



Facilitator Training Opportunity



If your students needed pencils, would you provide them? If they needed paper, would the teacher provide it? If they were being abused, would you allow it to go on? Of course, the answers to these questions are yes, yes and NO. Well students that smoke lack tools to be able to quit using.... **Not On Tobacco (N-O-T)** can provide the tools they need. Not On Tobacco (N-O-T) is a school-based smoking cessation program designed for youth in grades 7 through 12 who are daily tobacco users (smokers and oral).

It may even fulfill the requirements of the West Virginia Board of Education Policy 4373 "Expected Behavior in Safe and Supportive Schools" for Level 3 meaningful interventions."

Did you know that:

- Tobacco users have more absences
- Smoking causes memory and cognitive impairment in adolescents
- Nicotine withdrawal causes increased anger, hostility AND AGGRESSION
- Young Female Smokers Face Higher Breast-Cancer Risk
- Youth Desire to Quit Smoking, But Don't Seek Effective Care

As a direct result of the N-O-T and ATS programs in SY 11/12, we had a combined quit rate of 39% or 100 children that gave up tobacco; this does not measure the number of children that may quit at 3 and 6 months post program.

Although N-O-T was specifically designed and researched only for smokers, in West Virginia they have been encouraging smokeless users to participate in the program since 2003. Preliminary results are very positive (up to 76% quit), spit tobacco users are successfully quitting tobacco by implementing the tools they learn in N-O-T.

Attendees will also be certified in the Alternative to Suspension (ATS) Program

The ATS program is also taught simultaneously with **N-O-T** and can be offered as an option to students who face suspension for violating a school's tobacco use policy. It consists of four sessions that address student tobacco use; the program is flexible and can be adjusted to the individual school's needs. Unlike **N-O-T**, this program is mandatory and may serve as a motivator for teens to join the **N-O-T** program when they are ready to quit.

Training The Facilitators

Facilitators who run the program must be skilled and sensitive so they can effectively relate to teens, listen supportively to their concerns and refer them to the extra help they may need, both in the school and in the community. Learn these facilitation skills and more at this year's training.

Date and Location:

Moorefield, WV 9:30 AM – 4:30 PM Approximately

Exact locations will be shared once your registration is received.

Lunch and all supplies are included! This training is free to any adult serving youth in West Virginia. **(Out of state individuals are welcome but there is a \$300 fee.)**

Please contact Tony trichards@lunginfo.org directly for registration forms or if you have any questions.

CEU available for Nursing and Respiratory Therapist