

A Tobacco and Health Trust Funded Project

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Public Health
Prevent. Promote. Protect.

Grant Highlights

Community
coalition

Community-wide
strategic plan

Communication
campaign

School policy
assessment tool

Prevention
education and
youth cessation
programming

Peer-led tobacco
prevention and
cessation

Healthcare
provider capacity

CredibleMind
integration

Coalition

- Include representatives from youth, school administrators, healthcare providers, parents, school nurses, resource officers
- Build on existing partnerships with school administrators, school nurses, school mental health staff, SROs, JRBs, YSBs
- Include FVHD's mental health programming (RGH and tMHFA) to address underlying mental health challenges in students

Coalition (cont'd)

- Will conduct Community Scan and SWOT, culminating in a written report
- Develop Coalition Charter
 - Mission, proposed activities, membership details, leadership roles and responsibilities, communication strategies and decision-making processes
- Develop subgroups to prioritize and reach populations of focus

Strategic Plan

- Include a compendium of sustainable EBP for reducing youth and young adult tobacco use and initiation
 - Guide schools, healthcare providers and other community organizations to strengthen existing policies
- Include an inventory of school and healthcare provider policies
- Review of RBHAO's strategic plans to ensure no redundancies

Strategic Plan (cont'd)

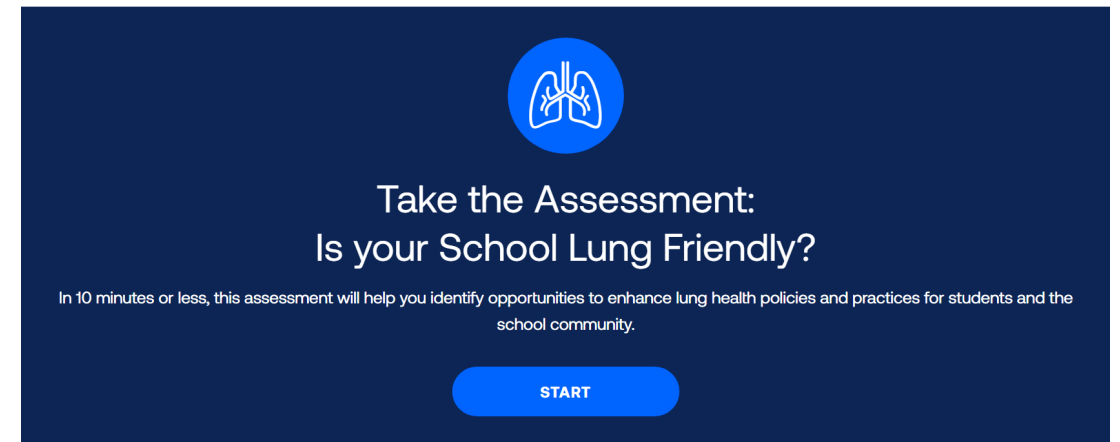
- Align with strategic plans for mental health programming currently in development with schools
- Address addiction and harm reduction
- Develop strong anti-initiation practices in schools and communities including faith-based community, youth programs and medical providers

Communication Campaign

- Review evidence-based messaging for population of focus
- Obtain information from schools, healthcare providers and community organizations on current communications and gaps
- Partner with media vendor to plan and design communication campaign tailored to youth and young adults
 - Develop targeted strategy that focuses on intervention and anti-initiation of vaping/smoking nicotine and THC
- Utilize various communication media including social media
- Implement the communication campaign in schools and at community events

School Policy Assessment Tool

- American Lung Association school policy assessment tool
- Utilize with each school to identify need for an updated Tobacco-Free School Policy
 - Include alternative to suspension policy → INDEPTH
- Provide technical assistance to any schools requesting support in adopting new or revising existing policies to align with requirements of INDEPTH



Prevention Education & Youth Cessation Programs

- Provide technical assistance to schools implementing Stanford REACH Lab's Tobacco Prevention Toolkit
- Currently provide monthly INDEPTH online programs
 - Students referred from schools, JRBs and parents
 - Expand to additional schools
- Offer NOT cessation programming
 - Include schools, JRBs, YSBs, parents, and healthcare providers





INDEPTH Alternative to Suspension

Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health (INDEPTH) is a new, convenient alternative to suspension or citation that helps schools and communities address the teen vaping problem in a more supportive way. Instead of solely focusing on punitive measures, INDEPTH is an interactive program that teaches students about nicotine dependence, establishing healthy alternatives and how to kick the unhealthy addiction that got them in trouble in the first place.

PROGRAM STRUCTURE

Students will participate in one, 50-minute session per week for four weeks. Currently FVHD is offering these sessions weekly, with a new cohort commencing each month. The classes are offered via Zoom between 5-6PM with direct school or JRB referral.

Session 1 - Getting the Facts To help participants:

1. Understand the INDEPTH program.
2. Become familiar with the requirements and expectations of INDEPTH.
3. Get acquainted with one another.
4. Identify some reasons why they started using nicotine/tobacco products and why they continue to do so.

Session 2 - Nicotine Dependence To help participants:

1. Understand nicotine dependence and other harmful effects of e-cigarette and tobacco product use.
2. Assess their own e-cigarette/tobacco product use.
3. Identify activities that "trigger" their urges to use these products.

Session 3 - Alternatives to Tobacco Use To help participants:

1. Develop strategies to cope with the urge to use tobacco products, including e-cigarettes.
2. Develop their own vision of a healthy lifestyle.

Session 4 - Past, Present, Future To help participants:

1. Understand the process of change.
2. Look at the big picture



AT A GLANCE

Alternative to suspension for student smoking/vaping

4 x 50 minute zoom sessions - weekly on Tuesdays 5-6pm PM

Must attend all four sessions to receive credit for completion

REFERRAL FORM:



For questions, contact Justine Ginsberg at jginsberg@fvhd.org or call during business hours 860-352-2333 x315

Peer-Led Tobacco Prevention & Cessation

- Conduct literature review of peer support models
- Develop written training program for peer support program
 - Interactive activities
 - Expectations for peer support mentors
 - Suggested responses to common cessation challenges
 - Minimum number of training sessions and follow-up meetings between the FVHD and peer support mentors
- Recruit and train high school peer support mentors
- Create a student voice for prevention and cessation messaging, activities and interventions

Healthcare Provider Capacity

- Improve healthcare provider capacity and use of tobacco screening tools
- Promote appropriate screening tools and increase screening
 - CRAFFT 2.1 +N, BSTAD and TAPs tool
 - Screen teens for THC and nicotine use
- Provide promotional materials
- Promote referrals into cessation programs including NOT and My Life My Quit



CredibleMind

- One-stop shop for mental wellbeing resources
- Free, online platform that brings together expert-rated and vetted videos, podcasts, apps, online programs, books and articles all in one easy-to-use place
- Confidential, anonymous and available 24/7
- Can learn new skills, understand your own mental health, take a mental health assessment and browse library of thousands of mental wellbeing resources
- Have already integrated tobacco cessation and prevention resources on the platform
- Will add resources as they become available