

## Smoking Cessation Program at Newburyport High School

Newburyport High School has adopted the Ending Nicotine Dependence (E.N.D.) Program, developed by the Utah Teen Tobacco Reduction Team, to address student tobacco use including smoking cigarettes and chew tobacco. Over 8 sessions, the E.N.D. Program curriculum covers topics such as addiction, benefits of tobacco cessation, consequences of tobacco use, quitting skills and overall health. The program emphasizes the importance of peer and familial support in reducing or quitting tobacco.

### Goals:

- Increase program participant's knowledge and awareness of immediate and long term health and social effects of tobacco use
- Improve the life-skill functioning of youth through skill building in the areas of:
  - Stress management
  - Communication and refusal skills
  - Identifying and seeking social support
  - Problem solving
  - Goal setting
- Decrease teens' intentions to use tobacco
- Help teens increase their readiness to quit using tobacco
- Increase the number of attempts teens make to quit using tobacco
- Increase the number of teens who reduce their tobacco use
- Increase the number of teens who quit using tobacco
- Improve skills to help participants quit tobacco use and remain tobacco free

*(E.N.D Facilitator Manual, Utah Department of Health, page 2)*

### Participants:

NHS students will have the opportunity throughout the year to sign up for the E.N.D. program and/or express interest through the Health Office. Involuntary participation in the program may occur as a result of student tobacco usage on school grounds in accordance with school policy as outlined in the Clipper Compass.

### Sessions:

A group approach is used in the E.N.D. program and peer support is a significant component. The group facilitator will cover the program curriculum, lead group discussions and encourage group cohesiveness. Students are expected to participate in discussions and complete tobacco use journals to create a picture of their usage.

### Implementation:

Maggie Flaherty has been assigned to implement this smoking cessation program for the 2007-08 school year. In early fall, she received training materials and attended a meeting with a program representative. A voluntary participation sign up was offered as part of the Great American Smoke-out; no students chose to participate. Future offerings for program participation will be advertised through the Log and daily announcements. One student has been referred to the program due to an infraction of the school's no tobacco policy. The development/clarification of guidelines regarding the need for parental permission will be important as voluntary program participants are identified.