

Teen Health Clinic Vaping Cessation Resources: Information and Help

American Academy of Pediatrics: Julius B Richmond Center of Excellence: Resource page for parents, teens and medical providers.

The tool bar on the left side of the home page has many useful links. The **Alternative Tobacco Products** links to resources for Alternative and Emerging Products and Electronic Nicotine Delivery Systems (e-cigs) information sheets.

The **State-Specific Information** link allows one to learn about Wisconsin specific teen use, legislation, advocacy and Wisconsin Quit Line information.

The **Resource** link provides an annotated list of other helpful resources.

[https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Richmond-Center/Pages/Dr--Julius-B--Richmond-\(1916-2008\).aspx](https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Richmond-Center/Pages/Dr--Julius-B--Richmond-(1916-2008).aspx)

Center for Disease Control: Smoking and Tobacco Use: Quick Facts on the Risks of E-cigarettes for Kids, Teens and Young Adults. This web page includes a section for parents on “*What can I do to Prevent my Child from Using E-cigarettes or Help Them Stop?*” The third bullet point from this section has the pdf from the presentation embedded for download. It is titled Talk with Your Teen About E-cigarettes: A Tip Sheet for Parents.

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html

Teen Smokefree.gov: Web based Quit planning. This page has a comprehensive Quit plan that Teens can complete. The web page takes Teens through each of the essential steps of Vaping Quit planning. It helps them identify their triggers and create a plan to combat each trigger. In addition to creating the Quit plan it has sections on barriers to quitting, managing cravings, nicotine withdrawal, managing stress and the association between depression and vaping.

<https://teen.smokefree.gov/quit-vaping>

Wisconsin Quit Line: Has phone ,1-800-QUIT-NOW (1.800.784.8669); and web enrollment. Available 24/7. Those who enroll will be given a coach and develop a quit plan. The Quit Line can assist teens 13 years and older and can provide nicotine replacement therapy and medications for those 18 years and older.

<http://www.wiquitline.org/>

My Life, My Quit: Cessation Program: Teen focused free confidential quit line sponsored by National Jewish Health, a national respiratory health care center in Denver. The help line is staffed by coaches who are tobacco treatment specialists who are skilled in communicating with Teens. Patients are assigned a coach that helps them develop a quit planning and refusal skills via 5 weekly one hour sessions. Patients can call or text "Start My Quit" to 855.891.9989. or use on-line to registration.

<https://mylifemyquit.com>

Aspire is a web based Quit information for teens that helps teens appreciate the risks associated with vaping/tobacco use. It will help Teens move along the change continuum from pre-contemplative

(benefits greater than risks) to contemplative (risks greater than benefits). The goal of this web page is to help move Teens toward contemplating quitting. This program was developed by MD Anderson Cancer Center.

<https://aspire2.mdanderson.org/>

Truth Initiative: Known previously as the American Legacy Foundation, Truth Initiative was established in March 1999 as part of the tobacco settlement requiring tobacco industry to disclose health impact of tobacco.

At the top of the home page the **Explore by Topic** leads information on **Patterns of Use, Who Smokes, Tobacco Products** and **Harmful Effects. Tobacco Products** category provides information on flavors, hookah and e-cigarettes.

The site has a Teen and Young Adult designed "This is Quitting" which includes free app that provides companion support text messages, **DITCHJUUL** obtain by texting: **88709**.

a web and text messaging program, and **This is Quitting**, a mobile app and companion text message program designed for young adult smokers. This program was made in conjunction with Mayo Clinic.

<https://truthinitiative.org/>

American Lung Association leads tobacco control efforts at the community, state and national level as well as advocating for FDA oversight over tobacco products. The American Lung Association provides training for in school programs: INDEPTH(4 week education on risks) and NOT (10 week Cessation program). If you need help with quitting, contact them at 1-800-LUNG-USA (1-800-586-4872) or www.Lung.org/helpline.

Mindfulness Resources to Help with Quitting

Dr. Dzung Vo: Mindful Teen book and check out his web page that demonstrates each method.

Many apps are on the market. Try some out and find the one that works for you!

Remember mindfulness will help you the most if you practice it 5 - 10 minutes each day.

- Establish a mindfulness bell (www.mindfulnessdc.org/mindfulclock.html).
- *Headspace*: www.headspace.com website, app store, googleplay
- *Breathe* app: app store
- *Smiling Mind*: www.smilingmind.com app store
- "Calm" - Calm.com <https://play.google.com/store/apps/details?id=com.calm.android&hl=en>
- **Dr. Vo Teen Mindfulness:** Click on "Guided Meditations", "Body Scans"
<http://mindfulnessforteens.com/guided-meditations/>
- *YouTube: Yoga with Adrian*

Teen Parenting Resources:

Raising Kids to Thrive: Balancing Love with Expectations and Protection with Trust. Kenneth Ginsburg

Parentandteen.com: Web based Teen parenting resource developed by Dr. Ginsburg, a developmental pediatrician who specializes Teens and Young Adults development. Great resource for effective communication skills with Teens. Also has section for Teens to create stress management skill plan.

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