Treatment for Youth Who Vape: Resources for Schools

November 5, 2019

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Acknowledgements

Center for Tobacco Treatment Research and Training:
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- Nanette Vitali, MS; MA DPH Contract Manager
- Caroline Cranos, MPH, NCTR; Training Program Director
- Karen Del'Olio, MPH; Research Project Coordinator

Funding sources for materials: MA Department of Public Health Tobacco Cessation and Prevention Program (MA MTCP); and the Natick Health Department and Natick Public Schools, Natick, MA

Disclosures: No authors have conflicts of interest related to this work
In Massachusetts, 41.1% of high school students have tried electronic vapor products, and 20.1% currently use vape products.

Youth Who Vape are Becoming Addicted to Nicotine

Schools Are Looking for Treatment Protocols for Students Who Vape

- Schools are handling vaping by students in a number of ways; for example, diversion programs, sensors in bathrooms, restricting bathroom passes
- As of early 2019, no evidence-based treatment programs were readily available to school staff
- School nurses who had previously used “Calling it Quits” for student smoking cessation expressed interest in adaption for vaping cessation
- MA Department of Public Health Tobacco Cessation and Prevention Program
School Nurse Workgroup Formed

- Workgroup was formed and met to discuss vaping among students.
- School nurses and health teachers from districts in Central and Eastern Massachusetts were included.
- The group met to discuss the following issues:
  1. What are some of the ways you reach out to teens who are vaping?
  2. What proportion of your students who vape are interested in quitting vaping?
  3. How do you currently deliver services to students who vape?
  4. What are your ideas to motivate and help your students to quit vaping?

What School Nurses Reported:

- Youth do not believe vaping is harmful to their health.
- Teachers and staff note effects of student vaping: lack of concentration and distraction.
- Some personnel in their schools do not have a full understanding of the harms of vaping or the products students use to vape in school.
- Students experience severe symptoms from e-cigarette/vape use (“nic sick”).
- Parents do not have adequate knowledge about vaping.
- All nurses were interested in helping students quit vaping!

Materials Development: the Steps

- Literature review: vaping cessation, student use, and dependence.
- Workgroup in-person meeting.
- Information from group and literature search used to develop draft of materials.
- 2nd meeting/call to review materials.
- 2nd draft of materials developed.
- Review by subset of nurse workgroup.
- 3rd draft of materials developed, further review by DPH.
- Final draft of materials.
Based on Work Group responses, 4 sets of materials were drafted:

- Written provider protocol and booklet to support a multi-session cessation intervention, based on an evidence-based, school nurse-led, smoking cessation program for youth
- Provider’s Guide with scripts for talking briefly to students about their vaping
- Six-sided student pamphlet about vaping and resources to aid in quitting
- Two-sided business card listing cessation resources

Adapted from the smoking cessation program “Calling it Quits”: a nurse-led intervention funded by the National Cancer Institute and used by schools throughout Massachusetts*

- Includes a 14-page program booklet with sections on understanding nicotine dependence, reasons to quit, handling cravings, managing triggers, and staying quit
- A nurse protocol, used with the booklet, includes scripts for 4 sessions with students


Calling it Quits: Vaping – Book and Protocol

Calling it Quits: Vaping – Cover and Sample Page
Provider’s Guide – “Talking Points” for Providers

- A page guide 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


Provider’s Guide – “Talking Points” for Providers

“This is Quitting” Customized for MA Youth and Young Adults

The Massachusetts Department of Public Health, in collaboration with the University of Massachusetts Medical School Center for Tobacco Treatment Research & Training, has partnered with truth® to offer messaging and information specific to Massachusetts youth:

- MA-specific number and enrollment keyword: To enroll in the program, youth text opt-in keyword “VapeFreeMass” to 88709.
- Texting the keyword “MASSINFO” for information specific to Massachusetts once enrolled in the program
- Quarterly reports on enrollment

Additional Keyword MASSINFO

Opt-In Keyword VapeFreeMass

MA Short Code Text 88709
Student Fold-Out Brochure: Tips and Resources
• Size of an iPhone
• Includes self-assessment based on HONC, tips for how to handle cravings, reasons for quitting, and resources to help support quitting
• Designed to be used on its own or to complement “Calling it Quits: Vaping”, This is Quitting – MA, or the Provider Guide

Student 2-Sided Card: Resources
• Includes resources to assist students in quitting vaping, assessment of nicotine dependence

DPH Resource: Youth Vaping Handout (1st side)
Item Number: TC3482 at https://massclearinghouse.ehs.state.ma.us/
DPH Resource: Youth Vaping Handout (2nd side)

Program Roll-Out in Collaboration with MA DPH Tobacco Cessation and Prevention Program

- MA-customized “This is Quitting” vaping program number is now active
- Vaping Youth Handout—available on MA Clearinghouse website
- Pilot of “Calling it Quits: Vaping” to start in January 2020 in Natick, MA schools
- Other materials to be rolled out within next 2 months

Program Roll-Out in Collaboration with MA DPH Tobacco Cessation and Prevention Program

- Program materials, once finalized, will be available online through the Massachusetts Clearinghouse: https://massclearinghouse.ehs.state.ma.us/
- For questions regarding materials, please contact UMass Center for Tobacco Treatment Research and Training at cttrt@umassmed.edu. Please send us your name/school/email if you would like to know when resources are publicly available.

Questions?

Thank you!

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