

2020

THE TOBACCO-FREE GENERATION CURRICULUM GUIDE

Abridged for Targeted Grant

VFHY: Empowering Virginia's youth to make healthy choices

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Abridged Version For Targeted Grants

This is not the complete 2020 Tobacco-Free Generation Curriculum Guide, which includes 15 programs.

This is an abridged version prepared specifically for VFHY's Targeted Grant. It includes the 6 programs that are *most likely* to be of benefit to young people in the care of DJJ.

The Virginia Foundation for Healthy Youth (VFHY) maintains The Tobacco-Free Generation Curriculum Guide (Curriculum Guide), a list of model, promising or effective tobacco prevention or cessation programs. These programs allow schools, faith-based, and other community organizations to help youth under the age of 18 refrain from or discontinue tobacco, nicotine, and vaping product use. Each Curriculum Guide program requires long-term engagement and instruction, occurring over multiple sessions. This instruction can take place in a classroom setting, through small group discussions, via virtual learning platforms, etc.

This Curriculum Guide provides a summary of selected programs funded by VFHY. Each program includes multiple pages of information to include vendor's contact information and links to additional program information.

For further assistance with selecting the right program for your target audience or additional Curriculum Guide information, please contact:

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BRIEF PROGRAM DESCRIPTION

LifeSkills Training (LST) is a proven, highly effective substance-use prevention and competency enhancement program designed to focus primarily on the major social and psychological factors promoting substance use and abuse. LST increases students' knowledge of the immediate consequences of substance use while providing necessary skills to resist social (peer) pressures and reduce psychosocial motivations to smoke, drink and use drugs.

SPECIFIC OUTCOMES

- Evaluation studies demonstrate that the LifeSkills Training program effectively reduces rates of alcohol, tobacco and marijuana use by more than 50 percent among those who participate in the program relative to control group students.
- LST has also been proven to reduce violence and delinquency, as well as opioid and methamphetamine use.

Specific Tobacco Control Lessons and Outcomes:

- LST addresses tobacco-specific content in many lessons including: Smoking Myths and Realities, Smoking and Biofeedback (immediate effects of tobacco use), Advertising (resisting tobacco advertising), Decision-Making and Assertiveness (refusal skills to resist peer pressure). A resource (Botvin Health Connections: Electronic Cigarettes and Vaping) is also available to strategically connect e-cigarettes/vaping in select lessons.

Tobacco Control Outcomes:

- LST has been proven effective in reducing tobacco use in 20 separate evaluation studies.
- LST has reduced tobacco use by more than 50 percent compared to control group students.
- Specific outcomes from two studies showed reductions of 56 percent to 67 percent in the proportion of pre-test nonsmokers becoming regular smokers for students receiving LST with no booster lessons.
- Reductions in tobacco use as high as 87 percent were found with LST plus booster lessons.

AUDIENCE CHARACTERISTICS

Age Range: 8-15

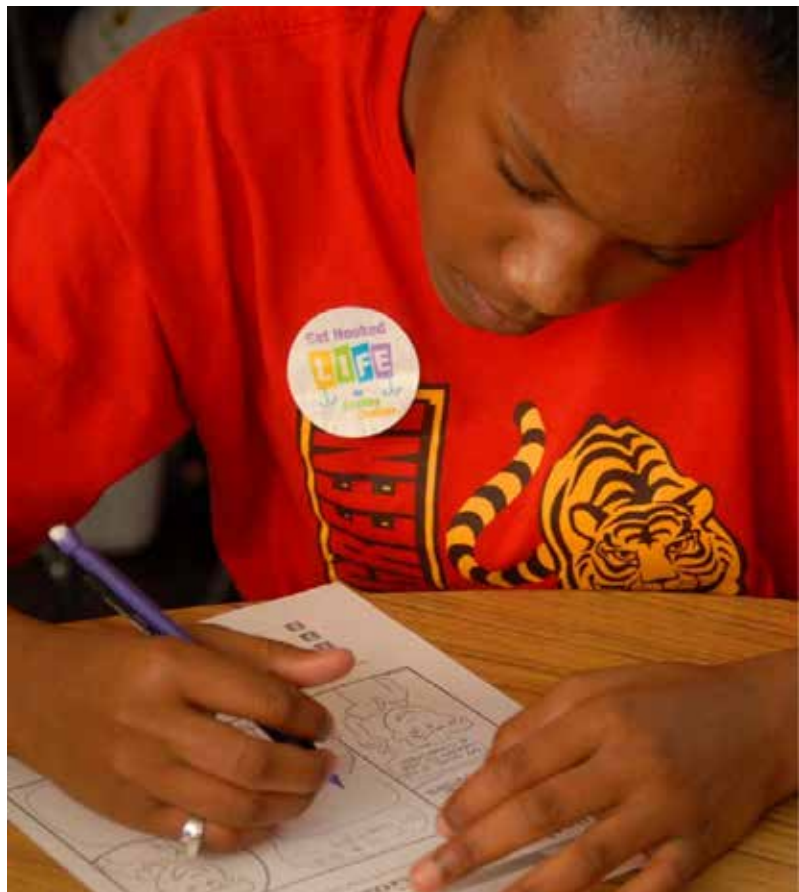
Grade Level: 3-10

PROGRAM DETAILS

Type of Program: Prevention

Audience Size: Minimum 5/Maximum 30

Number of Lessons:



