

September 17, 2019

Dear community partner,

Most of today's adult tobacco users (90%) started before they were 18 years old. Youth nicotine or tobacco use in any form, whether smoked, smokeless or "vaped" (e-cigarettes, "vaping" or Juuls), is not safe. Today, electronic cigarettes are the most commonly used tobacco product in youth.

To support schools and community partners in addressing this important issue, the American Lung Association is launching our **Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health (INDEPTH)** program, an alternative to suspension program.

In lieu of suspension, citations or other disciplinary action, students who violate their school's tobacco, nicotine, or "vaping" policy can go through the INDEPTH program. INDEPTH is an educational program administered by an adult facilitator in either a one-on-one or group (2-10 students) format in a school or community setting. The program consists of four sessions, approximately 50 minutes each, geared towards youth and focused on tobacco use, "vaping", nicotine addiction, establishing healthy alternatives, and making the change to be free of all nicotine and tobacco products. While INDEPTH is not a cessation program, steps toward cessation are strongly encouraged.

American Lung Association has created an INDEPTH implementation guide to assist facilitators in planning and conducting their own INDEPTH program. Each section of the step-by-step guide offers detailed instructions, notes, and talking points for facilitators as well as handouts for students.

The INDEPTH program will be **free** for schools and community organizations to access. Individuals interested in facilitating the program can follow these easy steps to access the INDEPTH guide:

1. Request access by completing survey available at [www.lung.org/INDEPTH](http://www.lung.org/INDEPTH)
2. View an online training webinar
3. Download the curriculum through the INDEPTH Facilitator Resource Page

More information about INDEPTH can be found at [www.lung.org/INDEPTH](http://www.lung.org/INDEPTH). If you have specific questions about the program not answered through our website, please contact [INDEPTH@lung.org](mailto:INDEPTH@lung.org).

Sincerely,



Molly Ryan, MPH  
Director of Health Promotions  
American Lung Association in Washington