

Prevention Community of Practice

Electronic Nicotine Delivery Systems (ENDS): NH Resources & Youth Engagement

May 13, 2020

Questions and Answers

Q: There was a NH Jewish organization mentioned. Can you repeat the name please?

A: National Jewish Health

Q: How were the Peer group categories chosen?

A: These are evidence based peer crowds that exist in the scientific community. There are some additional peer crowds that exist in NH, but these did not show up in our peer crowd formative assessment.

Q: NH Legislation changed the definition of a vaping product, what is the new definition?

A: It now includes all vaping products. This also changed the definition of the public smoking legislation to include vaping.

Q: For the increase in usage we saw from the YRBS data, do we know if the wording of the question changed to include Juuling, which may correlate to the increase we are seeing for 2019?

A: No, the wording did not change.

Q: My Life My Quit doesn't offer replacement therapies. Is this because they are not indicated for youth?

A: Yes. Also, many of these still include nicotine, which we do not want to encourage in youth.

Q: How have My Life My Quit materials been distributed so far? Do schools or pediatrician offices have the info? Or would it be helpful for local Coalitions to distribute to those groups?

A: They've been distributed primarily through schools. Our Asthma Control Program attended the Pediatric conference this year and distributed materials. This group would also be a great way to distribute materials. We have plenty.

Q: Do you have information about resources for adults quitting? There seems to be a lot of need for support of adults quitting, especially in the recovery community. Is there access to CBT beyond the coaching calls?

A: We have 1-800-QUIT-NOW, which is the main quitline for adults. They can get up to 3 coaching calls. They can also get the replacement therapies through medicaid or their insurance. There are tobacco cessation specialists at many hospitals who can help with CBT and additional supports beyond the quitline.

Q: How does this info inform schools restorative discipline response to incidents of vaping in schools. Usually rather than a punitive response, schools like to have an educational, restorative response

A: At least in Franklin and Merrimack Valley, there are restorative education programs. In some cases, they have been using the curricula I mentioned earlier. Theresa Brown has developed a training for schools who have lost their license.

Restorative discipline response program. Franklin designed a protocol that Kandyce Tucker can share. If a student is caught vaping they do an educational program and serve an in school suspension in which they make a plan about how to educate themselves and how to spread the information. One student recognized risks to younger students and made a presentation for her younger sister.

Q: Who should we contact to get some of the great resources you shared?

A: Resources are available online

Contact Dana Mitchell to get copies, schedule a youth training. We had them in Carroll County a couple of years ago and they are just great!

Q: What are the reactions from your peers that are not in Y2Y?

A: Different depending on who your friends are. Sometimes we get students who understand our message and agree with it, but sometimes they get embarrassed about not being informed.

A2: A lot of my peers are in Y2Y, but another confronted me after saying none of that is true, wondering where we got the information. Some called the group stupid. But it doesn't bother me, because this is really important to me.

Q: Do you think there has been a positive effect?

A: Yes, especially with those considering change/on the fence about it, but even if it's just one person, it's still worth it. We also do a lot with younger kids who look up to us as cool older high schoolers. A lot of the actions also have a broader impact like changing laws and ordinances, so even if some youth don't buy in, it still impacts them. We also have a great relationship with several radio stations in Dover.

Q: Y2Y Presenters - How did you discover the program and decide to join?

A: each year fifth graders receive a presentation from high school and middle schoolers. They also hand out info on their summer program. Elsa shared that this interested her because she is interested in theater and presenting, also the issue is close to her heart. There are also some fifth graders who are chosen to help with this presentation, this is how Orion got involved before he was an official member. Claire joined because her sister was in the program and Claire grew up seeing her do these presentations. The presentation to the fifth graders also helped convince Claire to do the summer program.

Resources:

<https://www.dhhs.nh.gov/dphs/tobacco/documents/vape-e-cig-resource-list.pdf>

<https://www.dhhs.nh.gov/dphs/tobacco/documents/adolescent.pdf>

<https://nhcenterforexcellence.org/resources/community-of-practice-resources/2222-2/>

Changes to the Law Jessica referenced:

<https://www.dhhs.nh.gov/dphs/tobacco/documents/tobacco-rsa126-fs.pdf>

Sponsorship: <https://bit.ly/3c5inNM>.

1-800-QUITNOW

If you haven't heard of Puff Bars. Here is some information from Truth Initiative:

<https://truthinitiative.org/research-resources/emerging-tobacco-products/what-are-puff-bars>