation of programs. The American Lung Association’s Vape Free Schools Initiative Toolkit Resource Course can be found at  [Lung.training/courses/policy-assessment-and-toolkit.html](https://lung.training/courses/policy-assessment-and-toolkit.html)  (Access code if prompted, is VFSI)

**ACT to Address Youth Cessation:**

The American Lung Association’s ACT to Address Youth  Cessation  Training  is  a  one-hour  on-demand, online course that provides an overview for healthcare professionals, school personnel and community members in youth/adolescent supportive roles in conducting a brief intervention for teens who use tobacco. Based on the American Academy of Pediatrics’ Youth Tobacco Cessation: Considerations for Clinicians, the session outlines the steps of Ask, Counsel, Treat, and provides guidance, support and best practices for effectively delivering ACT as a brief intervention for adolescents who identify as tobacco users, including e-cigarettes. Available at [Lung.training/courses/act-to-address-youth-cessation.html](https://lung.training/courses/act-to-address-youth-cessation.html) at no cost.

The American Lung Association has a **resource library for tobacco cessation technical assistance** which includes a searchable database of resources available for states to tap into: <https://www.lung.org/policy-advocacy/tobacco/cessation/technical-assistance>

For additional American Lung Association youth tobacco programs and resources, please visit [Lung.org/quit-smoking/helping-teens-quit](https://www.lung.org/quit-smoking/helping-teens-quit).