

N-O-T

A total health approach to helping teens stop smoking

N-O-T is the only teen smoking cessation program recognized as a Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services, Model Program.

N-O-T is Not On Tobacco, the American Lung Association's cessation program designed to help teen smokers ages 14 to 19:

- Quit smoking completely or reduce the number of cigarettes smoked
- Increase healthy lifestyle behaviors
- Improve life skills

N-O-T Program Components:

- 10-session curriculum and four optional booster (follow-up) sessions
- Uses a set of criteria guidelines for the facilitator selection
- Standardized facilitator training in nicotine addiction, curriculum content and implementation, and group process
- Gender-sensitive curriculum with targeted resources for boys and girls
- Specifically designed and tested for the teen population
- Incorporates awards and incentives
- Emphasizes stress management and daily life management skills
- Includes an evaluation protocol and tools to measure progress on a local level
- Includes a mental health referral protocol
- Supports youth involvement

How N-O-T is implemented :

- By teachers, counselors, nurses or other health educators,
- through non-punitive recruitment and self-referral from youth,
- holding meetings once a week for 10 weeks, plus four booster sessions when possible, and
- meeting in small private groups separated by gender when possible.

Evaluation of N-O-T:

National evaluation results show:

- Of teens using N-O-T, 22% were smoke-free six months after the program ended.
- Of those who were not able to quit, 65% reduced their smoking on weekdays and 75% on weekends.
- 55% of participants reported feeling better about themselves as a result of the N-O-T program.



Vermont Summary 2007-2008

At the end of ten weeks,

69% of participants reported that N-O-T was moderately important to extremely important when helping them quit smoking and....

- **39% exercise more**
- **16% get better grades**
- **16% go to school more**
- **32% eat better**
- **24% made new friends**
- **43% feel better about self**
- **52% deal better with stress**
- **32% deal better with family and friends**

83% reported that they were at least somewhat confident that they could continue to smoke less or remain a non-smoker!

For more information about **N-O-T**, please contact the American Lung Association of Vermont at 800-LUNG USA

N-O-T is funded by the
Vermont Department of Health