- **Elementary Levels 1:** 8 lessons
- **Elementary Level 2:** 8 lessons
- **Elementary Level 3:** 8 lessons
- **Middle School Level 1:** 15 lessons
- **e-LST Middle School Level 1:** 15 lessons
- **Middle School Level 2:** 10 lessons
- **Middle School Level 3:** 5 lessons
- **High School:** 10 lessons
- **e-LST High School:** 10 lessons (coming 2021)

Minimum Number of Lessons Required to Achieve Fidelity:

Elem: 8 lessons; MS: 15 lessons (level 1) 10 lessons (Level 2) 5 lessons (Level 3); HS: 10 lessons

Length of Each Lesson:

- **Elementary:** 30-40 minutes
- **Middle School/High School:** 45-50 minutes
- **e-LST Middle/High School:** 20-25 minutes online + 20-25 minutes of 'live' skills practice

Frequency of Implementation: At least 1 time per week or 3-5 times per week.

Duration of Implementation:

Program Level	Minimum (5 x week)	Maximum (1 x week)*
Elementary	2 weeks	8 weeks
Middle School Level 1	4 weeks	15 weeks
Middle School Level 2	2 weeks	10 weeks
Middle School Level 3	1 week	5 weeks
e-LST Middle School 1	4 weeks	15 weeks
High School	3.5 weeks	18 weeks
e-LST High School	2 weeks	10 weeks

Recommended Intervention Site(s): Schools, Community-based organization, youth groups, etc. (the program has been implemented in many classroom-type settings)

HOW IT WORKS

The LifeSkills Training elementary school curriculum runs for eight class lessons at each grade level, each 30 to 40 minutes long. Each level of the elementary program is a standalone level that can be followed by subsequent levels as booster interventions. The booster lessons provide additional skill development and opportunities to practice in key areas. Level 1 is designed for either grades three or four, depending on when the transition from elementary to middle school begins.

The LifeSkills Training curriculum for middle (or junior high) schools is designed to be implemented starting with LST Middle School Level 1 (regardless of middle school grade) and then followed by booster levels (LST Middle School Levels 2 and 3). It is intended to run for 15 class periods of 45-50 minutes each. A booster intervention has been developed that is taught over 10 class periods in the second year (Level 2) and five in the third year (Level 3). This means the initial program should be implemented beginning with the foundation level (Level 1) and then followed by booster levels (Levels 2 and 3). Optional violence-prevention units can be implemented for each year of the program, extending the overall number of class lessons. LST Middle School has been proven to reduce opioid misuse with no additional content, there is an Rx Prevention Module available separately to bring the topic to the forefront of the implementation.

The LifeSkills Training high school curriculum runs for 10 class lessons, each 45-50 minutes long. It is designed to be implemented in either ninth or 10th grade. No prior experience with LST is required. All three program series can either be taught intensively (consecutively every day or multiple times a week) until the program is complete or they can be taught on a more extended schedule (once a week). Both formats have proven to be equally effective.

IMPLEMENTATION ESSENTIALS

To Replicate with Fidelity:

- Teach the full scope and sequence of the LST curriculum.
- Teach at least one time per week until all units are taught.
- Use interactive teaching strategies.

Program Evaluation Tools Available? Yes. Process Evaluation (Fidelity Checklists) and Outcome Evaluation (Pre/Post Tools)

MATERIALS AND TRAINING

Required Materials: A curriculum set for each level (elementary, middle school and high school) includes one teacher's manual and 30 student guides. *e-LST is 10-student pack; Teacher's Manual*

Year 1 Program Materials:

- **Elementary School Year 1:** \$235
- **Middle School Year 1:** \$295
- **e-LST Middle School 1:** \$100 10-pack Student Keys; \$85/Teacher's Manual
- **High School:** \$265
- **e-LST High School:** \$100 10-pack Student Keys; \$85/Teacher's Manual

Booster Materials (Years 2 & 3)

- **Elementary School Year 2:** \$235
- **Elementary School Year 3:** \$235
- **Middle School Year 2:** \$245
- **Middle School Year 3:** \$175
- **Elementary School Full Set (all 3 years):** \$655
- **Middle School Full Set (all 3 years):** \$625

Additional Student Guides

- **Elementary Level 1:** \$50 per pack of 10
- **Elementary Level 2:** \$50 per pack of 10
- **Elementary Level 3:** \$50 per pack of 10
- **Middle School Level 1:** \$60 per pack of 10
- **Middle School Level 2:** \$50 per pack of 10
- **Middle School Level 3:** \$40 per pack of 10
- **e-LST Middle School:** \$100 per pack of 10 (Student Keys)
- **High School:** \$60 per pack of 10
- **e-LST High School:** \$100 per pack of 10 (Student Keys)

Training (Preferred)

Onsite Training Cost: None. VFHY provides requested training to VFHY funded grantees

Training Duration: 6 hours

Minimum/Maximum Number of training participants: Minimum 6/Maximum 20

Is the program available in Spanish? Spanish language support is available for the LST Elementary and LST Middle School program levels.

PROGRAM REPLICATIONS CONTACT INFORMATION

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PROGRAM CONTACT

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ADDITIONAL INFORMATION

Website: lifeskillstraining.com

Does the program include a vaping module and/or up to date information on vaping? If so which lessons?

