



## Utah State Board of Education

### Best Practices and Resources Library

Alcohol, tobacco, and electronic cigarette prevention and cessation interventions

[Utah Code Section 53G-10-405\(4\)](#)

#### Intervention/Cessation Resources

##### Tobacco & E-Cigarette Intervention/Alternatives to Suspension Resources

Program Name	Program Description	Program Effectiveness
<a href="#">ASPIRE: MD Anderson Cancer Center</a> All Utah schools can access ASPIRE through their local health department.	This is a free, bilingual, online tobacco prevention and cessation curriculum for teens. The interactive online tool has eight modules and explains the dangers of tobacco and nicotine use, so teens never use tobacco products. Or, if they already do, ASPIRE provides information and ways to quit.	An evidence based program. <a href="#">Evidence-Based Cancer Control Programs (EBCCP)</a>
<a href="#">Healthy Futures: Stanford Medicine</a>	Free curriculum provided to school or community facilitators that can be used in a one-on-one or group setting. Curriculum has one-hour, two-hour, and four-hour options. The curriculum includes education on the risks & costs associated with tobacco and e-cigarette use.	Theory-based and evidence-informed. <a href="#">About   Tobacco Prevention Toolkit</a>

		<a href="#">  Stanford Medicine</a>
<a href="#">INDEPTH: An Alternative to Teen Nicotine Suspension or Citation</a>	Free curriculum provided to school or community facilitators that is meant to be delivered in four 50 minute group sessions. The goal of every program is to educate students about nicotine addiction and cravings and ultimately guide them through the process of identifying their own reasons for chewing, smoking or vaping tobacco products.	An evidence based program <a href="#">INDEPTH</a> .

## Tobacco & E-Cigarette Cessation Resources

Program Name	Program Description	Program Effectiveness
<a href="#">My Life My Quit</a> Call or Text "Start My Quit" to 855-891-9989 to sign up.	Get help quitting nicotine, vaping and other tobacco products with the help of a coach.	Uses best practices for youth ages 13-17.
<a href="#">N-O-T: Not On Tobacco- Proven Teen Smoking and Vaping Cessation Program</a>	School based smoking cessation program designed for teens who are daily smokers. The program consists of 10 weekly 50 minute sessions.	An evidence based program. <a href="#">Evidence-Based Cancer Control Programs (EBCCP)</a>

<a href="#">See Through The Vape</a>	<p>Get help quitting nicotine, vaping and other tobacco products.</p> <p>Visit the website for research informed tips on quitting and to sign up for a free quit coach.</p>	<p>Evidence informed.</p>
<a href="#">SmokeFree Teen</a>  Download the app or text "QUIT" to 47848 to sign up.	<p>Chat online or over the phone with an expert.</p>	<p>Evidence informed.</p>
<a href="#">This is Quitting</a>  Text DITCHVAPE to 88709 to sign up.	<p>This is a free mobile program designed to help young people quit vaping. The first-of-its-kind text messaging program incorporates messages from other young people like them who have attempted to, or successfully quit, e-cigarettes.</p>	<p>Evidence based tips and strategies are sent to quit and stay quit.</p>
Utah Tobacco Quit-Line 1-800-QUIT-NOW	<p>The Utah Tobacco Quit Line (1-800-Quit-Now) is a free telephone coaching program that can help tobacco users end their addiction. Youth receive 5 calls with a quit coach.</p>	<p>Uses best practices for young adults ages 18-24 and adults.</p>
<a href="#">Way to Quit</a>	<p>Get help quitting nicotine, vaping and other tobacco products.</p> <p>Visit the website for research informed tips on quitting and to sign up for a free quit coach.</p>	<p>Evidence informed.</p>

## Underage Alcohol Intervention/Treatment Resources

Program Name & Access Information	Program Description	Program Effectiveness
<p><a href="#">Prime For Life</a></p> <p>Or contact <a href="#">your Local Substance Abuse Area Authority</a>.</p>	<p>Prime For Life is an evidence-based motivational prevention, intervention and pretreatment program specifically designed for people who might be making high-risk choices. This includes but is not limited to impaired driving offenders, college students, and young people charged with alcohol and/or drug offenses.</p>	<p>Evidence based:  <a href="#">Youth Evaluations</a>  <a href="#">Prime For Life</a></p>
<p><a href="#">United Way 211 Treatment Resource List</a></p> <p>Or call 211 and ask for alcohol treatment options in the area.</p>	<p>Database of local resources.</p>	

## Prevention Resources

### Underage Alcohol Prevention Resources

Program Name	Program Description	Program Effectiveness
<p><a href="#">Botvin LifeSkills Training</a></p> <p>For questions regarding delivering the training to the required grades, contact <a href="mailto:prevention@schools.utah.gov">prevention@schools.utah.gov</a>.</p> <p>For information on adding Botvin LifeSkills training to additional grades, visit Botvin LifeSkills Training.</p>	<p>This program teaches students skills to resist social (peer) pressures to smoke, drink and effectively cope with anxiety. It provides education on immediate consequences of substance use and helps students develop greater confidence and self-esteem.</p> <p>All students in 4th or 5th grade, 7th or 8th grade and 9th or 10th grade should be offered this approved prevention program with the addition of the electronic cigarette &amp; vaping resource insert.(<a href="#">53G-10-406</a>,<a href="#">R277-910</a>)</p>	<p><i>Certified Model+ Program on</i> <a href="#">Blueprints for Healthy Youth Development</a></p>
<p><a href="#">Good Behavior Game   United States   PAXIS Institute</a></p>	<p>A classroom behavior management game, providing a strategy to help elementary teachers reduce aggressive, disruptive behavior and other behavioral problems in children, particularly highly aggressive children, while creating a positive and effective learning environment.</p>	<p><i>Promising Program on</i> <a href="#">Blueprints for Healthy Youth Development</a></p>

