

Best Practices and Resources for Alcohol, Tobacco, and E-Cigarette Prevention and Intervention

2020 Utah State Legislative Session, [House Bill 58](#): *The state board shall establish a library of documented best practices and resources for alcohol, tobacco, and electronic cigarette product cessation interventions for use by local school districts.*

[Prevention Principles](#)

Utah Department of Health: [SCHOOL RESOURCE GUIDE](#)

Tobacco & E-Cigarette Prevention Resources

Program Name	Program Description	How to Access
Botvin LifeSkills Training	Botvin Life Skills Training (LST) is a research-validated prevention program proven to reduce the risks of substance use and other risky behaviors. Following the passing of House Bill 58 in 2020, all students in 4th or 5th grade, 7th or 8th grade and 9th or 10th grade will complete this approved prevention program with the addition of the electronic cigarette & vaping resource insert.	Botvin LifeSkills Training
CATCH My Breath	This free e-cigarette prevention program offers in-class activities, teacher education, online resources, and take-home materials for parents. The program has curriculum for 5th/6th grade, 7th/8th grade, and 9th/12th grade. It is delivered in four 35-40 minute sessions.	CATCH My Breath

Program Name	Program Description	How to Access
Scholastic & FDA	FDA and Scholastic collaborated to develop classroom materials and resources. With these cross-curricular resources from Scholastic and the FDA, students will analyze informational text, collect and present data, and evaluate marketing messages. Curriculum is developed for 6th-8th grade and 9th-12th grade. It is delivered in three 40-50-minute sessions.	The Real Cost of Vaping

Tobacco & E-Cigarette Intervention/Alternatives to Suspension Resources

Program Name	Program Description	How to Access
ASPIRE: MD Anderson Cancer Center	<p>ASPIRE is a free, bilingual, online tobacco prevention and cessation curriculum for teens.</p> <p>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>ASPIRE</p> <p>All Utah schools can access ASPIRE under an MOU with MD Anderson Cancer Center and the Utah Department of Health Tobacco Prevention and Control Program.</p> <p>Contact your local health department for more information.</p>
Healthy Futures: Stanford Medicine	<p>Healthy Futures provides free curriculum 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</p>	<p>Healthy Futures Tobacco Prevention Toolkit Stanford Medicine</p>

Program Name	Program Description	How to Access
	risks & costs associated with tobacco and e-cigarette use.	
INDEPTH: American Lung Association	INDEPTH provides free curriculum 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.	INDEPTH: An Alternative to Teen Nicotine Suspension or Citation Facilitators must complete a 45 minute recorded webinar training to receive the curriculum.
Good Behavior Game	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. This program is listed as a promising program for alcohol and tobacco prevention on Blueprints.	Good Behavior Game United States PAXIS Institute

Tobacco & E-Cigarette Cessation Resources

Program Name	Program Description	How to Access
Utah Tobacco Quit-Line	The Utah Tobacco Quit Line (1-800-Quit-Now) is a free telephone coaching program that can help tobacco users end their addiction.	1-800-QUIT-NOW

Program Name	Program Description	How to Access
	Youth receive 5 calls with a quit coach.	
My Life My Quit	<p>Get help quitting nicotine, vaping and other tobacco products</p> <p>Visit the website to chat online with a coach</p>	<p>My Life My Quit</p> <p>Text “Start My Quit” to 855-891-9989 or call to talk with a coach</p>
SmokeFree Teen	Chat online or over the phone with an expert	<p>SmokeFree Teen</p> <p>Download the app or Text “QUIT” to 47848 to sign up for the text program</p>
This is Quitting-Truth Initiative	This is Quitting 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. Evidence-based tips and strategies are sent to quit and stay quit.	<p>This is Quitting</p> <p>Sign up for the text program for help quitting vaping by sending a text “DITCHJUUL” to 88709 to get started</p>
NOT (Not on Tobacco)-American Lung Association	School based smoking cessation program designed for teens who are daily smokers. The program consists of 10 weekly 50 minute sessions. <i>Facilitator training for school professionals will be available online beginning Fall 2020.</i>	<p>N-O-T: Not On Tobacco “ Proven Teen Smoking and Vaping Cessation Program</p>

Additional Informational Resources

[Get the Facts on E-cigarettes](#)

[Campaign for Tobacco Free Kids \(CTFK\)](#)

[Truth Initiative](#)

[The Tobacco Talk](#)

The next generation of tobacco products have changed. With fun flavors and sleek designs, today's products are made to look appealing. Don't be fooled—they're full of nicotine and can be just as addictive. Tobacco has changed, parents.