The LST program materials focus on smoking, but a free resource is available (Botvin Health Connections: Electronic Cigarettes and Vaping) to help teachers incorporate this topic into strategically selected lessons. **Note:** The LST Smoking and Biofeedback video (Middle School Level 1) will be updated to include content for nicotine-based products (including e-cigs/vaping). Scheduled for Fall 2020.

e-LST contains a Smoking unit that introduces content related to e-cigarettes and vaping.

Can the program be implemented virtually? If so, please explain or provide a link which outlines the virtual process.

Yes. The LST program implementation materials are available in Print + Secure PDF for 2020-2021. When a site orders student implementation material, they may request access to the Secure PDF Student Guide (available for all LST Levels). However, a new remote teaching version of LST is available (e-LST). e-LST Middle School 1 is an adaptation of the LST Middle School 1 print program and is specifically designed for hybrid (in-person and online) or remote teaching (via a Learning Management System). e-LST High School is also available (early 2021).

Does the program allow an organization staff member to obtain "Train the Trainer" status to train future facilitators? If so, what is the cost and process? (You can also provide a link which outlines the process).

Yes. The LST Training of Trainers (TOT) workshop is available. It is a 2-day onsite training held either at a specific location or at the Botvin LST Offices in NY. The minimum requirements are: (1) Successfully complete an LST Teacher Training workshop; onsite or online, (2) Teach one level of the LST program in-person (any level), and successfully complete the 2-day TOT Workshop.

More information is available at the Life Skills Training website.
<https://www.lifeskillstraining.com/wp-content/uploads/2018/08/Training-of-Trainers-TOT-workshop-overview.pdf>

BRIEF PROGRAM DESCRIPTION

CATCH My Breath is a peer-reviewed, evidence-based youth vaping prevention program developed by The University of Texas Health Science Center at Houston (UTHealth) School of Public Health. The program provides up-to-date information to teachers, parents, and health professionals to equip students with the knowledge and skills they need to make informed decisions about the use of e-cigarettes, including JUUL devices and disposables. CATCH My Breath utilizes a peer-led teaching approach and meets National and State Health Education Standards.

SPECIFIC OUTCOMES

If implemented with fidelity, the program has shown a 45% reduction in intention to vape among students.

Specific Tobacco Control Lessons and Outcomes: All of our lessons are around e-cigarette prevention and address tobacco control. We discuss health and social consequences, media marketing and advertising, resisting peer pressure and tobacco laws and regulations.

AUDIENCE CHARACTERISTICS

Age Range: 10-18

Grade Level: 5-12

PROGRAM DETAILS

Type of Program: Nicotine vaping prevention

Minimum/Maximum Class Size: Minimum 5/Maximum 35

Number of Program Lessons: 4 per grade level

Minimum Number of Lessons Required to Achieve Fidelity: 4

Length of Each Lesson: 30-40 minutes

Frequency of Implementation: 1 time per week

Duration of Implementation (in weeks): 4 weeks

Recommended Intervention Site(s): School and community

HOW IT WORKS

Over four sessions, students will learn how e-cigarettes work and investigate the harmful effects of the ingredients contained in e-cigarette liquid. Through a series of activities, students will examine current use rates, reasons why their peers might use e-cigarettes, and negative social and health consequences, including potential disease and death. They will learn and practice refusal skills and exit strategies to use when they are pressured to use an e-cigarette. Students will also learn to identify marketing strategies used by tobacco and vape companies and will create their own e-cigarette warning labels to counteract the influence of ads. After presenting their warning labels to their peers, students will write action plans that clearly communicate their choices with regards to e-cigarettes and vaping.

IMPLEMENTATION ESSENTIALS

To Replicate with Fidelity: Instructors must deliver the four lessons, as written, once per week over four consecutive weeks.

MATERIALS AND TRAINING

Required Materials and Cost: \$0

Optional Materials and Cost: Posters \$49 for a set of 12 posters, \$25 per user for one year of access to recorded 6th grade lessons.

Training Requirement: Training is not required, but has been found beneficial to many educators.

If training is required, please provide the following:

- **Training Cost:** \$50 / Registrant
- **Training Duration:** 1.5 Hours
- **Min/Max Number of training participants:** 1

Is the program available in Spanish? No.

TRAINING & PROGRAM INFORMATION CONTACT:

Marcella Bianco
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MATERIAL INFORMATION CONTACT:

Patricia Stepaniuk
Sr. Program Coordinator
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PROGRAM REPLICATIONS CONTACT INFORMATION:

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Bryan.Austin@rhanet.org

Stephanie Beguin-Howard
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ADDITIONAL INFORMATION

Website address: www.catchmybreath.org

Does the program include a vaping module and/or up to date information on vaping? If so which lessons?

Yes, the program includes vaping prevention in all four lessons, in every grade.

Can the program be implemented virtually? If so, please explain or provide a link which outlines the virtual process.

Yes, the program can be implemented virtually. The ultimate implementation method and plan is left to each educator, however, CATCH My Breath has provided general virtual implementation recommendations.

Does the program allow an organization staff member to obtain "Train the Trainer" status to train future facilitators? If so, what is the cost and process? (You can also provide a link which outlines the process).