<a href="#">Positive Action Curriculum &amp; Program</a>	<p>This program is for students in elementary and middle schools to increase positive behavior and reduce negative behavior. It includes lessons on the health and social consequences of alcohol use and additional drug prevention kits can be purchased which includes games, stories and role-playing designed to extend coping strategies.</p>	<p>Certified Model Program on <a href="#">Blueprints for Healthy Youth Development</a></p>
<a href="#">Project Towards No Drug Abuse: TND</a>	<p>Project Towards No Drug Abuse is a curriculum designed for high school students. The program has 12 sessions, ideally delivered in 40-50 minute sessions across four weeks.</p>	<p>Certified Model Program on <a href="#">Blueprints for Healthy Youth Development</a></p>

### Tobacco & E-Cigarette Prevention Resources

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<p><a href="#">ASPIRE: MD Anderson Cancer Center</a> All Utah schools can access ASPIRE through their local health department.</p>	<p>This is a free, bilingual, online tobacco prevention and cessation curriculum for teens. The interactive online tool has eight modules and explains the dangers of tobacco and nicotine use, so teens never use tobacco products. Or, if they already do, ASPIRE provides information and ways to quit.</p>	<p>An evidence based program. <a href="#">Evidence-Based Cancer Control Programs (EBCCP)</a></p>

<p><a href="#">Botvin LifeSkills Training</a>  For questions regarding delivering the training to the required grades, contact <a href="mailto:prevention@schools.utah.gov">prevention@schools.utah.gov</a>.  For information on adding Botvin LifeSkills training to additional grades, visit <a href="#">Botvin LifeSkills Training</a>.</p>	<p>This program teaches students skills to resist social (peer) pressures to smoke, drink and effectively cope with anxiety. It provides education on immediate consequences of substance use and helps students develop greater confidence and self-esteem.</p> <p>All Utah students in 4th or 5th grade, 7th or 8th grade and 9th or 10th grade should be offered this approved prevention program with the addition of the electronic cigarette &amp; vaping resource insert. (<a href="#">53G-10-406</a>,<a href="#">R277-910</a>)</p>	<p>Certified Model+ Program on <a href="#">Blueprints for Healthy Youth Development</a></p>
<p><a href="#">CATCH My Breath</a></p>	<p>This free e-cigarette prevention program offers in-class activities, teacher education, online resources, and take-home materials for parents. The program offers curriculum for 5th/6th grade, 7th/8th grade, and 9th/12th grade. It is delivered in four 35-40 minute sessions.</p>	<p>An evidence based program shown to significantly reduce the likelihood of vaping in the year following program implementation (Kelder, S. H. et al. 2020).</p>
<p><a href="#">Clearing the Vapor</a></p>	<p>This is a free one-hour online, interactive tobacco (focused on e-cigarettes/vapes) education program for parents and teens designed to read like social media with videos and limited text.</p>	<p>Level 2- Promising Programs &amp; Practices-Utah</p>

		Evidence Based Workgroup
<a href="#">Good Behavior Game   United States   PAXIS Institute</a>	A classroom behavior management game providing a strategy to help elementary teachers reduce behavioral problems in children while creating a positive and effective learning environment.	Promising Program on <a href="#">Blueprints for Healthy Youth Development</a>
<a href="#">Utah Department of Health-See Through the Vape</a>	Learn about the dangers of vaping. Prevention and cessation resource.	Evidence informed.



## Additional Informational Resources

### Alcohol

- [To Prevent and Reduce Underage Drinking](#)
- [What Educators Can Do to Help Prevent Underage Drinking and Other Drug Use](#)
- [School-Based Programs to Prevent and Reduce Alcohol Use among Youth](#)

### Tobacco

- [Utah Department of Health: School and Community Resources](#)
- [Get the Facts on E-cigarettes](#)
- [Campaign for Tobacco Free Kids \(CTFK\)](#)
- Truth Initiative
- [Addiction Policy Forum](#)
  - [Online course](#) for parents available as well as an Addiction 101
- [CDC's Office on Smoking and Health](#)
  - Education, fact sheets and infographics for parents
  - E-cigarette Microlearning videos ([short version](#) and [long version](#)): Joint effort of CDC & TCN to assist efforts to address youth e-cig use

### Handouts

- [Teachers & Parents: That USB Stick Might Be an E-cigarette](#) (CDC Infographic)
- [E-cigarettes Shaped Like USB Flash Drives](#) (CDC Infographic): Information for parents, educators & healthcare providers
- [Talk with Your Teen About E-cigarettes: A Tip Sheet for Parents](#) (SGR fact sheet)
- [Utah Health Status Update: Vaping and the Increased Risk for Youth Nicotine Addiction](#) (2/20)