

# Nicotine, Vaping & Tobacco Intervention

A Supportive Workbook For Youth

# Nicotine Intervention

## Introduction

This brief intervention is designed to be used with students who are using tobacco/nicotine products including e-cigarettes, vape pens, and traditional cigarettes. The goal of the intervention is to enhance motivation to quit. This intervention may take 45 minutes to an hour and is best used with an individual student, not in a group as students may be at differing stages of change. The tools in this program are modified from the "How to Quit Smoking" booklet created by the Healthy Maine Partnerships, 2012 and the University of Rhode Island's "Change Assessment".

In using the Change Assessment (pg 4-5), please use professional expertise to reflect on the students readiness for change. If the student you are working with is in the "precontemplation" stage, you may want to use Part One of the intervention (pages 2-12). If the student is in the "contemplation" stage you may want to use the entire intervention (pages 2-22). On this last page of this workbook, space is provided for you to work with your youth in identifying your local supports. We encourage to support your youth in filling out the resource page, as to further honor their needs.

Please note, this is a pilot intervention and we welcome feedback, questions, and suggestions.

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# Part One

## Pros & Cons for Nicotine Intervention

Instructions for Pros & Cons worksheet (on next page)

» Starting with the upper right box (pros of using) have the student brainstorm as many reasons why teens might vape/use nicotine (*i.e. fun, meet people, experience new things, relax, escape from stress, fitting in etc.*)

» Then go down to the right lower corner (cons of using) and have the student brainstorm what might be the downsides to using (*i.e. costs money, get in trouble, anxious, addiction*)

» Then move to the lower left-hand corner (Cons of Not Using) brainstorm the downsides: (*boring, less friends, missing out, etc.*)

» Then move to the upper left corner (Pros of Not Using) brainstorm the positive things about not using (*i.e. better health, save money, no addiction etc.*)

» Ask the student which box looks the best in the short term (**Pros of Using**).

» Then ask "If a person uses long enough, which box could it lead to?" (**Cons of High Risk Using**).

» Then ask "Which box looks uncomfortable in the short term?" (**Cons of Not Using**)

» Then ask "If a student can get through that/practice it- which box could it lead to?" (**Pros of Not Using**).

» Then ask "Which box do we want to avoid?" (**The Cons of High Risk**)

» Then ask "What box do we want the most?" (**Pros of Not Using**).

## Pros & Cons for Nicotine Intervention Worksheet

No Use	Use
PROS	
CONS	

## CHANGE ASSESSMENT

Each statement describes how a person might feel when approaching issues in their lives. Please indicate the extent to which you tend to agree or disagree with each statement. In each case, **make your choice in terms of how you feel right now**, not what you have felt in the past or would like to feel.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. As far as I'm concerned, my vaping/smoking does not need changing.	1	2	3	4	5
2. I enjoy my smoking/vaping, but sometimes I use too much.	1	2	3	4	5
3. Sometimes I think I should cut down on my smoking/vaping.	1	2	3	4	5
4. I'm hoping this project will help me better understand my smoking/vaping.	1	2	3	4	5
5. I am really working hard to change my smoking/vaping habits.	1	2	3	4	5
6. I have a problem with smoking/vaping, and I really think I should work on it.	1	2	3	4	5
7. Even though I'm not always successful in changing, I am at least working on changing my smoking/vaping habits.	1	2	3	4	5
8. I wish I had more ideas on how to change my smoking/vaping habits.	1	2	3	4	5

