

Vaping: Prevention Curricula

Resource list updated June 26, 2020 by The Hub

Name of Program	Program Originator	Target Age/Audience	Sessions/Length	In School/Out of School	Languages	Evidence Base	Delivered By	Training	Contact/URL	Cost	Details
Aspire, A Smoking Prevention Interactive Experience	MD Anderson Cancer Center	Grades 6-12	8 modules, total of 2.5-3 hours	Online. Parents, healthcare providers, teachers & others encouraged to refer youth to the material.	English, Spanish	Yes	Online Curriculum. Teachers/Administrators can access student progress through Admin account	None; educator guide here	https://www.mdandersson.org/about-md-anderson/community-services/aspire.html and Phone: 713-745-6252	Free	The program helps middle and high school teens learn to be tobacco free while explaining the dangers of tobacco and nicotine use. The program includes pre- and post- tests, certificates of completion, reporting system with grades, quizzes, and closed captioning.
Catch My Breath	University of Texas	ages 10-18, 4 versions based on age	4 lessons, 30-40 min. each	In school	English	Yes, peer reviewed	Teachers, tobacco prevention educators, counselors, nurses, and other public health advocates	1.5 hrs of online training	https://www.catch.org/bundles/23725	Free	Includes active student-centered learning facilitated by peers. Topics include youth vaping epidemic, e-cigarette laws and policies, links between vaping, lung health, and infectious diseases like coronavirus, and distance-learning implementation.
Know the Risks	CDC	ages 11-18	(1) 45-min. session	Online presentation to be taught by adults who educate or serve youth	English	No	Designed for any adult working with youth	None	https://www.cdc.gov/tobacco/basic_information/e-cigarettes/youth-guide-to-e-cigarettes-presentation.html	Free	A presentation to educate youth on e-cigarettes, including the health risks, the factors that lead to e-cigarette use, and what youth can do to avoid all tobacco products, including e-cigarettes.
MEI Vaping Course	Marijuana Education Initiative	All ages	(1) 45-min. session	Online course	English	Yes	Self-directed online curriculum	None	https://marijuana-education.com/product/vaping/	\$29.99/course	In this course participants will learn how much nicotine is used in vaping devices as well as learning about several other dangerous chemicals introduced into the lungs and their harmful effects. This course will also address the history of vaping devices, their ties to Big Tobacco, and the academic risks associated with vaping.
Stanford University School of Medicine Tobacco Toolkit	Stanford University	Intended for K-12 Schools	Units/lessons are selected by educators from 5 modules	In school	English	Theory-based, evidence informed	Teachers/Administrators	None required, note: teachers are recommended to acquaint themselves with the material prior to teaching	https://med.stanford.edu/tobaccopreventiontoolkit/about.html	Free	The goals of the program is for students to understand basic information of tobacco products, to gain awareness of strategies manufacturers employ to increase use among adolescents, to gain skills to refuse experimentation and use of tobacco, and for school teachers and administrators to be able to develop and set new school policies. The program includes modules on tobacco, e-cigarettes/vapes, hookah, smokeless tobacco, addiction, and positive youth development (including refusal skills). Each module contains multiple lessons.
The Real Cost of Vaping	Scholastic and FDA	Grades 6-8 and 9-12 versions	3 lessons	In school	English	No	Teachers	None	https://www.scholastic.com/youthvapingrisks/	Free to download activities and lessons	Teachers use activities, videos, and lessons to educate students on the health consequences of e-cigarettes, vaping facts and misperceptions, and the tobacco industry.
VapeEducate	VapeEducate	Middle and high school students	6 units	Online	English	No	Final results are then emailed in real time to the principal, administrator, parent, or community group administering the program	None	https://vapeeducate.com	Pricing is based on the projected enrollment	VapeEducate is an online course consisting of 6 Units. Students complete a mini-quiz, test and reflection statement at the end of each unit. Students must complete each section before moving on and score 80% or better on each unit assessment. Course Topics include What is vaping? Vaping Health Risks How Marketing Targets the Young Vape Addiction Society, Vape and You Vaping & Marijuana, THC etc.