Yes, the program allows an organization staff member to obtain "Train the Trainer" status to train future facilitators. The cost is \$300 per participant. The participant may register for an open training session which lasts a total of 5 hours, spread over two consecutive business days. More information can be found at: <https://www.catch.org/bundles/23725>

NOTE

INDEPTH is an Alternative to Suspension Program. Once students complete the 4 INDEPTH sessions, they must be offered Not On Tobacco, a 10 session cessation program. Organizations administering these programs may not mandate attendance at the Not On Tobacco program, as this program is voluntary. VFHY expects that a higher number of students will receive INDEPTH programming than Not On Tobacco, as some students will refuse to participate in the cessation program. Applicants must be trained in, and prepared to implement, both the INDEPTH and NOT programs in order to receive funding from VFHY.

BRIEF PROGRAM DESCRIPTION:

INDEPTH® (Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health) program is an alternative to suspension or citation program that is offered as an option to middle and high school students who face suspension for violation of school tobacco use policies.

LIST SPECIFIC PROGRAM OUTCOMES

INDEPTH is an intervention program, and steps toward cessation are strongly encouraged. The program is geared towards youth and focuses on tobacco use, nicotine dependence, establishing healthy alternatives and making the change to be free of all tobacco products, including e-cigarettes, through discussion and activities. Students may decide to quit or reduce their tobacco/nicotine use as result of their participation in the program. Once students complete INDEPTH, they should be referred to Not On Tobacco (N-O-T), a youth tobacco cessation program.

Describe specific tobacco control outcomes produced by implementing the program with fidelity:

- Promote tobacco use cessation among adults and youth – INDEPTH is a signature program of the American Lung Association and includes intervention.
- Eliminate exposure to Secondhand Smoke (SHS)
 - Fewer smokers create less SHS smoke.
- Identify and eliminate tobacco-related disparities – The program has been piloted in diverse settings, and the American Lung Association is committed to serving youth in underserved areas and a variety of settings.
- Development of a statewide infrastructure for tobacco use, prevention, and control – Collaboration with the VDH has been successful, and the American Lung Association seeks to develop a smoking cessation partnership to maintain parity throughout the state.



List

Specific Tobacco Control Lessons and Outcomes:

Each session addresses the Tobacco Control Project's long-term goals and includes the latest information on vaping.

Content Overview/Objectives:

- **Session 1: Getting the Facts To help participants**
 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: Nicotine Dependence To help participants**
 1. Understand addiction and other harmful effects of vaping and tobacco product use.
 2. Assess their own vaping/tobacco product use.
 3. Identify activities that "trigger" their urges to use these products.
- **Session 3: Alternatives to Vaping/Tobacco Product Use To help participants:**
 1. Develop strategies to cope with the urge to use tobacco products including e-cigarettes.
 2. Develop their own vision of a healthy lifestyle.
- **Session 4: Past, Present, Future To help participants**
 1. Understand the process of change.
 2. Look at the big picture.

AUDIENCE CHARACTERISTICS

Age Range: 14-19

Grade Level: Middle and High School Students (6th-12th grades)

PROGRAM DETAILS

Type of Program: Intervention

Minimum/Maximum Class Size: Either a one-on-one or group (2-10 students) format

Number of Program Lessons: 4 sessions

Minimum Number of Lessons Required to Achieve Fidelity: 4 sessions

Length of Each Lesson: 50 minutes

Frequency of Implementation: One session per week

Duration of Implementation (in weeks): 4 weeks

Recommended Intervention Site(s): Schools and community sites

HOW IT WORKS:

INDEPTH is taught by any trained adult in four, 50-minute sessions. Each session addresses a different tobacco-related issue and can be facilitated either one-on-one or in a group setting. The goal of every program is to educate students about nicotine dependence and cravings and ultimately guide them through the process of identifying their own reasons for chewing, smoking or vaping tobacco products.

Although INDEPTH is not a cessation program, 60 percent of student participants reported that they were willing to quit using tobacco products after completing the program.

IMPLEMENTATION ESSENTIALS:

To Replicate with Fidelity: INDEPTH must be offered in four sessions. One staff member who has completed the INDEPTH Facilitator Training may implement the program.

MATERIALS AND TRAINING

Required Materials and Cost:

- All materials may be downloaded by the facilitator.

Training Requirement (Required):

- **Training Cost:** Free
- **Training Duration:** 1 hour (3-year certification)
- **Minimum/Maximum Number of training participants:** Because the training is completed online, there are no maximum or minimum number of training participants.

Is the program available in Spanish? No

PROGRAM, MATERIAL AND PROGRAM REPLICATIONS CONTACT

Deborah Seals
1970 Skyview Trail
Martinsville, VA 24112
(O) 202-719-2809 | (C) 276-7328798
deborah.seals@lung.org

ADDITIONAL INFORMATION

Website address: www.lung.org

Does the program include a vaping module and/or up to date information on vaping? If so which lessons?

The program includes vaping/e-cigarette information throughout.

Can the program be implemented virtually? If so, please explain or provide a link which outlines the virtual process.

Yes, the program can be implemented virtually if in-person implementation is not feasible. Facilitators, school districts, and other youth serving organizations can work together to develop a plan to offer the program virtually.

Does the program allow an organization staff member to obtain "Train the Trainer" status to train future facilitators? If so, what is the cost and process?

Facilitator Training for INDEPTH is offered virtually. There is no fee for INDEPTH Facilitator Training. <https://lung.training/courses/indepth.html>

BRIEF PROGRAM DESCRIPTION:

Not On Tobacco (N-O-T®) is a youth cessation program for youth 14-19 years old, offered as voluntary quit tobacco use program for youth who are ready to begin their quit journey. Unlike other cessation programs which simply modify adult curriculum, N-O-T was designed with teenagers in mind and addresses issues that are specifically important to them. The program takes a holistic approach with each session using different interactive learning strategies based on Social Cognitive Theory of behavior change that can then be applied and practiced in everyday life and encourages a voluntary change participants.