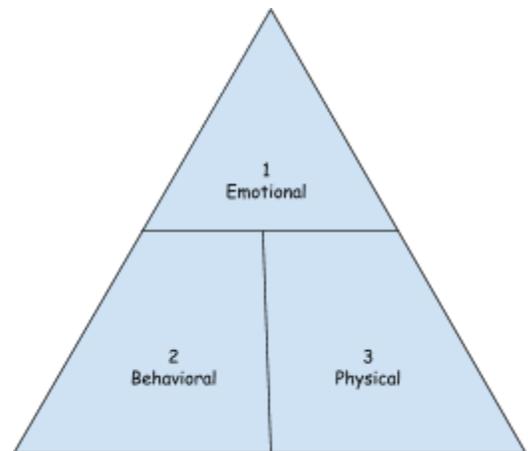
9. Maybe this project will be able to help me in regards to my smoking/vaping.	1	2	3	4	5
10. I may have a smoking/vaping problem, but I don't really think I do.	1	2	3	4	5
11. I hope that someone on this project will have some good advice for me about smoking/vaping.	1	2	3	4	5
12. Anyone can talk about changing; I'm actually doing something about my use.	1	2	3	4	5
13. I am actively working on changing my smoking/vaping habits.	1	2	3	4	5
14. I used to be concerned about my smoking/vaping, but I have made some useful changes and no longer feel a need for additional change.	1	2	3	4	5
15. I may need a boost right now to help me maintain the changes to my smoking/vaping habits that I have made.	1	2	3	4	5

# Addiction: Why Quitting Is Hard

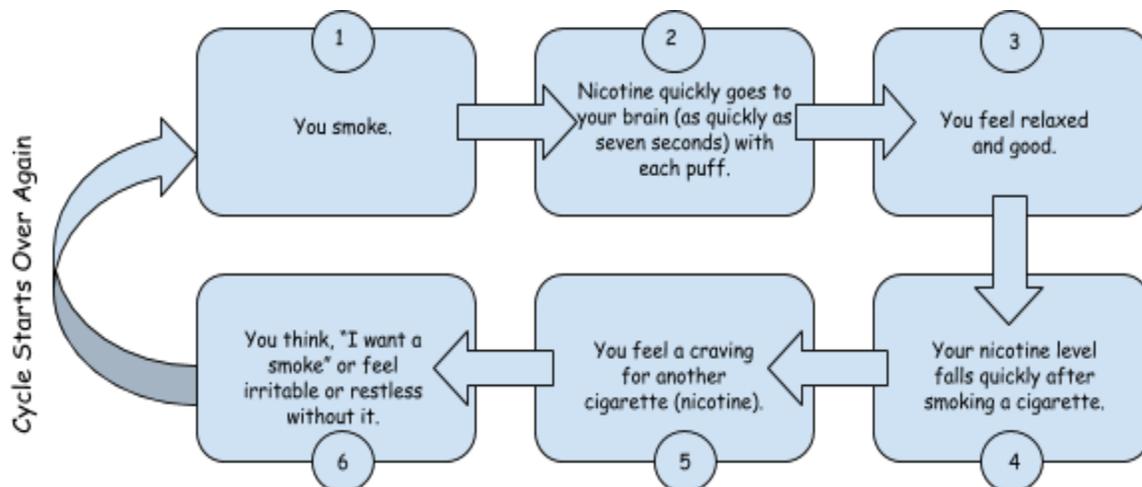
Addiction is when you lose control over the use of a drug. Nicotine in tobacco smoke is what causes you to be addicted to smoking. Tobacco companies make cigarettes so the nicotine gets to your brain very quickly. The faster nicotine gets to your brain, the more addictive it is. Nicotine from the patch or gum gets to your brain more slowly. This is why the patch and gum rarely cause addiction.

It can be hard to quit when you are addicted to tobacco. There are three reasons for this. You can think of these as three corners of a triangle.

1. **Emotional:** How you feel when you use tobacco, what you believe about tobacco use, and how you think about tobacco
2. **Behavioral:** How you respond to places and times when you want to smoke, like when you are having a cup of coffee or taking a break from work.
3. **Physical:** Your body craves the nicotine in tobacco.



The **nicotine cycle** happens when your body and mind crave nicotine. It helps to understand this cycle so you can break it.



# How Quitting Helps Your Health

Your health will improve no matter when you quit. Your body begins to heal within minutes after you stop smoking. The longer you are free from tobacco smoke, the healthier you will become. You will live up to ten years longer than if you continued to use tobacco.

