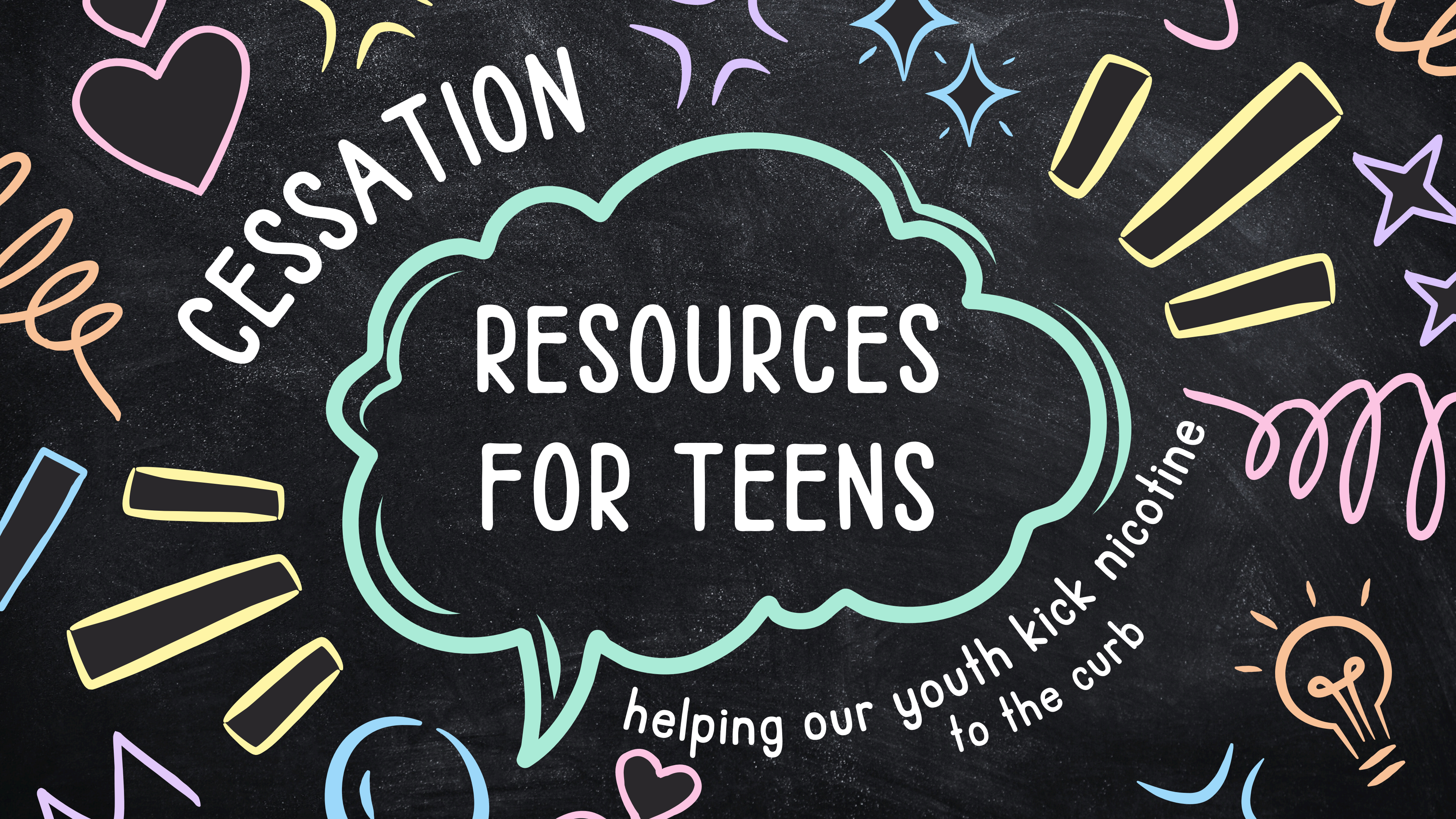


CESSATION

RESOURCES FOR TEENS

helping our youth kick nicotine
to the curb



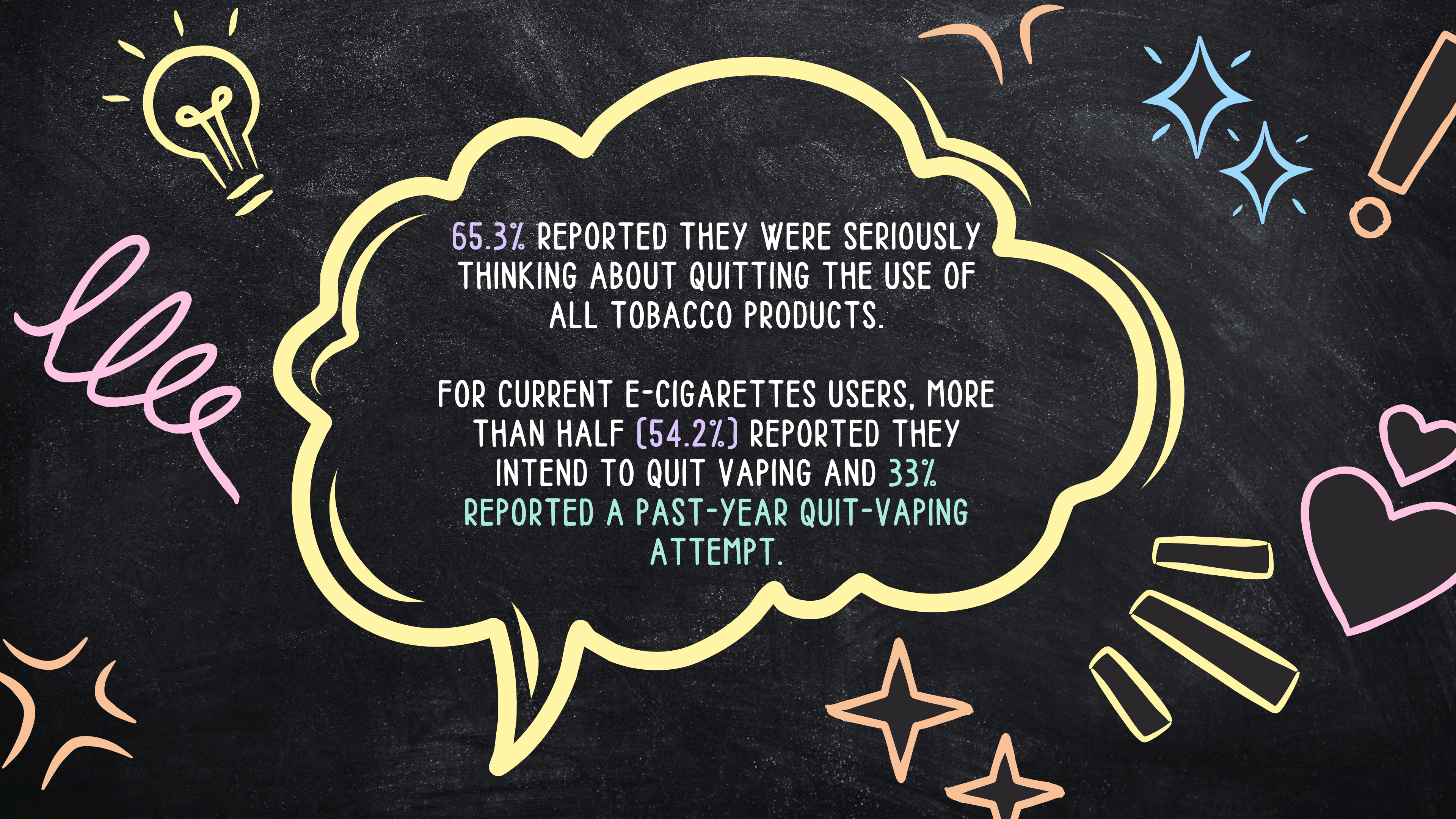


OBJECTIVES

The slides included in this presentation are intended to...

1. Inform HSMP members about youth cessation resources
2. Provide information to HSMP members that can be passed along to other community members
3. Identify opportunities for improvement in youth cessation treatment





65.3% REPORTED THEY WERE SERIOUSLY
THINKING ABOUT QUITTING THE USE OF
ALL TOBACCO PRODUCTS.

FOR CURRENT E-CIGARETTES USERS, MORE
THAN HALF [54.2%] REPORTED THEY
INTEND TO QUIT VAPING AND 33%
REPORTED A PAST-YEAR QUIT-VAPING
ATTEMPT.

LiveVapeFree is a program that offers judgement-free support and powerful resources to help you kick vaping to the curb. Join for free and take back control over your life!

- Text-based program with 24/7 Text support
- NRT available for those 18 and older
- Teen Quit Vaping Plan available for free online
- Parents can sign up their kids
- May not be available in all states [requires screening questionnaire]

LIVEVAPEFREE
[HTTPS://LIVEVAPEFREE.COM](https://livevapefree.com)



EXPROGRAM

[HTTPS://TRUTHINITIATIVE.ORG/EXPROGRAM](https://truthinitiative.org/exprogram)

Since 2008, EX Program has collaborated with the Mayo Clinic Nicotine Dependence Center.

When you sign up for a free EX Program account, you'll get access to a flexible, personalized program to help you change your patterns, find support, and explore nicotine replacement therapy.

MAYO CLINIC
EX Program's science-backed approach is developed by Truth Initiative with Mayo Clinic. It can increase your odds of quitting by up to 40%.