LIST SPECIFIC PROGRAM OUTCOMES

N-O-T is an evidence-based program with an impressive success rate, with approximately 90 percent of teens who participate in the program cutting back or quitting tobacco all together. Post program, N-O-T participants have been shown to have better grades, higher motivation, fewer absences, better relationships with teachers and fewer school tobacco use policy violations.

N-O-T Primary Outcomes - Help teens:

- Quit using all tobacco products, including e-cigarettes.
- Reduce tobacco consumption per day by those who are unable to quit.

Secondary Outcomes - Teens will:

- Increase healthy lifestyle behaviors in the areas of physical activity and nutrition.
- Enhance their sense of self-control.
- Improve life skills such as stress management, decision making, coping and interpersonal skills.
- Increase accurate knowledge about the harms of tobacco and nicotine dependence.

Describe specific tobacco control outcomes produced by implementing the program with fidelity:

- Promote tobacco use cessation among adults and youth – N-O-T is a Signature Programs that includes intervention and cessation.
- Eliminate exposure to SHS smoke – Quitting smoking eliminates SHS smoke.
- Identify and eliminate tobacco-related disparities – N-O-T has been piloted in diverse settings, and the American Lung Association is committed to serving youth in underserved areas and in a variety of settings.
- Development of a statewide infrastructure for tobacco use, prevention, and control – Collaboration with the VDH has been successful, and the American Lung

Association seeks to develop a smoking cessation partnership to maintain parity throughout the state.

List specific program lessons that address tobacco control.

Each N-O-T session supports the long-term goals of the Tobacco Control Project:

- **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

AUDIENCE CHARACTERISTICS

Age Range: 14-19

Grade Level: Middle and High School Students (6th through 12th grades)

PROGRAM DETAILS

Type of Program: Cessation

Minimum/Maximum Class Size: Minimum 6/Maximum 10

Number of Program Lessons: 10 sessions

Minimum Number of Lessons Required to Achieve Fidelity: 10 sessions

Length of Each Lesson: 50 minutes

Frequency of Implementation: One session per week

Duration of Implementation (in weeks): 9-10 weeks

Recommended Intervention Site(s): Schools and community sites

HOW IT WORKS

N-O-T is an easy-to-use program that helps teens quit by addressing total health in order to develop and maintain positive behaviors. Participants will talk about the importance of physical activity, nutrition, enhancing their sense of self-control, and improving life skills such as stress management, decision making, coping and interpersonal skills. Additionally, they will learn to identify their reasons for tobacco use, healthy alternatives to tobacco use and finding people who will support them in their efforts to quit.

IMPLEMENTATION ESSENTIALS:

To Replicate with Fidelity: N-O-T must be offered in 10 sessions.

However, the program may be completed with two sessions per week. One trained staff member may implement the program.

MATERIALS AND TRAINING

Required Materials and Cost:

- Participant workbooks and other materials are downloadable by the facilitator.

Optional Materials and Cost:

- Program supplies, recruitment tools, refreshments during sessions, quit packs, incentives (approximately \$50 per student)

Training Requirement (Required)

If training is required, please provide the following:

- **Training Cost:** \$400 cost for training
- **Training Duration:** 5-hour, online on-demand, self-paced program (3-year certification)
- **Min/Max Number of training participants:** The training is online; therefore there is not a minimum or maximum number of participants.

Is the program available in Spanish? No

PROGRAM REPLICATIONS CONTACT INFORMATION

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ADDITIONAL INFORMATION

Website address: www.lung.org

Does the program include a vaping module and/or up to date information on vaping? If so which lessons?

Yes. N-O-T includes up-to-date vaping information. The updated 2020 N-O-T revision goes beyond cigarette smoking to include all tobacco products, with an increased focus on nicotine dependence, e-cigarettes, and multiple tobacco product use. Each session includes a segment that addresses vaping and some sessions focus almost entirely on vaping:

- **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 10:** Staying Committed to Quitting

Can the program be implemented virtually? If so, please explain or provide a link which outlines the virtual process.

Yes, the program can be implemented virtually if in-person implementation is not feasible. Facilitators, school districts, and other youth serving organizations can work together to develop a plan to offer the program virtually.

Does the program allow an organization staff member to obtain "Train the Trainer" status to train future facilitators? If so, what is the cost and process? (You can also provide a link which outlines the process).

N-O-T Facilitator Training is offered virtually. The fee for N-O-T Training is \$400 and includes all of the materials necessary to implement the program.

For more information visit the American Lung Association website.
<https://lung.training/courses/not-on-tobacco.html>

BRIEF PROGRAM DESCRIPTION

The Tobacco Prevention Toolkit is a theory-based and evidence-informed educational resource created by educators and researchers aimed at preventing middle and high school students' use of tobacco and nicotine products.

