

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



75.4%

Cigars*

*Participants not only reported use of regular cigars but also cigars used for smoking marijuana which may account for the high percentage of overall use.



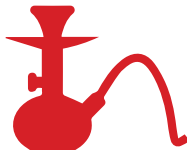
22.3%

Cigarettes



3.9%

Chewing tobacco/dip



18.4%

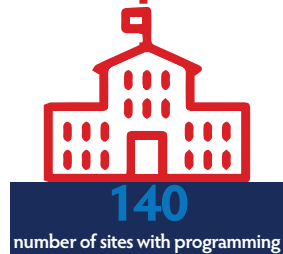
Hookahs



35.0%

Electronic cigarettes

Adolescent Nicotine Cessation/Reduction Program Evaluation Results 2018



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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.