

PROGRAMS ON  
**TEEN**  
VAPING

PROGRAM DATES

**IN-DEPTH .....\$ Free**  
disciplinary alternative

Each session includes 2 - 90 minute classes.

- October 11 & 12 at 6pm
- October 18 & 19 at 6pm
- January 2022 - TBD
- April 2022 - TBD

**N-O-T.....\$ Free**  
teen cessation program

Each session includes 5 - 90 minute classes.

- October 25 - 29 at 6pm
- March 14 - 18 at 6pm

All classes are held at the Mary Rutan Health Center at the corner of State Route 68 and US Route 33.

Programs are appropriate for youth ages 14 to 19.

FOR MORE INFORMATION  
ON THESE PROGRAMS

Contact  
Community Outreach Co-Ordinator  
Christie Barns at 937.599.7005



To register for  
either program click  
or scan the QR  
code

Mary Rutan Foundation is pleased to offer evidence-based, teen vaping programs to Logan County schools, parents, and the community as a part of its wellness outreach initiatives.

**IN-DEPTH**

**A disciplinary alternative.**

Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health (INDEPTH) is a new, convenient alternative to disciplinary action such as school suspension, citation, or being grounded, that helps schools, parents, 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.

**N-O-T (NOT ON TOBACCO)**

**Unlike other cessation programs...**

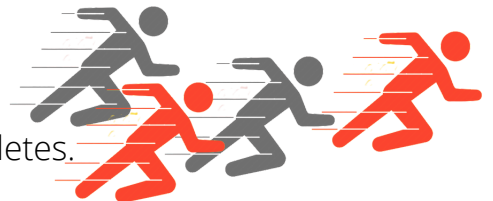
... which simply modify adult curriculum, N-O-T (Not on Tobacco) was designed with teenagers in mind and addresses issues that are specifically important to them. The program takes a holistic approach with each session using different interactive learning strategies based on Social Cognitive Theory of behavior change that can then be applied and practiced in everyday life and encourages a voluntary change for youth ages 14 to 19.

**LOCAL STATS AMONG  
HIGH SCHOOL STUDENTS**



**1 out of 4 HS students**  
have tried vaping

**More than half**  
of those who vape are athletes.



Committed to the wellness of our community.



Mental Health, Drug, &  
Alcohol Services Board  
of Logan & Champaign Counties