SPECIFIC OUTCOMES

The Stanford research team recently published a scientific paper in Addictive Behaviors publication titled: "School-based e-cigarette education in Alabama: Impact on knowledge of e-cigarettes, perceptions and intent to try" <https://www.sciencedirect.com/science/article/pii/S0306460320306493>

This study demonstrates that school-based, one-session e-cigarette education based on the Stanford Tobacco Prevention Toolkit curriculum was associated with improved knowledge about e-cigarettes, perceptions of harmfulness and addictiveness and lower intent to try e-cigarettes. Middle school students had lower levels of knowledge and higher intent to try tobacco products compared to high school students. Educating middle school students about e-cigarette contents, harms and addictiveness may prevent or delay e-cigarette and even cigarette use. This study may be utilized to expand and refine curricula specifically on e-cigarettes, by focusing on mint/menthol flavors and tailoring education to middle school students. Future research may also include a controlled experimental study to examine further effectiveness of e-cigarette education.

We are also evaluating longer versions of our curriculum including the e-cigarette curriculums, and conducting a randomized control trial to determine the effectiveness of the Toolkit curriculum on short- and long-term outcomes.

Describe specific tobacco control outcomes produced by implementing the program with fidelity:

- Participants of the Toolkit curriculum are expected to have more negative attitudes towards and perceptions of tobacco including e-cigarettes, have lower intentions to use, and ultimately refrain from using or stop using e-cigarettes.

List specific program lessons that address tobacco control.

- All of our lessons address tobacco control.

AUDIENCE CHARACTERISTICS

Age Range: Middle School-High School Students

Grade Level: 6-12

PROGRAM DETAILS

Type of Program: Prevention

Minimum/Maximum Class Size: N/A

Number of Program Lessons:

- **Tobacco Prevention Toolkit Core Curriculum contains:**
 - **Healthy Futures:** An Alternative-to-Suspension Curriculum
 - **5-Session Sample Curriculum**
 - **Vaping Prevention:** A Self-Paced Online Course
- **We also offer the Cannabis Awareness and Prevention Toolkit:**
 - **Cannabis Awareness & Prevention:** A Remote-Learning Curriculum

Minimum Number of Lessons Required to Achieve Fidelity:

VFHY requires at least 5 sessions.

Length of Each Lesson: Varies

Frequency of Implementation: Dependent on time constraints and needs of educators

Duration of Implementation (in weeks): One week – entire semester. Dependent on time constraints and the needs of the community served.

Recommended Intervention Site(s): School and community

HOW IT WORKS:

The Tobacco Prevention Toolkit is an educational resource that can be adapted to fit the individual needs of educators and students in all types of settings, including elementary, middle and high schools; community-based organizations; and health-related agencies.

Educators are encouraged to pick and choose which lessons will be most useful for their students and adapt activities to suit their needs. You will find that the PowerPoints, worksheets, and activities can all be altered as desired. Please also review the Crash Courses included in certain modules for more information for educators and parents, and please see the Resources section that provides additional information and websites that are relevant to educators, parents, youth, and others who are interested.

Presently we offer a vaping Prevention Online Course to meet the needs of educators who are teaching remotely due to the current circumstances that Covid-19 has created. This curriculum has two versions: the open version and the linear version. The open version is led by an educator; the linear version is self-paced and completed independently by students.

IMPLEMENTATION ESSENTIALS:

The Tobacco Prevention Toolkit is an educational resource that can be adapted to fit the individual needs of educators and students in all types of settings, including elementary, middle and high schools; community-based organizations; and health-related agencies.

Educators are encouraged to pick and choose which lessons will be most useful for their students and adapt activities to suit their needs. You will find that the PowerPoints, worksheets, and activities can all be altered as desired. Please also review the Crash Courses included in certain modules for more information for educators and parents, and please see the Resources section that provides additional information and websites that are relevant to educators, parents, youth, and others who are interested.

MATERIALS AND TRAINING

- **Required Materials and Cost:** None
- **Optional Materials and Cost:** None

Training Requirement: Not required but the Toolkit training team is available to train. At this time the training will be solely via Zoom.

- **Training Cost:** Free
- **Training Duration:** 90 minutes
- **Minimum/Maximum Number of training participants:** 30-40

Is the program available in Spanish? We offer a one session curriculum available in Spanish at this time.

PROGRAM CONTACT

Training & program Information Contact:

Sheila McLaughlin
Associate Director of Outreach and training scheduler
Sheila2@stanford.edu

Richard Ceballos III
Co-Director of the Tobacco Prevention Toolkit
rceb3@stanford.edu

ADDITIONAL INFORMATION

Website: med.stanford.edu/tobaccopreventiontoolkit/about.html

Does the program include a vaping module and/or up to date information on vaping? If so which lessons?

Yes, we have entire curriculums and a module dedicated to vaping prevention and cessation, including a curriculum called Health Futures to help reduce use among youth already using. The program includes up to date information on vaping and includes the latest information on the relationship between tobacco/vaping use and Covid-19 among youth.

Can the program be implemented virtually? If so, please explain or provide a link which outlines the virtual process.

Yes. Please see the Vaping Prevention Online Course here: <http://med.stanford.edu/tobaccopreventiontoolkit/curriculums/Remote-LearningCurriculum.html>

Does the program allow an organization staff member to obtain "Train the Trainer" status to train future facilitators? If so, what is the cost and process? (You can also provide a link which outlines the process). Yes, we offer trainings to specifically Train the Trainers be they educators and/or health care providers among others.