Time Since Quitting	Effects on Your Body
<b>20 minutes</b>	<ul style="list-style-type: none"> <li>&gt;&gt;Blood pressure and pulse return to a normal rate (not too fast or too slow)</li> <li>&gt;&gt;Hands and feet feel a normal temperature (not too hot or too cold)</li> </ul>
<b>8 hours</b>	<ul style="list-style-type: none"> <li>&gt;&gt;Carbon monoxide level in your blood drops to normal</li> <li>&gt;&gt;Oxygen level in your blood goes up to normal</li> </ul>
<b>1 day</b>	<ul style="list-style-type: none"> <li>&gt;&gt;Chance of having and dying from a heart attack goes down</li> </ul>
<b>2 to 3 days</b>	<ul style="list-style-type: none"> <li>&gt;&gt;Sense of smell and sense of taste improve</li> </ul>
<b>2 to 12 weeks</b>	<ul style="list-style-type: none"> <li>&gt;&gt;Circulation (blood flow) improves</li> <li>&gt;&gt;Breathing is easier</li> <li>&gt;&gt;Walking is easier</li> </ul>
<b>1 to 9 months</b>	<ul style="list-style-type: none"> <li>&gt;&gt;Less coughing and sinus congestion (stuffy nose)</li> <li>&gt;&gt;More energy</li> <li>&gt;&gt;Less shortness of breath</li> <li>&gt;&gt;Less chance of infections</li> </ul>
<b>1 year</b>	<ul style="list-style-type: none"> <li>&gt;&gt;Risk of heart disease is half that of smoker</li> </ul>
<b>5 years</b>	<ul style="list-style-type: none"> <li>&gt;&gt;Less chance of getting lung cancer</li> <li>&gt;&gt;Less chance of having lung problems</li> <li>&gt;&gt;Improved health if you have diabetes, asthma, kidney disease, or other chronic disease</li> <li>&gt;&gt;Chance of getting mouth, throat, esophagus, bladder, kidney, and pancreas cancer is cut in half</li> <li>&gt;&gt;Chance of having a stroke is the same as that of a person who never smoked</li> </ul>
<b>10 years</b>	<ul style="list-style-type: none"> <li>&gt;&gt;Risk of lung cancer is cut in half</li> </ul>
<b>15 years</b>	<ul style="list-style-type: none"> <li>&gt;&gt;Risk of heart disease is as low as a person who never smoked</li> </ul>

# What Matters to Me

It may be helpful to learn how smoking fits with what matters to you. For most people, their health, family, and happiness matter the most. Use the worksheet below to see how smoking affects what matters most to you.

## What Matters Most to Me Worksheet

In each column write down what matters to you, why it matters, and how smoking gets in the way. There is an example in the first row for how this works.

What Matters to Me	Why This Matters to Me	How smoking/vaping gets in the Way of What Matters to Me
<i>Sports (soccer, hockey)</i>	<i>I want to get a scholarship for college .</i>	<i>I get winded during practice and don't play well in games. Recruiters are not seeing me play my best.</i>

# Coping Skills

Use this worksheet to identify your triggers for using tobacco/vaping.

## Coping Skills Worksheet:

1. Pick the triggers below that may give you trouble when you quit.
2. Next try using different substitutes and distractions instead of smoking/vaping during these situations. If you feel like testing your own substitute or distraction, write it down in the "other" section on page 21.
3. Pick substitutes and distractions that worked best for you and write them in the column titled "What Worked for Me".

Trigger	Substitutes & Distractions	What Worked for Me
<b>After meals</b>	>>Go for a walk >>Brush my teeth >>Have a mint >>Chew on a straw >> <b>My ideas:</b> _____	
<b>After waking up</b>	>>Change my morning routine by showering right away or eating breakfast in a different place >>Have some breakfast >>Brush my teeth as soon as possible >>Take the dog for a walk >> <b>My ideas:</b> _____	
<b>When drinking coffee, tea</b>	>>Try drinking in a different place than usual >>Switch what I am drinking >>Draw, write, play an instrument to keep my hands busy while drinking >> <b>My ideas:</b> _____	