Addiction Policy Forum

[Online course](#) for parents available as well as an [Addiction 101](#). An [awareness campaign and toolkit](#) is also available.

CDC's Office on Smoking and Health

Education, fact sheets and infographics for parents

- o [E-cigarette Microlearning videos \(short version and long version\)](#): Joint effort of CDC & TCN to assist efforts to address youth e-cig use.

Handouts

- o [E-cigarettes & Youth: What Parents Needs to Know](#) (CDC fact sheet)
- o [E-cigarettes & Youth: What Educators & Coaches Need to Know](#) (CDC fact sheet)
- o [Teachers & Parents: That USB Stick Might Be an E-cigarette](#) (CDC

Infographic)

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

Underage Alcohol Prevention Resources

Program Name	Program Description	How to Access
Botvin LifeSkills Training	Botvin Life Skills Training (LST) is a research-validated prevention program proven to reduce the risks of underage drinking, substance use and other risky behaviors. Following the passing of House Bill 58 in 2020, all students in 4th or 5th grade, 7th or 8th grade and	For questions regarding delivering the training to the required grades, contact prevention@schools.utah.gov . For information on adding Botvin LifeSkills training to additional grades, visit Botvin LifeSkills Training for more information

Program Name	Program Description	How to Access
	<p>9th or 10th grade will complete this approved prevention program. This program is listed as a <i>Certified Model+ Program</i> on Blueprints.</p>	
<p>Positive Action</p>	<p>Positive Action is a program 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 <u>additional drug prevention kits can be purchased</u> which includes games, stories and role-playing designed to extend coping strategies. This program is listed as a <i>Certified Model Program</i> on Blueprints.</p>	<p>Positive Action Curriculum & Program Positive Action</p>
<p>Project Towards No Drug Abuse</p>	<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. This program is listed as a <i>Certified Model Program</i> on Blueprints.</p>	<p>Project Towards No Drug Abuse: TND</p>
<p>Good Behavior Game</p>	<p>A classroom behavior management game providing a strategy to help elementary teachers reduce aggressive, disruptive behavior and</p>	<p>Good Behavior Game United States PAXIS Institute</p>

Program Name	Program Description	How to Access
	<p>other behavioral problems in children, particularly highly aggressive children, while creating a positive and effective learning environment. This program is listed as a promising program for alcohol and tobacco prevention on Blueprints.</p>	
<p>Second Step</p>	<p>The Second Step program contains lessons for use in pre-k through eighth grade implemented in 22 to 28 weeks each year. It includes units on skills for learning, empathy, emotion management, friendship skills, and problem solving. It is not listed on national registries for substance use prevention, however it does address the risk and protective factors of substance use.</p>	<p>Second Step Program Second Step</p>

Underage Alcohol Intervention/Treatment Resources

Program Name	Program Description	How to Access
<p>Prime For Life</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</p>	<p>Prevention Research Institute or contact your Local Substance Abuse Area Authority.</p>

Program Name	Program Description	How to Access
	people charged with alcohol and/or drug offenses.	
211 Treatment Resource List	Database of local resources.	United Way 211 - Mental Health Or call 211 and ask for alcohol treatment options in an area

Additional Informational Resources

[TO PREVENT AND REDUCE UNDERAGE DRINKING](#)

[What Educators Can Do to Help Prevent Underage Drinking and Other Drug Use](#)

Related Research

[School-Based Programs to Prevent and Reduce Alcohol Use among Youth](#)

[Strategies to Prevent Underage Drinking](#)