

Not-On-Tobacco (N-O-T)

Wednesday February 6, 2013 10:30am – 4:00pm MT
TIE Building - Rapid City, SD
1925 N Plaza Boulevard

Thursday February 21, 2013 10:30am – 4:00pm CT
Black Hills Special Services - Pierre, SD
221 S. Central Ave.

Sponsored by: Black Hills Special Services Cooperative & SD Department of Health

Why Schools Need N-O-T

Student smoking is a serious school health problem that is getting worse. The Not On Tobacco (N-O-T) program takes a different approach to the problem. Instead of punishment, it provides education and support to students who want to quit smoking. In time this can reduce violations of the school's policy.

What Makes N-O-T Unique?

This is a comprehensive program—it was designed specifically for teens and is a voluntary program rather than a punitive one. N-O-T is based on university research and ongoing evaluation by the American Lung Association. The program is flexible and easily adaptable to the individual needs of schools and community groups. The program includes recruitment materials and easy to use handouts for class sessions. N-O-T offers a gender-sensitive, multiple session curriculum, plus booster sessions to keep participants from backsliding. The evaluation tools are also a part of the curriculum to allow each school or community group to determine how well the program is working.

How It Works

N-O-T helps teens beat their smoking addiction by: identifying the reasons why they smoke, combating social pressure from friends and family who smoke, understanding the immediate benefits of quitting, setting realistic and attainable goals for change, pinpointing the social influences that affect smoking behavior and developing life management skills that go beyond giving up smoking.

The Core Curriculum

The curriculum consists of ten sessions, plus four follow-up sessions to reinforce what the group has learned and achieved. N-O-T offers help with tough problems like: nicotine withdrawal, how to manage withdrawal symptoms to prevent relapse, how to control weight after quitting and how to cope with friends and family who smoke.

Facilitators are Important

The facilitators selected to run the program must be skilled in relating to teens, be supportive of teen concerns, and be able to refer them to the extra help they may need, both in the school and in the community.

Program is Gender-Sensitive

Teens are more likely to share their true feelings about smoking and other issues in a same-sex group. Also, since males and females usually have different reasons for smoking, quitting and relapsing, the ideal program would be conducted with same-sex groups. It is suggested that a male facilitator lead the boys' groups and a female facilitator lead the girls' group.

Measuring Success

Initial results show that success rates for quitting smoking were significantly higher for teens who completed N-O-T than for a similar group of students who received some brief advice on quitting smoking and self-help materials. An over-whelming 96% of the group said they liked the program; 80% felt the program helped them quit smoking; and 75% said it had been helpful in other areas of their lives.

Alternative to Suspension

The N-O-T manual also includes a 4-session Alternative to Suspension (ATS) program that can be offered as an option to students who face suspension for violating a school's tobacco use policy. Unlike N-O-T, this program is intended to be mandatory and is taught in mixed-gender groups. It may serve as a motivator for teens to join the N-O-T program when they are ready to quit.

Receive the Training and Curriculum at NO COST: Since the Department of Health is underwriting the costs of this workshop participants can attend at no charge. However, space is limited so register soon to assure your team a space! First come first serve. Confirmation letters will be sent.

⊗ **Lunch will be provided during the training.**

⊗ **Travel reimbursement (mileage) and substitute reimbursement is available for schools attending.**

⊗ **NOT mini grants are available for qualifying schools. Please see attached flyer for more details.**

Attendance is limited to 15...So register early to assure a place! (Registration includes, a 310-page facilitator manual with "copy-ready" student worksheets)

N-O-T Cooperative Agreement

In an effort to continue to offer this training at no cost to South Dakota Schools and Agencies we are asking that each participant sign a "Cooperative Agreement". This agreement will be signed by your Administrator or Supervisor noting that you will schedule a NOT group within one year of being trained and will complete the necessary evaluation paperwork within 30 days of the completion of that group. This "Cooperative Agreement" is attached below for signatures. If you have any questions regarding this agreement please contact Ashley Larson, contact information is listed below.

Mail or fax your registration for the **Not- On-Tobacco** workshop by

January 28, 2013 for the **February 6th** training

February 11, 2013 for the **February 21st** training

To: Ashley Larson, Black Hills Special Services 221 S. Central Ave., Suite 33 Pierre, SD 57501

Fax: (605) 224-8320 Phone: (605) 224-6287 ext 239 Email: al Larson@tie.net

Name _____ School _____

Address _____

Work Phone _____ Home Phone _____ (So we can call in case of weather cancellation!)

Fax _____ E-mail _____ Number of persons attending _____

N-O-T Cooperative Agreement

In an effort to continue providing the training at no cost to South Dakota schools and agencies, we are asking Administrators/Supervisors of the Registered Participants to sign a N-O-T Cooperative Agreement. This agreement is as follows.

I _____, _____ agree that _____
Administrator/Supervisor Title Participant Name

will facilitate a Not On Tobacco, tobacco cessation group within one year of being trained. All appropriate evaluation paperwork will be turned into Ashley Larson, Statewide Tobacco Prevention Trainer, within 30 days of completion of that tobacco cessation group.