

CONNECT 5: FIND THE NICOTeen-FREE YOU!



Audience: Nicotine-using youth - ages 13-18

Number of Modules: Five weekly modules

Estimated Completion Time: 30-60 minutes per weekly module

Course Description

CONNECT 5 is a nicotine reduction and cessation digital experience designed to help youth make a positive impact on their health. This course motivates youth towards change and assists them in developing a personalized plan for success that is unique to their needs and situation. For schools, parents, and students, CONNECT 5 fills a critical need in addressing the widespread abuse of nicotine vaping and other tobacco products among youth.

After completing the course, participants will be able to:

- Demonstrate an understanding of the consequences of nicotine use and benefits of quitting
- Recognize where they are in the quitting process
- Establish personal goals and create a personal plan for success to change their nicotine use
- Identify their nicotine use triggers, quitting methods that might work for them, and people in their support network
- Practice assertiveness and refusal skills in social situations
- Recognize personal roadblocks throughout the quitting process and alternatives to deal with those roadblocks

Caron's Digital Learning Program

Our Digital Learning Program is a comprehensive library of courses centered on substance use disorder prevention, intervention, treatment, and recovery. Through the Digital Learning Program, participants can:

- Complete programs at their location, eliminating the need to travel
- Finish the programs at a time and pace that works best for them
- Get the resources they need at no cost
- Obtain knowledge and skills that will increase their confidence and competence in addressing a variety of topics surrounding the continuum of substance use from prevention to recovery

Visit [Caron.org/Digital-Learning](https://www.caron.org/Digital-Learning) or contact Caron's Education Department at 610-743-6117 for more information about course offerings.

Caron's Digital Learning

With over 60 years of successfully treating addiction and behavioral health issues, Caron understands that prevention and early intervention are key to addressing problematic substance use among youth. Working with over 900 schools and child-serving organizations each year, we are well known for the quality of our education and prevention programs. We are excited to now offer a digital learning program allowing those unable to access our in-person programs to also benefit from our quality programming.

Course Structure and Offerings

Courses are designed to be interactive to engage participants and enhance their ability to learn and retain knowledge. Depending on the topic and the goal, courses may include video, animation, audio narration, and text as well as interactive tools like pop-up screens and drag-and-drop questions.

Learners can expect to complete knowledge checks after each topic to ensure understanding of the material and receive a certificate upon completion for each course.

Caron's Education Department Mission:

To provide comprehensive substance use education and supportive services along the full continuum of care, from prevention to recovery, for students, families, and professionals, using evidence-informed and innovative strategies.

Course Offerings

For Teens

CONNECT 5: Find the NicoTEEN-Free You!

For Parents and Caregivers

PREP: Prevention Resources & Education for Parents/ Caregivers

For Professionals

Vaping and Marijuana Trends Among Youth

Caron's Screening, Brief Intervention, and Referral to Treatment

Impact of Substance Use Disorders on the Family: Hope for Recovery

