


Treatment for Youth Who Vape: Resources for Schools

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University of Massachusetts Medical School
Worcester, MA




Acknowledgements

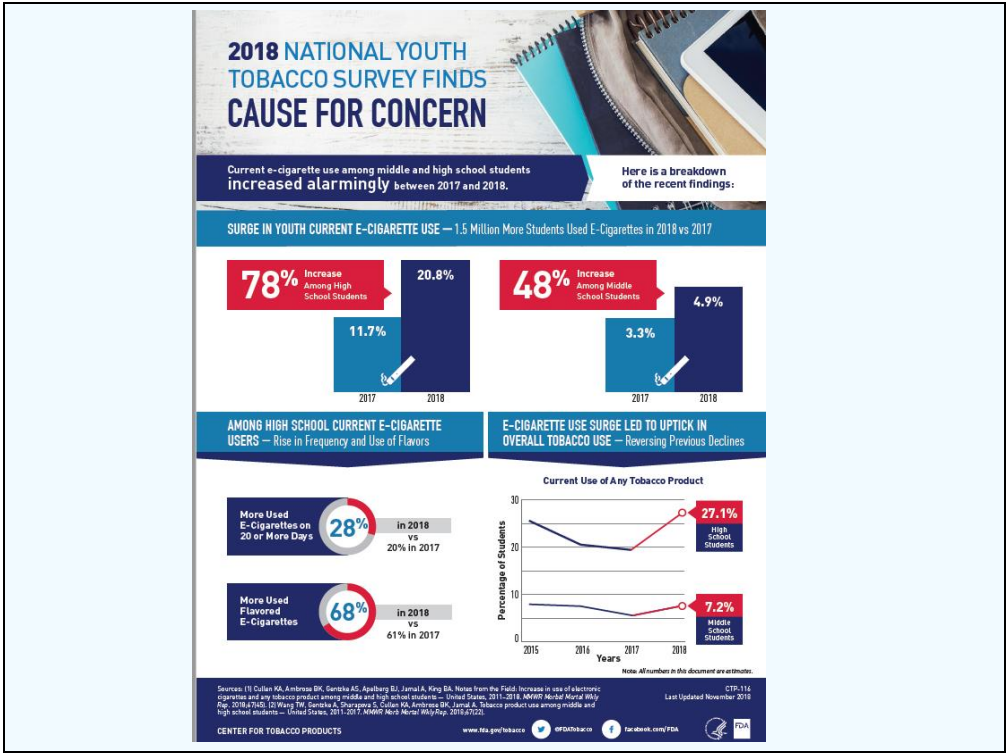
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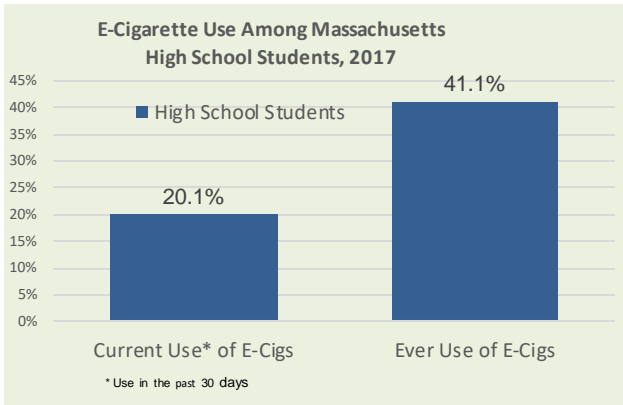
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Over 1 in 5 Massachusetts High School Students Vape

- In Massachusetts, 41.1% of high school students have tried electronic vapor products, and 20.1% currently use vape products.



Health & Risk Behaviors of Massachusetts Youth, Executive Summary (2017). Massachusetts Department of Elementary and Secondary Education and Department of Public Health. Retrieved from <https://www.mass.gov/files/documents/2019/01/09/health-and-risk-behaviors-mass-youth-2017.pdf>



Youth Who Vape are Becoming Addicted to Nicotine

A collage of CDC Tobacco Free content. At the top left is a tweet from @CDCTobaccoFree dated November 15, 2018, stating that 3.6 million U.S. youth were current e-cigarette users in 2018. To the right is another tweet from the same account stating that e-cigarettes contain nicotine, which can impact learning and memory. Below these tweets is an MMWR infographic titled "YOUTH E-CIGARETTE USE IS RISING". The infographic includes statistics such as "1 in 5 high school kids" and "1 in 20 middle school kids" currently using e-cigarettes, and lists risks like "cause addiction" and "harm the developing brain". At the bottom right of the collage is a CDC graphic showing four brains with the text "It's not like you can buy a new brain." and "Nicotine can harm brain development - Understand the risks".



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?