There is no cost for the training. Submitting a training request begins the process. Here is a link to the Training Request Form: https://docs.google.com/forms/d/e/1FAIpQLSfgZ982t2lqLjHYfUUUGoWlg1-hagnExd3RkSVoatdfXI_BGQ/viewform

BRIEF PROGRAM DESCRIPTION

Developed by the Mendez Foundation, Too Good for Drugs (TGFD) is a school-based prevention program proved to reduce the intent to use alcohol, tobacco and illegal drugs among kids in grades K-12.

SPECIFIC OUTCOMES

TGFD reduced students' intentions to smoke cigarettes, drink alcohol and smoke marijuana.

Specific Tobacco Control Lessons and Outcomes:

- **Specific Lessons**
 - o Grade K, Lesson 9: Keep Out!
 - o Grade 1, Lesson 9: Curious Carmen
 - o Grade 2, Lesson 9: Chasing Your Tail
 - o Grade 3, Lesson 10: It Still Stinks!
 - o Grade 4, Lesson 8: No Butts About It
 - o Grade 5, Lesson 9: Smoke Screen
 - o Grade 6, Lesson 7: A Dead End
 - o Grade 7, Lesson 7: A Toxic Waste
 - o Grade 8, Lesson 7: The Social Hacker
 - o High School, Lesson 7: Vaporware

Tobacco Control Outcomes: Students who have completed the program will be less likely to use tobacco products.

AUDIENCE CHARACTERISTICS

Age Range: 5-18

Grade Level: K-12

PROGRAM DETAILS

Type of Program: Prevention

Audience Size: Minimum 10/Maximum 36

Number of Lessons: 10

Minimum Number of Lessons Required to Achieve Fidelity: 10

Length of Each Lesson: 30-50 minutes

Frequency of Implementation: One lesson per week

Duration of Implementation: 10 weeks

Recommended Intervention Site(s): School and community

HOW IT WORKS

TGFD uses the following research-based strategies proven effective in classroom settings:

- Multi-lesson, multi-grade level programming (10 lessons/K-12).
- Normative education provides accurate information about the percentage of youth who use drugs and the percentage who would disapprove if their friends used drugs.
- Information on harmful effects of drug use raises students' perception of risk.



- Pro-social skills development features goal-setting, decision-making, coping, communication and peer-refusal skills.
- Diverse roleplay situations relating to substance use and associated problem behaviors provide many opportunities for practice.
- Cooperative learning promotes pro-social skills and academic development.
- Parental involvement is encouraged through a parental component that promotes discussion and reinforces concepts/skills students learn in TGFD.

IMPLEMENTATION ESSENTIALS

To Replicate with Fidelity:

- Conduct one lesson per week for 10 weeks (K-12).
- Teach the full scope and sequence of the program.
- Appoint a schoolwide TGFD coordinator and grade-level coordinators, if desired.
- Utilize curriculum materials and workbooks.

Program Evaluation Tools Available? Yes, pre-/post-test in each curriculum

MATERIALS AND TRAINING

Required Materials:

Each kit includes one teacher's manual, reusable materials for a class size of 24 and one pack of 30 student workbooks

- **Kindergarten and First Grade Kits:** \$245.95
- **Second through Eighth Grade Kits:** \$295.95
- **High School Kit:** \$425.95
- **Additional Student Workbooks:**
 - **Grades K-3:** \$39.95 per pack of 30
 - **Grades 4-12:** \$49.95 per pack of 30

Training (Preferred)

- **Training Cost:** No cost to VFHY-funded grantees. VFHY will provide required training.
- **Training Duration:** Seven hours
- **Minimum/Maximum Number of Training Participants:** Minimum 10/Maximum 30

Is the program available in Spanish? Spanish student workbooks available for in packs of 5. Home workouts can also be downloaded in Spanish.

PROGRAM REPLICATIONS CONTACT INFORMATION

Kerry Davis
Northumberland Drug & Alcohol
271 North Center Street
Sunbury, PA
(570) 988-4100
kerry.davis@norrycopa.net

Nancy Hale or Melinda Kincer
Operation UNITE
350 CAP Drive
London, KY
(606) 330-1400
nhale@centertech.com
mkincer@centertech.com

PROGRAM CONTACT

For program and materials information, contact:

Thad Matzke
The Mendez Foundation
200 Ottley Drive NE
Atlanta, GA 30324
Phone: (800) 750-0986 ext. 243
tmatzke@mendezfoundation.org

For training information, contact:

Cindy Swartzwelder
The Mendez Foundation
4915 West Cypress Street
Tampa, FL 33607
Phone: (800) 750-0986 ext. 206
cwiley@mendezfoundation.org

ADDITIONAL INFORMATION

Website: toogoodprograms.org

ASCA Mindsets & Behaviors and National Health Standards:

<https://toogoodprograms.org/pages/academic-alignment>

Does the program include a vaping module and/or up to date information on vaping? If so which lessons?

Yes, all of the lessons listed above have age appropriate, developmentally appropriate information about Vaping and ENDS.

Can the program be implemented virtually? If so, please explain or provide a link which outlines the virtual process.

We have provided adaptation suggestions for virtual learning and for social distancing. Information can be found here: <https://toogoodprograms.org/pages/remote-learning-resources>

Does the program allow an organization staff member to obtain "Train the Trainer" status to train future facilitators? If so, what is the cost and process? (You can also provide a link which outlines the process).

