

BRIEF PROGRAM DESCRIPTION

Project EX is an eight-session, school-based clinic tobacco-use cessation program for teens that involves enjoyable, motivating activities (games, talk shows, alternative medicine-type). Seventeen percent of the smokers enrolled in the clinics report having quit smoking for at least the last 30 days at three-month follow-up (five months after the program quit day), compared to only 8 percent of the control condition smokers over the same time period. The Project EX clinic component appears to be an effective means of tobacco-use cessation among teens.

SPECIFIC OUTCOMES

At the completion of this program, youth will be able to:

- Stop or reduce cigarette smoking.
- State accurate information about the environmental, social, physiological and emotional consequences of tobacco use.
- Demonstrate decision-making, coping, self-control, behavioral and cognitive skills

Specific Tobacco Control Lessons and Outcomes:

- **Specific Lessons**
Note that all sessions are related to tobacco control, however sessions 6 and 7 are less tobacco specific, but rather discuss options for dealing with withdrawal symptoms and anger management. Each of the eight sessions in the Project EX curriculum are:
 - o 1 – Orientation
 - o 2 – Tobacco Affects your Life
 - o 3 – Health Dangers of Tobacco Use
 - o 4 – Quitting: Step 1 – Making a Commitment
 - o 5 – Quitting: Step 2 – Managing Withdrawal Symptoms
 - o 6 – Taking Care of a Healthy Body
 - o 7 – Taking Care of your Peace of Mind
 - o 8 – Avoiding Relapse
- **Tobacco Control Outcomes:** Relative to the control group, 17 percent of Project EX participants reported having quit smoking for the last 30 days at three-month follow up (five months after program quit day).

AUDIENCE CHARACTERISTICS

Age Range: 14 - 18

Grades: 9 -12

Gender: Male and Female



PROGRAM DETAILS

Type of Program: Cessation

Audience Size: Minimum 5/Maximum 30

Number of Lessons: Eight

Minimum Lessons Required to Achieve Fidelity: Eight

Length of Each Lesson: 40-50 minutes

Frequency of Implementation: First four lessons conducted over a two-week period, last four lessons conducted once per week for four weeks

Duration of Implementation: Six weeks

Recommended Intervention Site(s): School

HOW IT WORKS

The curriculum involves eight sessions delivered over a six-week period. The first four sessions are held in a two-week period. During that period, students are not asked or required to quit immediately, but rather are prepared to strengthen their attempt to quit between Session 4 and Session 6. The latter four sessions are held once per week during the following month and are focused on maintaining their cessation attempt.

IMPLEMENTATION ESSENTIALS

To Replicate with Fidelity:

- Requires teaching all eight (40- to 50-minute) sessions.
- Implement the first four sessions (two sessions per week) during the first two weeks and the latter four sessions once per week during the following month

Program Evaluation Tools Available? Yes – Pre- and Post-Test Instrument: \$2.50 each (available for free download at projectex.usc.edu)

MATERIALS AND TRAINING

Required Materials:

- Facilitator's Guide: \$60
- Student Workbooks (set of 5): \$35

Optional Materials:

- Pre- and Post-Test Instrument: \$2.50 each (available for free download at projectex.usc.edu)

Training (Preferred)

- Training Cost: One/Two Day Implementation Training - \$1,100 to \$2,000. (Contact developer for more detailed training information.)
- Training Duration: One or two days (approximately six hours each day)
- Min/Max Number of Training Participants: Min=five; Max=15

Availability in Spanish: No

PROGRAM REPLICATIONS CONTACT INFORMATION

Los Angeles Unified School District - Beyond the Bell Branch
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PROGRAM CONTACT

For training, materials and program information, contact:

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ADDITIONAL INFORMATION

Website: projectex.usc.edu

SAMHSA's National Registry of Evidence-Based Programs & Practices (NREPP) Review Documents:
legacy.nreppadmin.net/ViewIntervention.aspx?id=47