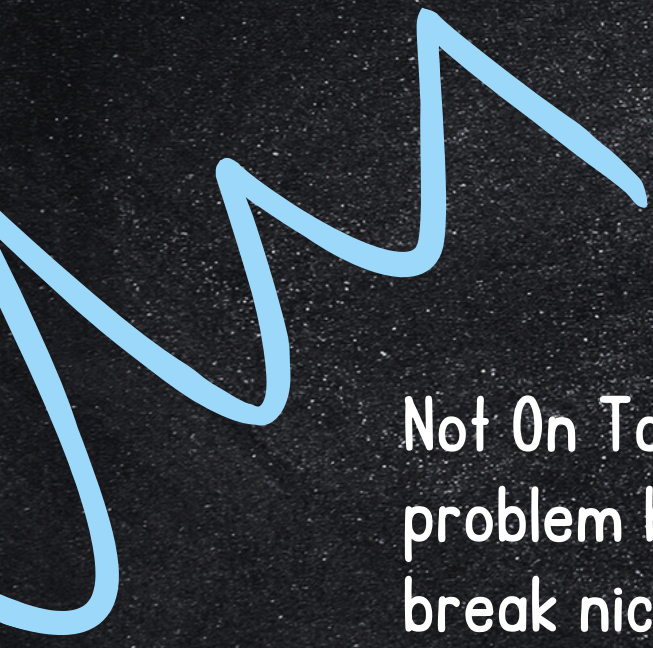
Where are you in your quit journey?

I might quit sometime. I want to quit now. I want to stay quit.

You deserve a program that's with you every step of the way.
It's hard to quit alone. Having support and a plan can increase your odds of success.

- Use EX Program to figure out why you are quitting.**
There are so many reasons to give up nic. Feel better mentally and physically, save money or maybe something unique to you.
- Quit any nicotine product with EX Program.**
Ditch your vaps, cigarettes, or other products (like Zyn) in a way that's right for you.
- Join EX Program at any point in your quit journey.**
Whether it's your first attempt or 30th, we can help you find strategies for success.

- Truth Initiative
- Daily text messages plus 24/7 support
- Interactive website
- Dedicated community full of experts and experienced quitters
- Individual programs, plus employer support, governments, health orgs
- Backed by years of research
- User-friendly interface



Not On Tobacco® (N-O-T) seeks to address this growing problem by giving all teens the resources they need to break nicotine dependency and find healthier outlets.

The program takes a holistic approach with each session using different interactive learning strategies based on Social Cognitive Theory of behavior change that can then be applied and practiced in everyday life and encourages a voluntary change for youth ages 13 to 19.

- American Lung Association
- Rooted in behavior change theory
- Designed for teens 13-19
- Sessions led by trained facilitator
- Now has virtual/online option
- Named a Research-Tested Intervention Program (RTIP) by the National Cancer Institute



**N-O-T: Not On Tobacco—
Proven Teen Smoking and
Vaping Cessation
Program**



SMOKEFREE TEEN

[HTTPS://TEEN.SMOKEFREE.GOV/](https://teen.smokefree.gov/)

SmokeFreeTeen provides resources and tools, such as personalized quit plans, the quitSTART app, and SmokefreeTXT for Teens, to help teenagers quit smoking and stay tobacco-free.

- National Institutes of Health
- Specialized teen-focused programming
- Features programs for quit tobacco, quit vape, quit smokeless tobacco
- Live online chat
- Has quitSTART app and Instagram with helpful information