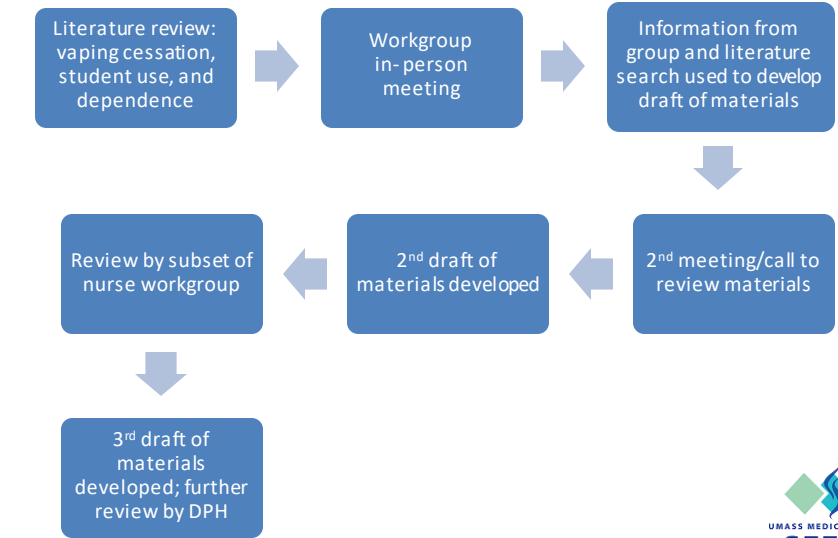


What School Nurses Reported:

- 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



Materials Development: the Output

- 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



Calling it Quits: Vaping – Book and Protocol

- 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

* Pbert L, Druker S, DiFranza JR, Gorak D, Reed G, Magner R, et al. Effectiveness of a school nurse-delivered smoking-cessation intervention for adolescents. Pediatrics 2011;128(5):926-36



Calling it Quits: Vaping – Cover and Sample Page



Provider’s Guide – “Talking Points” for Providers

- 4 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

* DiFranza, J.R., Savageau, J.A., Fletcher, K., Ockene, J.K., Rigotti, N.A., McNeill, A.D., Coleman, M., & Wood, C. (2002). Measuring the loss of autonomy over nicotine use in adolescents. *Archives of Pediatric and Adolescent Medicine*, 156, 397-403.



Provider’s Guide – “Talking Points” for Providers

VAPING CESSATION

HELPING YOUTH WHO VAPE

PROVIDER'S GUIDE

This Provider's Guide has been developed to assist in helping students quit vaping in response to the epidemic of youth vaping. The medical community is clear: it is unsafe for adolescents to vape. You can use this guide with the texting program **This is Quitting** powered by **truth®**, as well as other cessation programs. It includes a tool to assess dependence, scripts you can use when talking to students, and additional resources on topics related to quitting vaping.

ASSESSING NICOTINE DEPENDENCE:
The **Hooked on Nicotine Checklist** (HNCCL) identifies youth for whom help and encouragement with cessation would be appropriate. In treatment, the HNCCL can also be used to signal the loss of autonomy, the onset of dependence, and the degree of dependence. The HNCCL is often used to measure nicotine dependence among youth who vape.¹

The tool below, "The Hooked on Nicotine Checklist" (HNCCL), identifies youth for whom help and encouragement with cessation would be appropriate. In treatment, the HNCCL can also be used to signal the loss of autonomy, the onset of dependence, and the degree of dependence. The HNCCL is often used to measure nicotine dependence among youth who vape.¹

Even just one "yes" indicates loss of autonomy and the onset of dependence; the more "yes" responses, the higher the loss of autonomy, reflecting the degree of dependence.

| | | | |
|---|--|------------------------------|-----------------------------|
| 1 | Have you tried to quit vaping but couldn't? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2 | Do you vape now because it is really hard to quit? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3 | Have you ever felt like you were addicted to vaping? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 4 | Do you ever have strong cravings to vape? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 5 | Have you ever felt like you really needed to vape? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 6 | Is it hard to keep from vaping in places where you're not supposed to? (School?) | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

When you answer Yes, you lost a feeling.

| | | | |
|----|---|------------------------------|-----------------------------|
| 7 | Did you find it hard to concentrate because you couldn't vape? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 8 | Did you feel more irritable because you couldn't vape? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 9 | Did you feel a strong need or urge to vape? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 10 | Did you feel nervous, restless, or anxious because you couldn't vape? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

