**Vaping Prevention, Alternatives to Suspension**

**And Cessation Resources**

**Highlighted Resources**

Prevention TTASC website: [www.preventiontrainingcenter.org](http://www.preventiontrainingcenter.org)

* Click on Vaping Resources
* Sign in/Create an account and go to the on-line learning content and view the Vaping Explainer Video

CDC Website on Vaping illnesses/crisis

<https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html>

Campaign for Tobacco Free Kids – Advocacy tools

<https://www.tobaccofreekids.org/>

Smart Approaches to Marijuana – Marijuana involvement in the Vaping crisis

<https://learnaboutsam.org/>

Scholastic/FDA Vaping Prevention curricula

<http://www.scholastic.com/youthvapingrisks>

Region 1 RBHAO Vaping Resources

<https://www.thehubct.org/nicotine-vaping>

**Vaping Prevention Curricula Resources**

* ***Aspire, A Smoking Prevention Interactive Experience*** (MD Anderson Cancer Center)

<https://www.mdanderson.org/about-md-anderson/community-services/aspire.html>

* Free, bilingual, online curriculum that helps middle and high school teens learn to be tobacco free while explaining the dangers of tobacco and nicotine use.
* Six sessions. Users complete quiz at end of each module. Teachers can access student progress.
* **Need to check on user fees.**
* **Catch My Breath** (University of Texas)

<https://www.catch.org/bundles/23725>

* + Ages 10-18
  + Designed to be taught by teachers, tobacco prevention educators, counselors, nurses, and other public health advocates. The curriculum can be taught in various in-school subjects and youth-based organizations.
  + Includes active student-centered learning facilitated by peer leaders
  + Required facilitator training through website
* ***Know the Risks*** (CDC)

<https://www.cdc.gov/tobacco/basic_information/e-cigarettes/youth-guide-to-e-cigarettes-presentation.html>

* + Ages 11-18, one 45 minute session
  + Designed for any adult working with youth (teachers, coaches, club advisors)
* ***Stanford University School of Medicine Tobacco Toolkit***

<https://med.stanford.edu/tobaccopreventiontoolkit/about.html>

* + Designed for use with young people in variety of settings – K-12 schools, community based organizations and health related agencies
  + Modules on tobacco, e-cigarettes/vapes, hookah, smokeless tobacco and addiction
  + Choose lessons and activities that meet needs of identified group
  + Also has one hour Healthy Futures lesson as alternative to suspension
* ***The Real Cost of Vaping*** (Scholastic and FDA) <https://www.scholastic.com/youthvapingrisks/>
* Grades 6-8 and Grades 9-12 versions, 3 lessons

**Alternatives to Suspension**

* ***INDEPTH: An Alternative to Teen Nicotine Suspension or Citation*** (American Lung Association) <https://www.lung.org/stop-smoking/helping-teens-quit/indepth.html>
  + Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health
  + Developed in partnership with Prevention Resource Center of West Virginia University
  + Nicotine dependence, healthy alternatives and how to kick the unhealthy addiction
  + Taught by a trained adult in four 50 minute sessions
* **Second Chance, RMC Health** <https://www.rmc.org/what-we-do/substance-abuse-prevention-education/tobacco-education-and-curriculum/>
  + Web-based tobacco education program for MS and HS youth who have violated a tobacco policy at school or law in the community
  + On-line, interactive, self-directed program intended to be used as alternative to suspension. Helps students think about the role tobacco plays in their lives and move them towards quitting. It is not a cessation program.
  + Schools outside Colorado purchase an annual user fee of $1,200/school. Can create a student account to test the program. [Secondchance@rmc.org](mailto:Secondchance@rmc.org) or (303) 867-9133
* **Michigan Recommendations for Schools including Alternatives to Suspension** <https://www.michigan.gov/documents/mdhhs/Alternatives_to_Suspension_for_Tobacco_Use-MDHHS_660416_7.pdf>
* **Stanford University School of Medicine Tobacco Toolkit** 
  + ***Healthy Futures Curriculum*** (one hour session available, two hour curriculum in development)
* **STEPS – Southington Town Wide Effort to Promote Success** 
  + Five session after school program includes one individual and four group sessions
  + Based on Developmental Assets, Adolescent Screening, Brief Intervention and Referral to Treatment (ASBIRT), Motivational Interviewing/Cognitive Behavioral Therapy.
  + Contact: Megan Albanese, [albanesem@Southington.org](mailto:albanesem@Southington.org), (860) 276-6272