Build Your Quit Plan



SmokefreeTXT for Teens



quitSTART App



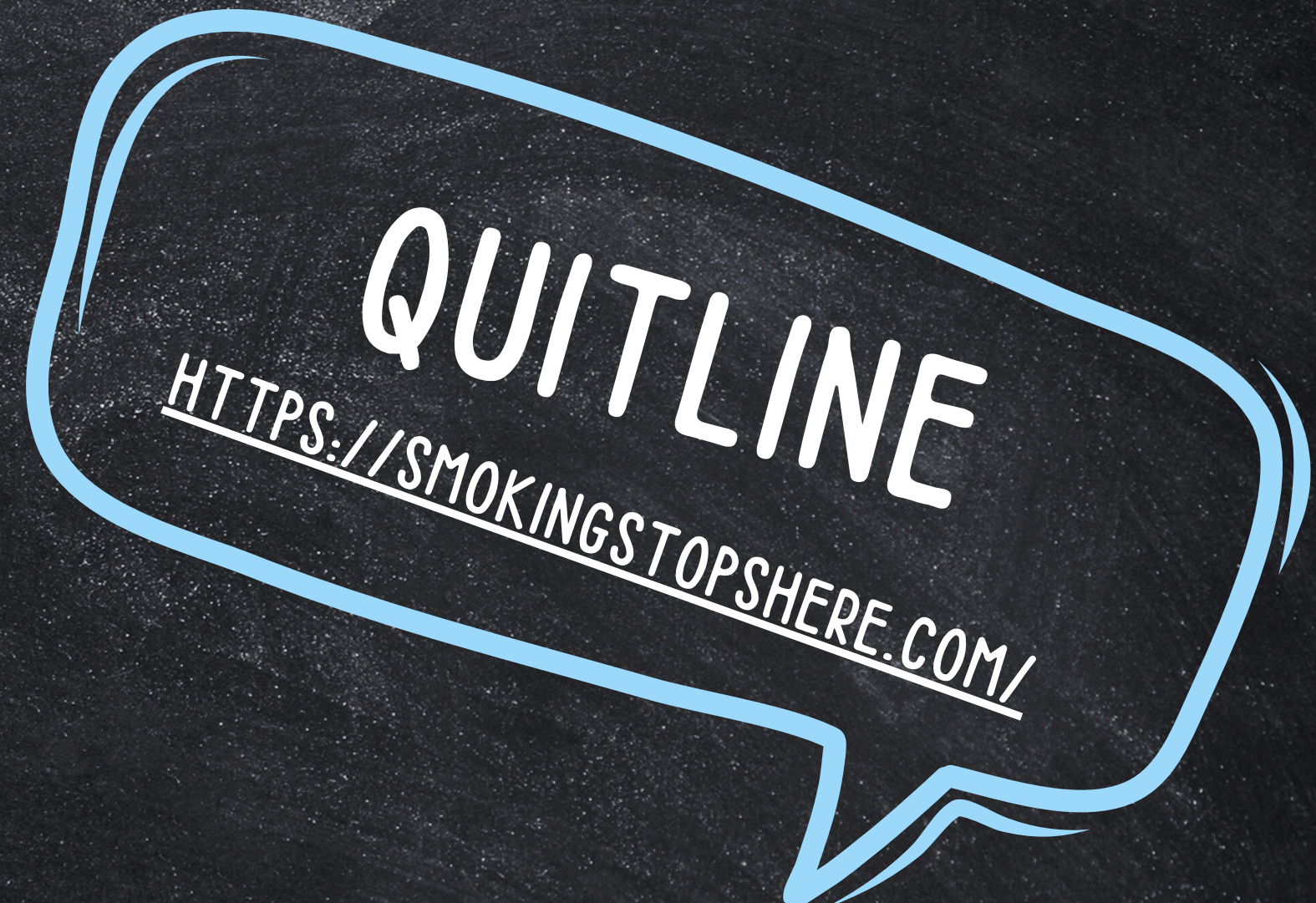
SmokefreeUS on Instagram



Speak to an Expert

The Maryland Tobacco Quitline offers free resources and specialized programs to support any Marylander's journey to quit tobacco. The Teen and Young Adult Program is a specialized program for teens. There is also a program called Live Vape Free for Teens. Teens can text "VAPEFREE" to 873-373 for free tips and support to quit vaping.

- Maryland Department of Health
- Includes specialized programs for 18+, teens, individuals with behavioral health conditions
- Online, by phone, text options
- Free
- Includes additional resources for teens, parents, providers



A yellow and black advertisement for the Maryland Tobacco Quitline. The top half has a yellow background with the headline "MAKE THIS THE QUIT THAT STICKS." in bold red letters. Below the headline, it says "Get FREE coaching, nicotine patches and gum to help you succeed." in small black text. The middle section features an illustration of five cigarettes of varying lengths, with the shortest one broken in half. Below the illustration, it says "Get FREE help to quit smoking for good. Text READY to 200-400 or visit www.SmokingStopsHere.com" in white and yellow text. At the bottom, there are logos for the Maryland Department of Health and the 1-800-QUIT-NOW program.




ADDITIONAL CONSIDERATIONS

Tips for Choosing a Program



LOOK FOR EVIDENCE-BASED PROGRAMS

Choose programs that have been shown to be effective in helping young people quit vaping.



CONSIDER THE TEEN'S PREFERENCES

Some teens may prefer the anonymity and convenience of online programs, while others may benefit from the support and interaction of in-person groups.



CHECK FOR PROGRAM COST



Many programs are free, but some may have a fee.

STARTING THE CONVERSATION

Teens require special considerations when discussing quitting nicotine because of their developing brains, unique motivations, and susceptibility to social pressures, necessitating tailored approaches and youth-friendly resources.

Approach teens with empathy and understanding, focusing on their own reasons for wanting to quit.

Avoid judgment or lectures, instead validating their feelings and celebrating their efforts throughout the quitting process.

Offer practical support and resources, such as quit programs, text lines, and help accessing them.

Be patient and persistent, acknowledging the challenges of quitting and offering ongoing support even after relapses.

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