

# GIVING TEENS THE TOOLS AND KNOWLEDGE THEY NEED TO MAKE HEALTHY CHOICES



With Caron's Project CONNECT®, teens learn skills to motivate them to quit their use of nicotine. Geared specifically to meet their needs, the program gives teens the tools they need to make more positive choices.

The Project CONNECT® Teen Nicotine Cessation Program helps participants better understand the consequences of using nicotine and develop a plan to quit.

Participants meet for one 45 minute session per 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

Sessions are exercises in discovery and include open discussion, demonstrations, role-plays, short lectures, audiovisuals, and hands-on skill-building activities.

Using a Stages of Change model, participants support each other through the cessation process, developing personalized plans for success as they progress through the program.

## Project CONNECT® Results 2018-19

3,199 teens in 374 groups at 151 sites participated in Project CONNECT®. Here's what happened as a result:

- 36.1% of those who completed the program quit.
- 59.9% of participants reduced their tobacco use on a weekly basis.
- 95.9% reported a positive change in behavior.
- 98.4% improved their knowledge of the risks and potential consequences of continued nicotine use.
- 98% of participants would recommend the Project CONNECT® program to others.

To bring Project CONNECT® programming to your school or agency, contact Caron's Education Department at 800.678.2332 ext. 6117, or [caronsap@caron.org](mailto:caronsap@caron.org).

## Digital Learning

**CONNECT 5 – Find the NicoTEEN-free You** is a digital experience based on the Project CONNECT® curriculum that is designed to make a positive impact on participants' health. This course motivates youth towards change and assists in developing a personalized plan for success that is unique to their needs and situation as they work to quit their nicotine use. Visit our website to learn more or take the course.

## Facilitator Training

The Project CONNECT® Facilitator Training provides professionals with the skills needed to implement the Project CONNECT® Teen Nicotine Cessation Program in their middle school, high school or agency. Participants will also be trained to support students in the use of the CONNECT 5 digital experience.

Highly interactive, engaging, and informative, the one-day training plays an important role in enhancing the confidence level and skill sets of program participants, resulting in optimal implementation of the Project CONNECT® Teen Nicotine Cessation Program.

Training participants will:

- 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
- Access, experience and utilize the CONNECT 5 digital learning platform to support students in making positive changes to their nicotine use

The trainings can be held on site or through training workshops sponsored by Caron Treatment Centers.

For more information on the Project CONNECT® Facilitator Training contact Caron's Education Alliance at 800.678.2332 ext. 6117, or [caronsap@caron.org](mailto:caronsap@caron.org).