<p><b>When driving</b></p>	<p>&gt;&gt;Take a different route to avoid place in my commute that I would normally use  &gt;&gt;Remove all tobacco/vape products from my car  &gt;&gt;<b>My ideas:</b>_____</p>	
<p><b>During breaks at work or school</b></p>	<p>&gt;&gt;Take a break with non-smokers  &gt;&gt; Use substitutes for my hands and mouth if I have to be around others who smoke/vape  &gt;&gt;<b>My ideas:</b>_____</p>	
<p><b>When watching tv</b></p>	<p>&gt;&gt;Watch tv for shorter periods of time  &gt;&gt;Remove all cigarettes/vape pens/lighters from the tv room  &gt;&gt;Play a game  &gt;&gt;Post a reminder note on the tv  &gt;&gt;<b>My ideas:</b>_____</p>	
<p><b>When stressed</b></p>	<p>&gt;&gt;Talk to a friend  &gt;&gt;Try deep breathing  &gt;&gt;Remind myself that smoking won't take my anger or stress away  &gt;&gt;Meditate  &gt;&gt;<b>My ideas:</b>_____</p>	
<p><b>When bored</b></p>	<p>&gt;&gt;Get some exercise  &gt;&gt;Walk outside  &gt;&gt;Do a puzzle  &gt;&gt;Call or visit a friend  &gt;&gt;Read  &gt;&gt;Play video games  &gt;&gt;<b>My ideas:</b>_____</p>	

<p><b>When around others</b></p>	<p>           &gt;&gt;Spend time with non-smokers            &gt;&gt;Avoid others who smoke whenever possible            &gt;&gt;Ask others not to smoke around me            &gt;&gt;Use toothpicks            &gt;&gt;<b>My ideas:</b>_____         </p>	
<p><b>When on the phone</b></p>	<p>           &gt;&gt;Practice my distractions to keep my hands busy like drawing, playing with a paperclip or rubber band            &gt;&gt;<b>My ideas:</b>_____         </p>	
<p><b>Other</b></p>		

## "Money in the Bank" Rewards

You will save a lot of money when you quit. Pods cost as much as \$4 a pod and cigarettes cost as much as \$8 a pack. Think of all the money you can save by not buying pods or cigarettes! The charts below show how much you will save if pods cost about \$4 a pod and cigarettes \$7 a pack.

**This is your savings if pods cost \$4 a pod:**

Money I will save in:	If I smoked 1 pod per day	If I smoked 2 pods per day	If I smoked 3 pods per day
1 day	\$4	\$8	\$12
1 week	\$28	\$56	\$84
1 month	\$120	\$240	\$360
1 year	\$1,460	\$2,920	\$4,380
5 years	\$7,300	\$14,600	\$21,900
10 years	\$14,600	\$29,200	\$43,800

**This is your savings if cigarettes cost \$7 a pack:**

Money I will save in:	If I smoked 1 pack per day	If I smoked 2 packs per day	If I smoked 3 packs per day
1 day	\$7	\$14	\$21
1 week	\$49	\$98	\$147
1 month	\$210	\$420	\$630
1 year	\$2,555	\$5,110	\$7,665
5 years	\$12,775	\$25,550	\$38,325
10 years	\$25,550	\$51,100	\$76,650

## Part Two

### Mini-Quits: Ways to Practice Quitting

Now is a good time to practice your coping skills. This can make quitting easier and increase your success. Think of it like you are in training. Long distance runners build strength by taking shorter runs first. In the same way, practicing mini quits can help you prepare to stay quit for the long term when your quit date arrives.

#### Practice Mini-Quits Worksheet

Tips for mini-quits:

1. Pick a time to not smoke or pick an activity when you usually smoke
2. Try not to smoke during the first two hours after you wake up
3. Practice not smoking during an activity where you usually smoke, like after you finish a meal

Try practicing mini-quits at different times of the day and during different activities. This is a great time to try the coping skills you wrote down on pages 9 through 11 of the Coping Skills Worksheet.

