



Youth Cessation Resources – Information for Providers and other Adults who Work with Youth

Quitting vapes or other tobacco products can be hard. Here are some programs and resources to help young people in Massachusetts get the support they need:

- **This is Quitting** powered by **truth**[®] is a free and confidential texting program for young people who vape. Young people can text “VapeFreeMass” to 88709 to get started. In partnership with the Massachusetts Department of Public Health. **Currently available**
- **My Life, My Quit**[™] is a program from **National Jewish Health**, the vendor for the MA Smokers helpline. Youth coach specialists are trained to help young people by phone or text. Call or text "Start My Quit" to 855-891-9989 for free and confidential help. For more information or to sign up online, visit mylifemyquit.com. **Currently available**
- **VAPES AND CIGARETTES: Different products. Same dangers** – A two-sided handout for youth with info on the dangers of vaping and two new programs available to help youth quit. **Currently available from the MA Health Information Clearinghouse**. <https://massclearinghouse.ehs.state.ma.us/category/TOB.html>
- **Calling It Quit: Vaping** was adapted from the smoking cessation program **Calling it Quits**, a nurse-led intervention developed by UMass Medical School, funded by the National Cancer Institute and used by schools throughout Massachusetts for many years. The program includes an updated 14-page program booklet, a nurse protocol used with the booklet, and scripts to guide nurses through 4 sessions working one-on-one with students. **Piloting January 2020 with Natick Public Schools and Natick Health Department.**
- **Providers Guide** is a 4-panel folder to help school nurses and other personnel use brief interventions to assist students with vaping cessation. Includes assessment of dependence (Hooked on Nicotine Checklist*), talking points on dependence, assessing readiness to quit, assisting with triggers and handling cravings. May be used to complement This is Quitting or used on its own to discuss vaping with youth. **Available January 2020**
- **Quitting Vaping – Information for Youth** brochure includes a self-assessment of dependence, reasons to quit, tips for handling cravings and how to get started with the MA vaping cessation resources. **Available December 2019** through UMass Center for Tobacco Treatment Research & Training
- **MA Student Resource Card** – Includes a quick self-assessment of vaping dependence on one side and a list of vaping cessation resources for youth on the other side. **Available December 2019 on MA Health Promotion Clearinghouse.**
- Visit teen.smokefree.gov for tools and tips
- For more information, young people can visit mass.gov/vaping.
- More information for parents/adults is available at GetOutraged.org.