Vaping: Alternative to Suspension Curricula

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INDEPTH: An Alternative to Teen Nicotine Suspension or Citation	American Lung Association	For students	(4) 50 min sessions, intended for a 4 week duration but customizable	In person activities, discussions, and lessons, can be taught one-on-one or in a group setting, recommended 8-10 students per group	English	No	Any trained adult	Free online training for adults	https://www.lung.org/stop-smoking/helping-teens-quit/indepth.html	Free	An interactive program with activities, talking points for teachers, and guided discussions. The program teaches students about nicotine dependence, establishing healthy alternatives, and how to kick the unhealthy addiction that got them in trouble in the first place.
Prime for Life	Prevention Research Institute	People who may be making risky choices, e.g., youth	The 20-hour course is spread over 7 sessions that can usually be completed in 2 to 3 three weeks	Trained facilitators/counselors can teach program anywhere	English	Yes	Trained facilitator	Those looking to be certified must attend a Prime for Life training event, locations for these events are found on the website. For instructors who are not in a system that has reached this agreement with PRI, the cost for the training is \$895.00.	https://www.primeforlife.org/programs/prime_for_life_prevention	Dependent on facilitator	It is designed to change drinking and drug use behaviors by changing beliefs, attitudes, risk perceptions, motivations, and the knowledge of how to reduce their risk of alcohol- and drug-related problems throughout their lives. Because Prime For Life® includes both prevention and intervention content, it is also designed in a way that serves universal, selective, and indicated audiences with program delivery options for each.
Second Chance	RMC Health	For youth who have violated a tobacco policy at school or tobacco law in the community	(1) session that can be split depending on the individual, range may be 2-2.5 hrs	Online and self directed, can be completed in or out of school	English	Yes	Self-directed, online interactive curriculum	N/A	https://www.rmc.org/what-we-do/substance-abuse-prevention-education/tobacco-education-and-curriculum/	Free	An interactive program with 3 main sections Community, School, and Home. There is a brief quiz at end of section, a pre and post survey, and students create accounts accessible to administrators. The program is designed to increase student awareness about the skills and strategies to resist risky behaviors that impact their health. In addition to traditional tobacco products, the program addresses e-cigarettes and vaping, as well as marijuana.
SMART Recovery	SMARTRecovery.org	For anyone who wants to learn self-management skills to make positive changes in their life	SMART program is usually ongoing and voluntary, not targeting a specific substance, but can be delivered as focused series of 6-8 sessions, 1.5 hours each.	Groups can be offered anywhere.	Trained English & Spanish speaking facilitators are in our region	Yes	Trained facilitator	The Hub has a list of facilitators in our region. To get trained (~30 hours online), visit https://smartrecoverytraining.org/moodle/	https://www.smartrecovery.org/	Facilitator training ranges from \$35-\$90 depending on target pop	SMART Recovery is a support group model led by trained facilitators. It teaches self-management skills based on rational-emotional behavior therapy and motivational interviewing while providing peer support in a nonclinical environment. It can help with addiction, mental health and other struggles. Schools can hire a facilitator to run a time-limited group (6-8 sessions) just focused on vaping.

