




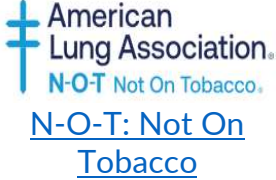





Minnesota Nicotine Dependence Education & Treatment Resources


The following information includes evidence-based strategies, programs, and resources we recommend schools consider. Model policy language is available if your school district is looking to implement policies that help prevent vaping. We recommend school districts use a comprehensive approach using evidence-based strategies highlighted in this resource.

Community Education Resources for Parents and Caregivers





	Organization	Description	Age Group	Format
 Talk About Vaping The Vape Talk	American Lung Association	Conversation guide for facts, quick tips and discussion approaches to better support your child in making good, healthy decisions.	Teens	Online guide (printable)
Youth Vaping Prevention Sitcom (30 sec)	American Lung Association	“You’re the Best Person” Public Service Announcement highlights that parents are the best people to talk to their kids about the dangers of using e-cigarettes and encourages parents to learn more about vaping so they can have informed conversations with their kids about the risks.	Teens	YouTube Video PSA
 Clear the Vapor Conversations	PAVE (Parents Against Vaping)	PAVE webinars cover topics such as: environmental harms, vaping cessation ideas, and engaging youth to quit. Each event features a moderated discussion with your questions answered live	Any	Virtual webinars
 E-Cigarettes & Vaping: What Parents Need to Know	American Lung Association	Factsheet addresses common question about vaping such as what it is, how harmful it is to teens, why youth choose to vape, and more information on where to find additional resources.	Teens	Factsheet (printable)
EX Program	Mayo Clinic	Parents can sign up for emails or text QUIT to (202) 899-7550 to receive text messages designed specifically for them to help their child quit vaping.	Any	Text message program

Treatment and Cessation Resources







	Organization	Cost	Age Group	Format	Setting	Facilitator Training	Program Duration
 American Lung Association. N-O-T Not On Tobacco. N-O-T: Not On Tobacco	American Lung Association	\$400	14-19	Adult-led In-person	Group (approx. 6-10)	Online training, 7 hours total	10 sessions 50 minutes each
 N-O-T for Me Online	American Lung Association	Free	14-19	Online course followed by adult/youth interaction	Individual	None	10 sessions 50 minutes each
 My Life My Quit	Minnesota Department of Health	Free	13-17	Text "Start My Quit" to 36072 Or call 855-891-9989	Individual coaching	None	Self-guided
 Quit Partner	Minnesota Department of Health	Free	18 and over	Call 1-800-QUIT-NOW Or enroll online	Individual coaching	None	Up to 5 coaching calls, Up to 4 weeks of NRT
 American Indian Quit Line	Minnesota Department of Health	Free	18 and over	Call 1-833-9AI-QUIT Or enroll online	Individual coaching	None	Up to 10 calls with coaches, Up to 12 weeks of NRT
 This is Quitting	Truth Initiative	Free	13-24	Text DITCHVAPE to 88709	Individual coaching	None	-

 NRT & Adolescent Patients: Info Sheet	American Academy of Pediatrics	Free	Under 18	Factsheet	Individual coaching	For pediatricians, nurses, or counselors	-
Nicotine Dependence Index	Penn State	Free	Anyone	Downloadable fact sheet and scoring guide- also in Spanish	Individual coaching	For pediatricians, nurses, or counselors	-

Alternative to Suspension Programs

	Organization	Cost	Age Group	Format	Setting	Facilitator Training	Program Duration
 <p>American Lung Association INDEPTH. INDEPTH</p>	American Lung Association	Free	Middle and High school	Adult-led program	Group or one-on-one	Online training, 60 minutes	4 sessions, 50 minutes each
 <p>American Lung Association INDEPTH. Online INDEPTH Online</p>	American Lung Association	Free	Middle and High school	Online course	Individual	Online training, 60 minutes	4 modules, 2 hours total
 <p>MY Healthy Futures Online</p>	Stanford University	Free	Middle and High school	Online course followed by adult/youth interaction	Individual and one-on-one or group	Live, facilitated training 60 minutes	40-60 minutes
 <p>PUBLIC HEALTH LAW CENTER at Mitchell Hamline School of Law K-12 School Model Policy</p>	Public Health Law Center	Free	Grades K-12	Model Policy Language	School Tobacco Policy	-	-

Staff/Teacher Education & Curriculum Resources

	Organization	Cost	Age Group	Format	Setting	Facilitator Training	Program Duration
 <p>American Lung Association. ACT to Address Youth Cessation</p> <p>ACT to Address Youth Cessation</p>	American Lung Association	Free	Middle and High school	Online training for school personnel	Individual coaching	1-hour on demand online course	60 minutes
 <p>TOBACCO PREVENTION TOOLKIT</p> <p>Tobacco Prevention & Vaping Toolkit</p>	Stanford Medicine	Free	Grades 5-12	Classroom lessons, Kahoot quizzes, handouts	Classroom	-	6 modules
 <p>CATCH[®] MY BREATH CATCH My Breath</p>	CATCH Global Foundation	Varies	Grades 5-12	Classroom lessons, teacher trainings, video lessons, handouts	Classroom	Online training 45 minutes	Depends on format
 <p>TOBACCO EDUCATION RESOURCE LIBRARY</p> <p>Tobacco Education Resource Library</p>	FDA	Free	Grades 6-12	Classroom lessons, video lessons, posters and print material	Classroom	-	4 videos 60 minutes
 <p>AN SR Association for Nonsmokers-Minnesota</p> <p>Tobacco 101</p>	Association for Nonsmokers-Minnesota	Free	Middle and High school	Classroom lessons, videos, activities, hands-on student engagement, handouts	Classroom, after school, or out-of-school	-	10 lessons
 <p>ESCAPE THE VAPE VIDEO CHALLENGE</p> <p>Escape the Vape</p>	Minnesota Department of Health	Free	Middle and High school	PSA video contest to raise awareness about vaping. Could win up to \$500	Classroom or out-of-school	-	30 second video