Yes, someone can become a TOT for their specific organization or school district only. The cost is \$1,000.00 per person. To attend a Training of Trainers (TOT) session, participants must meet these prerequisites:

- Complete a Curriculum Training session conducted by a Mendez Foundation Trainer within the past two years. Attendance at a curriculum training conducted by a Too Good Certified Trainer (TOT) does not satisfy this requirement.
- Experience in implementing a minimum of one grade level of the program(S) seeking certification: *Too Good for Drugs K-8*, *Too Good for Violence K-8* or one complete program implementation of *Too Good for Drugs & Violence High School* or *Too Good for Drugs & Violence After-School Activities*.
- Upon completion of a TOT session, you will be certified to train in your organization or district in the *Too Good* programming in which you have received

curriculum training and completed program implementation. TOT Certifications are valid for three years. Too Good Program Trainers must complete re-certification training to maintain certification.

Too Good for Drugs & Violence High School

You might choose to implement the Too Good For Drugs & Violence High School program which provides 5 additional lessons (15 lessons total) in lieu of the 10 lesson Too Good for Drugs High School program. Both programs prepare students with the skills they need for academic, social, and life success.

The Too Good For Drugs & Violence High School program includes interactive games and activities that provide practical guidance on dating and relationships, building healthy friendships, and refusing negative peer influence. Lessons foster analysis and discussion of the effects of ATOD use as well as prescription and OTC drug use and various nicotine delivery devices. Students also analyze the impact of social media on decision making, reaching goals, and self identity.

Students learn how to navigate the challenges of social and academic pressures like making responsible decisions, managing stress and anger, reflecting on personal relationships, and resolving conflicts. The lessons use collaborative and experiential learning strategies to help students practice the skills proven to prevent violence and other risky behaviors.

Program Outcomes

Both evidence-based programs:

- Reduce students' intentions to smoke cigarettes, drink alcohol and smoke marijuana.
- Increase students' personal and social skills.
- Incorporate Social Emotional Learning (SEL) principals and concepts in the programs.
- Mitigate student's problem behaving by providing opportunities for pro-social involvement, establishing positive norms including healthy beliefs and clear standards and promoting bonding to pro-social peers.

BRIEF PROGRAM DESCRIPTION

RSAP is a multicomponent substance use prevention and early intervention program for high risk, multi problem youth in residential facilities for adolescents with mental health, behavioral, family problems and or conflicts with the law.

SPECIFIC OUTCOMES

For youth who reported using substances in the past 30 days at the pretest, their posttest reports of use in the past 30 days demonstrated that:

- 72.2% reported no longer using alcohol
- 58.8% reported no longer using marijuana
- 26.9% reported no longer using tobacco

For youth not reporting use at pretest, data regarding past 30-day use at posttest revealed that:

- 81.8% remained nonusers of alcohol
- 83.3% remained nonusers of marijuana
- 78.4% remained nonusers of tobacco



AUDIENCE CHARACTERISTICS

Age Range: 12-19

Grade Level: 7-12

PROGRAM DETAILS

Type of Program: Prevention

Audience Size: 3 - 6 teens

Number of Lessons: 6 - 8

Minimum Number of Lessons Required to Achieve Fidelity: 6

Length of Each Lesson: 30 - 40 min

Frequency of Implementation: Flexible, but ideally 2 - 3 per week

Duration of Implementation: Flexible, but ideally 2 - 4 weeks

Recommended Intervention Site(s): School

HOW IT WORKS

A trained full or part-time counselor implements all components of the prevention program in the residential youth facility.

- Prevention Curriculum
- Individual and Group Counseling
- Staff Training and Consultation
- Referrals for 12-Step Programs and Treatment
- Environmental Strategies

IMPLEMENTATION ESSENTIALS

To Replicate with Fidelity:

The trained full or part-time counselor should not have any other responsibilities other than implementing the program. Qualifications include experience counseling adolescents and substance use prevention or treatment experience.

Program Evaluation Tools Available?

Yes, there is a pre and post test survey for the Prevention/Education Series (the curriculum) and a pre and post test questionnaire that can be used to evaluate the counseling component of the program. These are included in the manuals.

Residential Student Assistance Program (RSAP)



MATERIALS AND TRAINING

Required Materials: Implementation Manuals \$175 includes postage and may be copied

Optional Materials and Cost: Data Collection Log \$50 includes postage

Training Requirement: Preferred

Training Cost: \$350 per person, or \$4200 for in person or \$3000 for virtual training for up to 30 people

Training Duration: 18 hours

Min/Max Number of training participants: 30 people maximum, no minimum

Is the program available in Spanish? No

PROGRAM CONTACT

For program and materials information, contact:

Training & program Information Contact
Christine D'Annibale
cdannibale@sascorp.org
914-332-1300

Website address: www.sascorp.org

For training information, contact:

Christine D'Annibale
cdannibale@sascorp.org
914-332-1300

ADDITIONAL INFORMATION

Website: www.sascorp.org

Does the program include a vaping module and/or up to date information on vaping? If so which lessons?

Yes, "E – Cigarette Ingredients", "Escape the Vape" Included in topic 2 of the curriculum.

Can the program be implemented virtually? If so, please explain or provide a link which outlines the virtual process.

Yes, the link is only for people who have purchased the Implementation Manual.

Does the program allow an organization staff member to obtain "Train the Trainer" status to train future facilitators? If so, what is the cost and process? (You can also provide a link which outlines the process).

No



2020

COMPENDIUM OF PROGRAMS

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Abridged for Targeted Grant