Model Smoking Prevention Program (MSPP)

TARGET AUDIENCE
This program is for youth who are in 4th to 12th grade.

SUMMARY
The Model Smoking Prevention Program (MSPP), formerly known as the Minnesota Smoking Prevention Program, is a school- or community-based intervention that is designed to prevent smoking among youth by engaging students in interactive educational activities.

EVIDENCE
Post-test results from a quasi-experimental study of MSPP found that more individuals in the treatment group quit smoking than individuals in the control group. However, the program did not prevent students from starting to smoke. Pre-intervention differences between the two groups were not assessed, and no follow-up assessments were conducted to determine if results were sustained. Cross-sectional results from a second study in which MSPP was implemented as part of a larger community-wide smoking campaign showed lower rates of smoking among the intervention compared to the reference community.

COMPONENTS
This program is implemented through a variety of activities, including role-plays, cooperative learning groups, and discussions. Sessions are designed to be easily integrated into a classroom period or existing curriculum and are led by adult and peer group facilitators. The sessions address specific topic areas.

- Identify reasons why people begin smoking;
- Explain and consider that most adolescents do not smoke;
- Teach tobacco refusal skills;
- Recognize, understand, and discuss media messages regarding smoking;
- Realize and publicly declare personal reasons for smoking abstinence; and
- Offer social support for tobacco abstinence.

A booster curriculum for high school students reviews and reinforces program concepts. In addition, a community action manual presents suggestions for addressing tobacco prevention in the community by involving parents, students, and other community members.

PREVIOUS USE
MSPP was originally implemented as the Class of 1989 Study where it was part of the community-wide Minnesota Heart Health Program. Previous use information beyond this implementation was not located.
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### TRAINING
Optional training is available and can cost $3,500. Please contact Hazelden Publishing by phone 1-800-328-9000 EXT 4460 or email training@hazeldenbettyford.org for more information.

### CONSIDERATIONS
Considerations for implementing MSPP include recruiting and training adult and peer facilitators; obtaining parent, teacher, student, and school administrator buy-in; finding time to implement sessions in an already existing curriculum; and understanding some funding for curriculum and activity materials may be required.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

### IMPLEMENTATION
If you are interested in implementing MSPP, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

### TIME
- There are 6-weekly sessions for youth in 4th to 8th grade and four booster sessions, one per year, for students in 9th to 12th grade.
- Sessions last 45 to 50 minutes.

### COST
- The complete curriculum costs $250.

### EVALUATION PLAN
To move MSPP to the Promising category on the Clearinghouse Continuum of Evidence, a well-designed evaluation must show positive effects that are maintained at least one year from the beginning of the program or six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

### CONTACT
Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Kaylene McElfresh, Hazelden Publishing, P.O. Box 176 RW11, Center City, MN 55012, phone 1-651-213-4324, fax 1-651-213-4720, email kmcelfresh@hazeldenbettyford.org, or visit http://rtips.cancer.gov/rtips/programDetails.do?programId=614342 or www.hazelden.org/web/public/trainingmspp.page

### SOURCE
- http://rtips.cancer.gov/rtips/programDetails.do?programId=614342

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