Vaping: Cessation Programs

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Name of Program	Program Originator	Target Age	Sessions/Length	In School/Out of School	Languages	Evidence Base	Delivered By	Training	Contact/URL	Cost	Includes
BecomeAnEx	The Mayo Clinic	All ages	Personalized quit-smoking plan	Online program and community	English	No	Online through website	N/A	https://www.becomeanex.org	Free	Includes a customized quit plan, text messages for support quitting smoking or vaping, smart, interactive guides and tools, expert advice and tips from the Mayo Clinic, and an active, supportive EX community of real tobacco users who have been through it all.
Freedom from Smoking	American Lung Association	All ages	9 sessions over a 6 week period	Online program	English	No	Online through website	N/A	https://www.freedomfromsmoking.org/	99.95/person	Includes 12 Months of unlimited access to the Freedom From Smoking® online program, available 24/7 on your computer, tablet and smartphone, live telephone and chat support from the quit-smoking specialists at the Lung HelpLine, Freedom From Smoking online community, nine highly-interactive sessions to prepare you for Quit Day and help you stay smokefree for good, certificate of completion or quitting may help you lower your health insurance costs (ask your employer or insurance provider for details).
My Life, My Quit	National Jewish Health	For any youth trying to quit vaping/smoking	(5) one-on-one sessions with trained coach every 7-10 days	Via text, phone, and online chat, Text "Start My Quit" to 855.891.9989 or call to talk with a coach	English	No	Trained coach through My Life, My Quit program	N/A	https://www.mylifemyquit.com/	Free	A confidential program for teens to receive support for quitting vaping/smoking. Support is provided via phone, text, and online chat.
Not on Tobacco (N-O-T) Youth Cessation Program	American Lung Association	ages 14-19	(10) 50 min sessions, in groups of 6-10, 10 week program	In school or community-based small group setting	English	Yes	Any trained facilitator	7 hr online training session to become a facilitator, 3-year facilitator certification	https://www.lung.org/quit-smoking/helping-teens-quit/not-on-tobacco	Free	Each facilitator is provided a guide to deliver the structured curriculum with an emphasis on teamwork. The sessions include Reasons for Quitting, Why I Smoke/Vape, Nicotine Addiction and Triggers, Effects of Smoking/Vaping, Physical, Psychological and Social Benefits of Quitting, Quitting Nicotine Use, Overcoming Obstacles to Quitting, How to Deal with Stress, Myths of Big Tobacco, Staying Committed to Quitting.
SmokeStoppers	St. Vincent's Medical Center (Bridgeport)	Teens throughout CT	8 sessions/classes	In School	English	No	Led by a SmokeStoppers Program Facilitator	N/A	Contact Janelle Jessee from St. Vincent's Medical Center, 978-930-9817, for a cessation program at your school or organization	Free	Our program, St. Vincent's Teen SmokeStoppers Program, sponsored by St. Vincent's SWIM Across the Sound, provides free interactive teen smoking prevention and cessation classes in schools throughout the state. SmokeStoppers reaches approximately 20,000 students with smoking prevention and awareness workshops. By working with teens, their families and their communities, we can make a difference in teen health and lower the alarming teen smoking statistics.
Smoke Free Teen	U.S. Department of Health and Human Services	ages 13-17	6-8 week duration, teen will receive 3-5 messages per day	Via text: Text Quit to 47848 . Practice quitting, text Go to 47848 QuitStart mobile app also available	English	No	Through the Teen Smoke Free website via text	N/A	https://teen.smokefree.gov/quit-vaping	Free	Daily reminders and messages to help participant quit smoking/vaping. There is a follow up 3 to 6 months after the program completion. All programs require simple information like your mobile phone number, specified quit date, age, gender, ZIP code, smoking frequency, and whether your mobile phone has internet capabilities. Guidance for quitting vaping and staying vape free including dealing with cravings, triggers, anxiety, stress and depression
This is Quitting	The Truth Initiative	Youth planning or in the process of quitting	4-8 weeks depending on participants who plan to quit or are in the process of quitting	Via phone: text DITCHJUUL to 88709	English	No	Mobile program through Truth Initiative	N/A	https://truthinitiative.org/thisisquitting	Free	Developped with youth and young adults who have experience quitting. Free, confidential, and anonymous. Those who are not ready to quit receive at least 4 weeks of messages focused on building skills and confidence. Users with a quit date receive one week of messages prior to that date and at least 8 weeks of messages after their quit date. Parents can text QUIT to (202) 899-7550 to sign up to receive text messages designed specifically for parents of vapers. strongly discourage schools from using our program as a form of punishment for students who are caught vaping
VapeStoppers	Insight Counseling (Ridgefield, CT)	Teens that have been disciplined for violating a school policy or caught by parents abusing alcohol, marijuana or other drugs	Dependent on participant	Via phone for clinical assessment	English	No	Insight Counseling staff member	N/A	Contact Insight Counseling, LLC for further information about this program and additional family services at 203-431-9726 or email info@insightcounselingllc.com	Free	The teen and parents participate in a thorough clinical assessment that screens for depression, anxiety, learning challenges and other common co-occurring issues and also provides a supervised urine drug screen to access the exact level of a teen's substance abuse. Parents are offered helpful and practical steps to re-establish authority and set limits with teens to keep them safe.