

## **What is END?**

The Ending Nicotine Dependence (END) program is the result of a two-year effort to develop a youth specific tobacco cessation program.

The program not only builds skills and knowledge concerning tobacco use. It also focuses on developing a wide variety of social skills, including communication, stress management, decision making, goal setting, nutrition and physical activity. The modules consist of techniques to influence teen tobacco users' knowledge, attitudes, intentions, beliefs, self-awareness, and self-efficacy. END is appropriate for implementation in schools, community agencies, and juvenile court districts and is designed for use with junior and senior high school smokers and smokeless tobacco users.

Ongoing evaluation, updates, and facilitator trainings assure Utah youth the opportunity to participate in a state-of-the art program.

## **Who should I contact for more information about END?**

If you would like more information about the END program or would like to request a copy of the program to preview, please contact:

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Utah Department of Health  
END Coordinator  
PO Box 142106  
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**Telephone:** (801) 538-6992 or 1-877-220-3466 (toll-free; in-state)

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