

Columbiana County Escape Vape Project

Online Apps for Youth Vaping Cessation

Smokefree Teen- Offers online tools to help individuals quit vaping / tobacco usage. Resources available for a variety of populations, ie: teens, spanish speaking, etc.

teen.smokefree.gov/



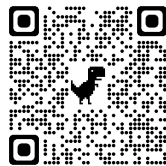
My Life My Quit- My Life My Quit is a free confidential service for teens who want to quit all forms of tobacco including vaping. The program includes coaches who utilize motivational interviewing and cognitive-behavioral techniques to assist teens.

oh.mylifemyquit.org/index



This Is Quitting - A free mobile program from Truth Initiative designed to help young people quit vaping. A text messaging program that incorporates messages from other young people like them who have attempted to, or successfully quit, e-cigarettes.

www.truthinitiative.org/about-this-is-quitting



N-O-T For Me, American Lung Association-

N-O-T For Me, is a voluntary online program to help teens who want to stop using tobacco. The program provides the resources and tools to quit over the course of 8 self-paced sessions.

www.notforme.org/



Local Youth Vaping Cessation and Intervention Resources

N-O-T (Not On Tobacco), American Lung Association's Youth Cessation Program

*Family Recovery Center;
964 N Market Lisbon, Ohio 44432
(330) 424-0531 ext. 143*



IN-DEPTH Program, American Lung Association's Vaping and Tobacco Intervention

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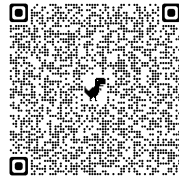
www.lung.org/quit-smoking/helping-teens-quit/not-on-tobacco

www.lung.org/quit-smoking/helping-teens-quit/indepth

Parent and Caregiver Vaping Information



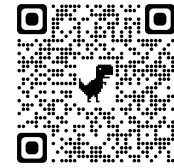
U.S. Food and Drug Administration, Tobacco Education Resource Library
www.digitalmedia.hhs.gov/tobacco/educator_hub?locale=en



American Lung Association, Vaping Conversation Guide
www.lung.org/quit-smoking/helping-teens-quit/talk-about-vaping



Centers for Disease Control and Prevention: Website
www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm



Right Decision Right Now
www.rightdecisionsrightnow.com/



Center for Disease Control and Prevention: Toolkit
www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/e-cigarette-s-youth-partners-toolkit-508.pdf



NIDA: Website
www.nida.nih.gov/publications/drug-facts/vaping-devices-electronic-cigarettes



The Truth Initiative: Fact Sheet
www.truthinitiative.org/research-resources/emerging-tobacco-products/e-cigarettes-facts-stats-and-regulations



The Truth Initiative: Vaping Lingo Dictionary
www.truthinitiative.org/sites/default/files/media/files/2020/06/Truth_Vaping_Lingo_Dictionary_FINAL.pdf

Brought to you by:

The CASH Coalition
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www.ccesc.k12.oh.us



CATCH My Breath
Parent Toolkit
www.catch.org/rct-cmb-toolkit/



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