Time of Day	Where I am	What I am Doing	What Helped Me Not Smoke
Morning	>>Kitchen >>Waiting for bus	>>Drinking Coffee >>On my phone	>>Sucked on coffee stirrer and bent a paper clip >>Chewed a piece of regular gum
Morning			
Afternoon			
Evening			

# Ways to Cope with Stress

Stress can get in the way of quitting and staying quit. Stress makes it hard to think clearly and may make you more nervous. Most people have stress from time to time. It helps to learn ways to cope with stress.

## Deep breathing is one way to cope with stress.

Here is a deep-breathing exercise you can try, for about five minutes, instead of smoking.

- >>Go somewhere where you can sit and relax, like a couch or in your car.
- >>Turn off your TV, radio, cell phone, and any other distractions.
- >>Take a deep breath through your nose and expand your stomach.
- >>Hold your breath through your mouth and wait for five seconds.
- >>Then say the word "relax" out loud.

## Ways to Cope with Stress Worksheet

Here are some ways to cope with stress. Circle all of the ideas you want to try, then add your own. Talk to your friends who have quit and find out how they cope with stress.

### For Your Health

Get enough sleep

Go for a walk

Try meditation

Eat Healthy

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### When With Others

Talk to someone who listens to you

Have dinner with a friend

Prepare a meal with your family

Exercise

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### When Alone

Read

Watch a movie

Write in your journal

Go for a walk

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# Choose Your Allies

Allies are people who can help you quit. They can be anyone you like and trust, such as family members and friends. Think about allies who can best support you when you quit.

It can help to choose allies who have quit smoking themselves because they know what you are going through. But a helpful nonsmoker can help support you too! Don't pick allies who still smoke.

## **Allies can help you by:**

- >>Listening when you need to talk
- >>Cheering you on and not judging you
- >>Calling to see how you are doing
- >>Talking about problems and ways to solve them

## **Help your allies support you in these ways:**

- >>Tell allies your quit date. Ask them to write your quit date on their calendars so they know when you are planning to quit.
- >>Let your allies know if quitting is a secret.
- >>Plan how often you would like to talk to allies.
- >>Warn your allies that you may be grouchy after you quit.
- >>Do fun things together: going to the movies, going for a walk, or other things you both enjoy.

# Control Your Environment

One of the keys to a successful quit is an environment that helps rather than hinders your progress. Think about how your work, home, car, and other places where you spend time can help support you.

## Tobacco-Proof Your Home

It is important to get rid of your cigarettes/vapes and another other types of tobacco the night before you quit. Soak your tobacco products under water so you cannot smoke them. Look in your purse, car, and coat pickets to make sure you don't have any stray cigarettes/vapes to tempt you.

The urge to smoke will be stronger and more frequent if you are near tobacco/products. You will have fewer urges to smoke if you get all tobacco and smoking supplies out of your home and car. Why keep lighters/vape pens if you don't smoke? Throw them away.

## What To Do When Others Smoke Around You

It can be difficult if your friends, co-workers, or family members smoke around you. But there are some things you can do to make these situations easier.

The first thing to do is to talk to those around you who smoke and tell them you are planning to quit. Maybe they will want to join you and you can use each other for support. Even if they don't want to quit, they may be willing to help support your quit process. Ask them if they are willing to smoke outside when you're insight; make at least one room tobacco/smoke-free at all times; and only smoke in one part of the house.

## Remember: You Are in Control!

It is important to remember that it is your decision to not smoke or to smoke. You are in control of your own behaviors and the way you think. **Next time you are around people who are smoking, think about:**

»What you can do to distract yourself from the urge to join them. Can you play on your phone, chew on a straw, or give yourself a manicure?

»What you can tell yourself that will make your decision to quit stronger than the urge to smoke. You might tell yourself something like "I am tired of spending so much money on cigarettes/pods" or "I promised my coach I would quit and I don't want to let him down."

One idea that has worked for many smokers is to post notes around the home. These remind you of your decision to quit.

**Reminders like these can be very helpful:** "I don't have to smoke/vape even if I want to"; "All I have to do is get through today without smoking"; and "No one can make me smoke-I can do it!"

