

PROJECT CONNECT[®]

Adolescent Nicotine Cessation Program

The primary goal of **Project CONNECT[®]** is to help participants plan, prepare and develop skills that will help them find their own success through the quitting process.

Program Characteristics:

- Consists of eight, 45 to 60-minute program sessions
- Clear focus on the Stages of Change Model
- Utilizes a positive youth development approach
- Sessions are exercises in discovery and include open discussion, demonstrations, role-plays, short lecture, audiovisual and hands-on skill-building activities
- Topics include resiliency, social skills, stress

management, goal-setting and decision-making

- Participants develop their own personalized plans for success
- Supportive service designed to empower students with the tools necessary to make more positive choices

Project CONNECT[®] is an adolescent nicotine cessation and reduction program developed specifically to meet the unique needs of adolescents. The program is a wonderful opportunity to enhance current health and safety efforts for young people at your site.



Helping Youth CONNECT with SUCCESS

To learn more about Project CONNECT[®] or to begin offering Project CONNECT[®] in your school, please contact Caron's Student Assistance Department at

PROJECT CONNECT

PROGRAM OBJECTIVES

- Learn effective facilitation skills
- Practice delivering portions of the curriculum
- Understand how to adapt the curriculum to meet local needs
- Develop methods to overcome implementation barriers

This highly interactive, engaging and informative Facilitator Training will prepare school staff, prevention specialists, community educators or any youth-serving agency personnel with the skills necessary to successfully facilitate Project CONNECT[®] cessation interventions with adolescents.

Project CONNECT[®]

Facilitator Training workshops can be held on-site or through open training workshops sponsored by Caron Treatment Centers.

The Project CONNECT[®] Facilitator Training will provide prospective facilitators with the basic skills needed to implement adolescent nicotine cessation groups in their schools or agencies. This one to two day workshop plays an important role in enhancing the confidence level and skill sets of program participants, resulting in optimal implementation of the Project CONNECT[®] Adolescent Nicotine Cessation Program.



Helping Youth CONNECT with SUCCESS

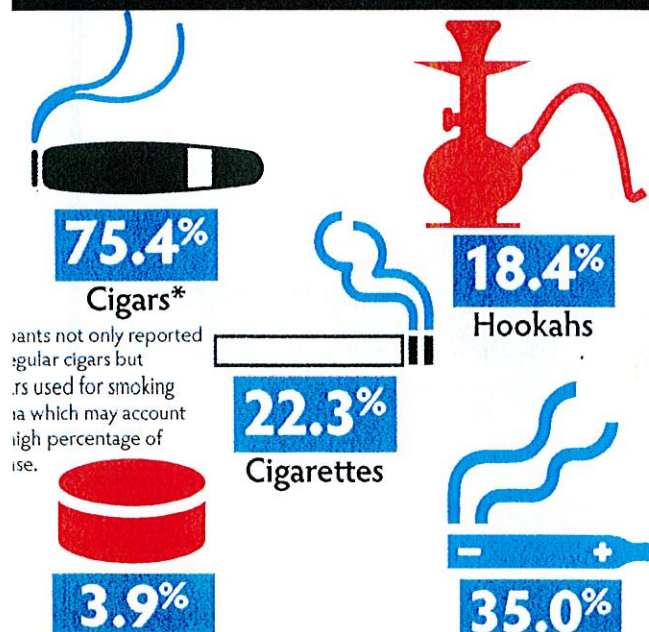
To learn more about the Project CONNECT[®] Facilitator Training, please contact Caron's Student Assistance Department at 800.678.2332 x6117 or caronsap@caron.org

PROJECT CONNECT®

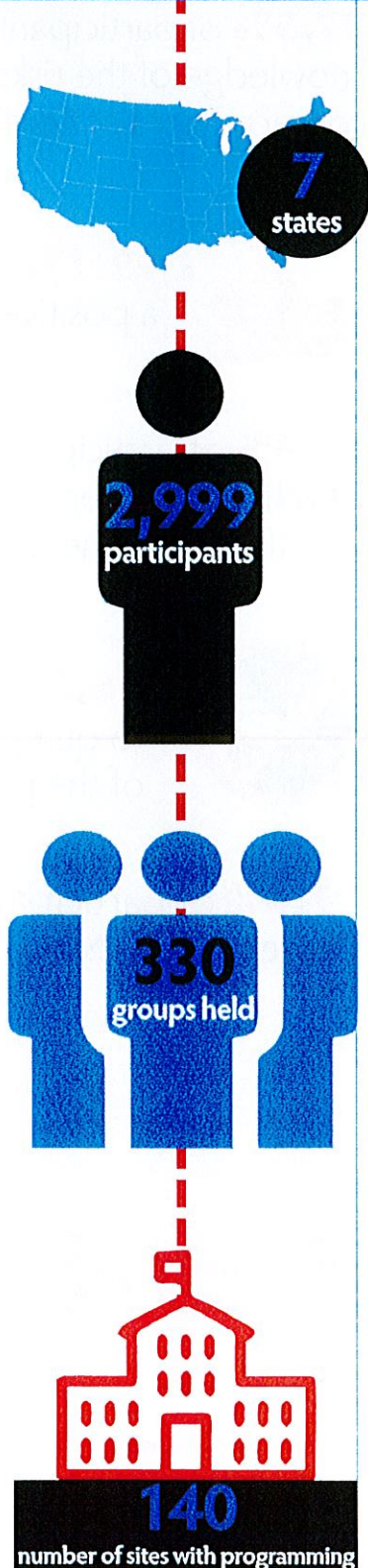
Project CONNECT® is a nicotine cessation and reduction program that empowers adolescents to make positive choices. Utilizing the stages of change model, participants support each other through the cessation process while developing the skills for success. This innovative program can be implemented in schools and youth-serving agencies. Students meet once a week for eight weeks to discuss and work on the following topics:

- Cycle of addiction
- Health consequences of nicotine products
- Peer pressure
- Resiliency
- Goal-setting
- Stress management
- Decision making
- Social skills
- Self-image

Nicotine Products Used



Adolescent Nicotine Cessation/Reduction Program Evaluation Results 2018





Overall Quit Rate for Participants Completing Program
(5 or more sessions): **34%**



Overall Program Satisfaction:

- **97.5%** of participants improved their knowledge of the risks and potential consequences of continued nicotine use



- **92.7%** of participants report a positive change in behavior

- **95.8%** of participants felt that the **Project CONNECT®** program helped them learn new skills that will be helpful when they decide to quit



- **66.8%** of participants wanted to quit permanently at the end of the program

- **97.6%** of participants would recommend the **Project CONNECT®** program to others



- **On a scale of 1-5** (5 representing the highest rating), the overall program rating was a **4.6**

Reduction Rate:

55%

of participants reduced their nicotine use on a weekly basis.