TOTAL SCORE: ADD THE YES RESPONSES =

References:
1. DiFranza, J.R., Savageau, J.A., Fletcher, K., et al. (2002). Measuring the loss of autonomy over nicotine use in adolescents. *Archives of Pediatric and Adolescent Medicine*, 156, 397-403.
2. DiFranza, J.R., Savageau, J.A., Fletcher, K., et al. (2002). Measuring the loss of autonomy over nicotine use in adolescents. *Archives of Pediatric and Adolescent Medicine*, 156, 397-403.
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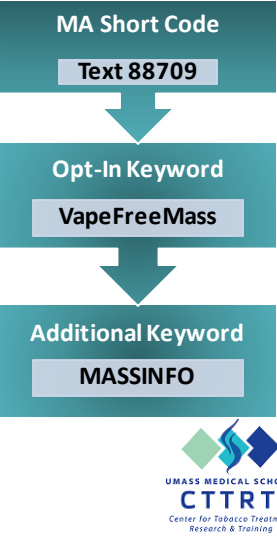
PROVIDER: Let's see how you scored. If you checked even 1 "yes" it means that you may have some level of dependence on nicotine and lost some control over your vaping. The more "yes" answers, the higher the likelihood of being hooked on nicotine. For example, point to an example, explain how that may be a sign of dependence – e.g., not being able to go without vaping each day).

continued on next page

“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



- 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 it's own or to complement "Calling it Quits: Vaping", This is Quitting – MA, or the Provider Guide

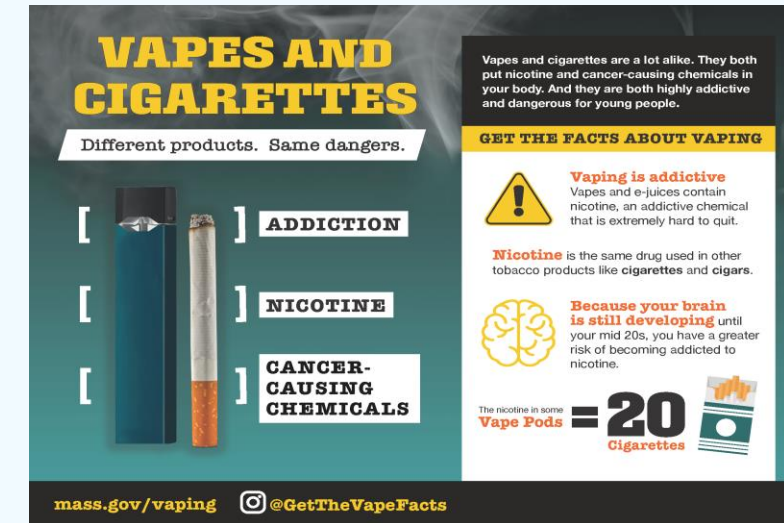


- Includes resources to assist students in quitting vaping, assessment of nicotine dependence



Item Number: TC3482 at

<https://massclearinghouse.ehs.state.ma.us/>



DPH Resource: Youth Vaping Handout (2nd side)

Vaping can harm your brain and the rest of your body.

Nicotine can harm your brain, including your memory and ability to learn. Vapes can also contain harmful (and possibly harmful) ingredients such as:

- Very fine particles that can be inhaled deep into the lungs
- Heavy metals such as nickel, tin, and lead
- Flavoring such as diacetyl, a chemical linked to a serious lung disease
- Volatile organic compounds

The Food and Drug Administration (FDA) is the organization that makes sure drugs are safe and effective. This is called "regulating." The FDA is supposed to regulate e-juices and vaping devices, but they haven't started yet. So we can't be sure what is in these products.

It's not water vapor.

Aerosol from vaping has cancer-causing chemicals.

The tobacco and vaping industries target you

They target young people so you'll become lifetime users addicted to their products.

Cigarette makers own and invest in vape companies.

The vaping industry makes their products taste like fruit or candy so you will want to try them.

What you can do

Now that you know the facts, talk to your friends and family about the dangers of vaping. **Get involved.** Join your school's SADD or 84 Chapter to spread the word. If you don't have one, start one! Learn more at the94.org.

Get Help to Quit

Quitting vapes or other tobacco products can be hard. Here are some ways to get the support you need:

This is Quitting powered by **truth®** is a free and confidential texting program for young people who vape. Text "VapeFreeMass" to 887709 to get started! In partnership with the Massachusetts Department of Public Health.

My Life, My Quit™ has youth coach specialists trained to help young people by phone or text. Call or text "Start My Quit" to 855-891-9999 for free and confidential help. For more information or to sign up online, visit mylifemyquit.com.

Visit teen.smhs.org for tools and tips to help you quit.

Ask for help from your school nurse or counselor, athletic coach, doctor, parent, or other trusted adult.

Sources: Information is taken from E-Cigarette Use Among Youth and Young Adults: A Report of the Surgeon General, 2016, and the Centers for Disease Control and Prevention (web site on Electronic Cigarettes https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm Accessed 6/3/19)

mass.gov/vaping @GetTheVapeFacts

Massachusetts Department of Public Health
10/04/2 5/2019

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



Questions?

- 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.

Thank you!

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