# Nicotine Withdrawal

Nicotine withdrawal is when your body misses the nicotine you got from smoking. Nicotine withdrawal usually goes away within two to four weeks after quitting. Here are some things that can help you feel and be more in control.

Withdrawal Symptom	What You Can Do
Strong urge or craving to smoke	Use a substitute (something that replaces a vape), like a toothpick, or find a distraction, like a crossword puzzle. Drink water or take deep breaths. Most urges go away in three to five minutes.
Feel sleepy during the day	This is very normal and usually goes away in a couple of weeks. Go for a walk or be active in other ways. Take a 15 minute nap.
Feel restless, like you have too much energy and cannot sit still	Go for a walk or be active in other ways. Try cutting back on coffee, tea, or sodas with caffeine. Use deep breathing.
Have trouble sleeping	Exercise can help improve sleep. Try cutting back on caffeine (in coffee, tea, and some sodas) especially in the early afternoon. Take deep breaths before bedtime to relax. Talk to your doctor if this continues.
Extra hungry, craving sweets, or eating too much	After quitting, it is normal to want to eat more. Choose healthy foods that are filling but are low in fat and sugar. Look on page 21 for more ideas.
Trouble thinking clearly or getting things done	This is very common in the first month or so after quitting. It is a sign of nicotine withdrawal. Go easy on yourself. Ask others to be patient with you. This will get better soon.
Irritable or grouchy	This is very normal right after quitting. Your body and brain crave nicotine after quitting. Talking with a friend may help you cope with these feelings.
Mild headache	This is common for the first couple of weeks after quitting. If it persists or get in the way of your daily activities, contact your doctor.
Upset stomach or diarrhea	Quitting smoking can change the way you digest food for a while. Contact your doctor or nurse if this persists.
Constipation (trouble having bowel movements)	Drink lots of water. Eat more fruits, vegetables, and whole grains. Be active each day.

# The ACE Model to Stay Quit

The ACE Model (Avoid, Cope, and Escape) is a proven way to avoid having that first smoke after you quit. **Avoid** people and places that may give you an urge to smoke. If you can't avoid them, **cope** with the situation using the skills you practiced. If the coping skills are working, **escape**. Leave before you have a cigarette or vape. Now your work is to stay quit for good. Here are some ways to stay on track:

**>>Do not smoke/vape-not even one puff.**

Do not tell yourself "it's okay to have just one." This is not true. If you have a cigarette/vape-even one puff-it is very easy to start smoking again. Everyone who returns to smoking starts with "just one puff".

**>>Make staying quit your #1 goal.**

You have done a lot of work to get this far. Make this your goal so you never have to go through this again!

**>>Ask for help and support.** Contact your allies for help if you feel stressed, angry, or just plain down.

**>>Stay away from people who are smoking.** Make sure people know you have quit and ask them not to offer you any cigarettes/vapes. Use your coping skills to deal with urges to smoke. Stay away from people who smoke.

**>>Keep using your coping skills.** You are more likely to stay quit if you use coping skills that work for you.

**>>Avoid high-risk situations.** These are places or people that may give you the urge to smoke/vape. Stay away from them if you can.

**>>Learn from the past.** Have you tried to quit before? Think about why you started smoking again. Plan what to do if it happens again.

# Risky Thinking

Here are four kinds of risky thinking that often lead back to smoking. If you find yourself having risky thoughts, try replacing them with more helpful thoughts.

