

# Evidence-based Vaping Cessation Interventions for School and Afterschool Programs

This section provides a brief overview of nationally and state recognized vaping cessation interventions that support youth on managing and quitting e-cigarettes, while also addressing the various reasons behind starting this behavior.

## **SMOKESCREEN**

- Developed by the Yale Center for Health & Learning Games, [play2PREVENT](#) Lab for youth and young adults
- Free game containing seven levels that can be played in increments for a total duration of three hours
- Each level comprises a storyline and includes a set of mini-games
- Brief exposure to [smokeSCREEN](#) has an effect on critical aspects of preventing tobacco use
- Focused on skill building, topic engagement, awareness of intrapersonal factors related to vaping

## **NOT ON TOBACCO**

- Developed by the American Lung Association for teens aged 14 to 19 years old
- Free program focused on developing and maintaining positive behaviors
- Comprised of ten, 50-minute sessions
- Designed to help students identify their reasons for smoking or vaping and to find healthy alternatives to quitting
- Most teens who participate in the program cut back or quit tobacco

## **INDEPTH**

- Developed by the American Lung Association for youth students between the ages of 14 and 19
- Free alternative-to-suspension program designed to help schools address the issue of teen vaping in a more supportive manner
- Comprised of four, 50-minute sessions
- Contains guidance for the process of identifying reasons for using tobacco products and how to tackle nicotine dependence
- More than half of participants reported they were willing to quit using tobacco products after completing the program

## **HEALTHY FUTURES**

- Developed by the Stanford REACH Lab for youth students
- Free alternative-to-suspension program
- Comprised of two parts, one for students only (40-60 minute self-paced) and the second includes a facilitator (2 or 4 hours)
- Focused on helping students learn about the harms of e-cigarettes and other tobacco products, identify reasons for and costs of using, and cope with stress

## **QUITSTART**

- Developed by the National Cancer Institute's [Smokefree.gov](#) in collaboration with the U.S. Food and Drug Administration
- Free smartphone app for teens who want to quit smoking
- Provides tailored tips and inspiration to help teens become smoke-free, based on own personal smoking history

### **3rd MILLENNIUM CLASSROOMS**

- Developed by 3rd Millennium Classrooms for high schools and middle schools, colleges and universities, courts and agencies, as well as parents
- Programs come at different tiered costs with deals dependent on school level and district utilization
- Custom instruction sheets are provided during student enrollment, enabling students to follow the guided steps and do their work with 3rd Millennium support
- For high schools and middle schools, topics offered include nicotine, alcohol, cannabis, other drugs (opiates, depressants, sedatives, and hallucinogens), diversity, equity, and inclusion work, conflict resolution, as well as hazing and social hosting

### **BRIEF INTERVENTION**

- Developed by Evaluation, Management, and Training Associates, Inc. (EMT) for adolescent youth and young adults who are experimenting with tobacco, alcohol, and/or other drug use but are not yet dependent
- Curriculum (six instructional modules) designed to be used by school counselors, nurses, social workers, educators, school administrators, and other youth-serving adults
- EMT contracts with state and local agencies, who sponsor the training workshop

### **iDECIDE**

- Developed by the Center for Addiction Medicine at Massachusetts General Hospital in collaboration with the Office of Youth and Young Adult Services at the Massachusetts Department of Public Health and the Institute for Health Recovery
- Currently available only in MA, but the [website](#) has excellent resources
- An alternative to punitive responses for students caught violating school substance use policy
- Curriculum comprises of impacts of substance use in adolescent brain and body; industry's tactics to target youth; and guides youth on how to respond to personal impulses, empowering them to make healthy decisions
- Schools are expected to designate someone to be a trained facilitator, who gains free access to all the resources upon completion of the free training

### **EX PROGRAM**

- Developed by the Truth Initiative in collaboration with the Mayo Clinic Nicotine Dependence Center
- National text message program available for free
- Evidence-based quitting program that helps people develop the skills and confidence to successfully quit
- [Research](#) shows that this program can increase odds of quitting by up to 40%

### **SMOKEFREETXT**

- Developed by the National Cancer Institute's [Smokefree.gov](#) for teens aged 13 to 17 years old who are ready to quit smoking
- Teens sign up to a text message program and receive daily messages to support their quitting
- The program lasts for six to eight weeks