**Cessation programs and resources**

* **American Lung Association -** ***Not on Tobacco (N-O-T) Youth Cessation Program***
  + Evidence based program requiring facilitator training and certification
  + Voluntary youth-centered cessation program
  + Offered to students who request additional support after participating in INDEPTH.
  + Ten 50 minute sessions with small groups ( 6 – 10 youth)
  + Emphasizes team work
* **My Life, My Quit** <https://www.mylifemyquit.com/> (National Jewish Health)
  + Text Start My Quit to 855.891.9989 or to talk with a quitting coach or sign up online
  + Free and confidential quitting program for teens
  + Five one-on-one sessions with trained coach every 7-10 days. Coaches available by phone, by text message or by online chat.
  + Posters available for download
* **Teen Smoke Free** <https://teen.smokefree.gov/quit-vaping>
  + Guidance for quitting vaping and staying vape free including dealing with cravings, triggers, anxiety, stress and depression
  + Smoke Free Text <https://teen.smokefree.gov/become-smokefree/smokefreeteen-signup> Text Quit to **47848**. Practice quitting, text Go to **47848**
  + QuitStart mobile app also available
* **The Truth Initiative’s Quitting App:** ***This is Quitting***
  + Text **DitchJuul** to 887-09, <https://truthinitiative.org/thisisquitting>
  + Developed with youth and young adults who have experience quitting
  + Free, confidential and anonymous
  + 27,000 signed up in the first five weeks
  + Parents can text **QUIT** to **(202) 899-7550** to sign up to receive text messages designed specifically for parents of vapers.

**Other Resources**

* **DeNoble Files** <https://www.youtube.com/playlist?list=PLeL9ROmy1WLSIfA5-Njp_TKwz1vZpaRcP>

Uncover the real story about the science of addiction from a former tobacco scientist, Dr. Victor DeNoble, as he breaks down what happens to your body when you smoke. The DeNoble Files are an inside look into how tobacco addiction changes your brain, and what happens every time you smoke a cigarette.

* **MATCH Coalition – Mobilize Against Tobacco Coalition** <http://matchcoalitionct.org/>

Bryte Johnson, American Cancer Society,

* **Michigan Recommendations for Schools including Alternatives to Suspension** <https://www.michigan.gov/documents/mdhhs/Alternatives_to_Suspension_for_Tobacco_Use-MDHHS_660416_7.pdf>
* **Minnesota Dept. of Health School E-Cigarettes Toolkit** <https://www.health.state.mn.us/communities/tobacco/ecigarettes/docs/schooltoolkit.pdf>
  + Includes school policy information along with other resources
* **Still Blowing Smoke** <https://stillblowingsmoke.org/>(California Department of Health)
* **West Hartford Prevention Partnership** [**http://whpreventionpartnership.org/vape-prevention/**](http://whpreventionpartnership.org/vape-prevention/)
* ***What You Should Know About Vaping*** video, Prevention Training and Technical Assistance Service Center, <https://preventiontrainingcenter.org/module_detail?id=7>
* **Athletes Don’t Vape Facebook Page:** <https://www.facebook.com/athletesdontvape/>
* **Public Health Law Center**: <http://PublicHealthLawCenter.org> Search for School policies
* **Parents Against Vaping E-cigarettes (PAVE):** <https://www.parentsagainstvaping.org/>
* **California Tobacco Free Kids:** <http://FlavorsHookKids.org>