<p>"I remember the good old days, when I used to smoke and felt so cool."</p> <p>Risky Thought</p> <p>"Now that I am free of smoking, I feel so healthy. I'm so glad I quit."</p> <p>Helpful Thought</p>	<p>"I should be able to smoke/vape every once in a while."</p> <p>Risky Thought</p> <p>"I know that if I smoke just once, I will likely do it again. I have learned ways to cope with my cravings and can prevent myself from starting down that slippery slope."</p> <p>Helpful Thought</p>
<p>"I am dealing with a lot right now; I deserve to smoke."</p> <p>Risky Thought</p> <p>"If I smoke now, I will feel worse in the long run. I deserve the rewards of a healthier life, free to tobacco/vape."</p> <p>Helpful Thought</p>	<p>"I would rather deal with the health consequences of smoking than gain weight!"</p> <p>Risky Thought</p> <p>"Smoking harms my entire body-if I eat healthy foods and remain physically active, I can reduce any potential weight gain and make my body even healthier."</p> <p>Helpful Thought</p>

# What if I Slip?

A slip is when you have a cigarette/vape or even a puff after you've quit. Many people slip from time to time. Here is what you can do if you slip:

**>>Use positive self-talk.**

Tell yourself, "This is only one slip. I will do things differently next time."

**>>Learn from your slip.**

Figure out what caused the slip and what you can do next time you have an urge to use. Take a list of your list of coping skills (page 9-11).

**>>Get support.**

Contact a friend and talk about ways to keep from having more slips.

**>>If you slip- do NOT give up!**

## Reward Yourself

Some people reward themselves for quitting smoking/vaping. Now is the time to start thinking about what kind of reward you would like. Rewards can be small, large, frequent, or once in a while. Here are some ideas:

**Small Rewards:**

>>Dinner out

>>New clothes

>>New music

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**Large Rewards:**

>>New phone

>>Trip

>>Concert tickets

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## Why You Might Gain Weight

You may worry about gaining weight when you quit smoking, most people gain about ten pounds. Some do not gain any weight at all. Here are some reasons you may gain weight when you quit smoking.

>>**Your body does not burn up calories quite as fast.**

Your heart does not have to work as hard to pump blood through your body.

>>**You may be eating more calories than you body needs.**

Some people eat more after they quit. This is because they eat when they get a craving to vape or want to do something their hands and mouth.

>>**You may not be active enough.**

You may need to be more active to not gain weight. Being active most days of the week will help you stay a healthy weight.

## Ways to Manage Your Weight

You will likely not gain weight if you are active at least 30 minutes a day, limit how much you eat, and eat healthy food. If you are worried about your weight gain, try these ideas:

### **Stay Active**

Walk ten minutes, twice a day. Try taking the stairs instead of the elevator or go for a walk with a friend.

### **Keep Weight Off with the Right Foods**

Your weight is affected by the foods you eat and how you cook them. Try these ideas to keep your weight gain low:

- >>eat 9-12 servings of fruits and vegetables per day
- >>eat 2-3 servings of low-fat dairy per day
- >>eat 1-2 servings of fish, lean meat, beans or tofu per day
- >>eat more whole foods and fewer processed foods per day
- >>reduce fat intake to 25% of daily calories (or less)

### **Eat Healthy Snacks**

Everyone snacks. People snack because they are hungry, bored or restless. If you are really hungry, try these healthy snacks:

- >> apple or banana
- >> 1 cup blueberries or grapes
- >> a serving of raw almonds
- >>slices of cucumber
- >>carrots or celery sticks

### **Move Around**

Check with her doctor to see what kinds of activities you can do. Everything counts, even these activities:

- >>skateboarding
- >>slow walks
- >>light housework
- >>raking leaves
- >>playing sport

# Helpful Resources

## Potential School Supports:

- School Nurse: \_\_\_\_\_
- School Social Worker: \_\_\_\_\_
- School Counselor: \_\_\_\_\_
- School Substance Use Counselor: \_\_\_\_\_
- Other: \_\_\_\_\_

## Potential Community Supports:

- **Maine Tobacco Helpline**-Open everyday from 8am-8pm with certified specialists to help you quit for good. It's free and confidential.
  - 1-800-207-1230
- **Local Community Health Coalition:** \_\_\_\_\_
- **Other:** \_\_\_\_\_

## Online/Apps:

- **You Are Prevention:** [www.youareprevention.org](http://www.youareprevention.org)- This online resource has a wealth of information and is a strong resource for parents and community members.
- **"Quit Start"**-This free app is available to provide ongoing reflection of the work discussed in this workbook
- **Other:** \_\_\_\_\_