
A graphic of white, wispy vapor smoke rising from the left side of the page against a teal background.

Assessing Vaping Exposure Risk for Teens (AVERT): A Resource Linkage Tool

EVMS
Eastern Virginia Medical School





This tool is for education and medical professionals to assess a teen’s risk of vaping use and addiction. The assessment can be completed with the teen present or after a discussion with them. If unsure about how the teen would answer, you can make your best guess. The assessment will match the teen to a risk level and link them to a list of resources appropriate for that risk level.

Pick which best describes the teen(s) with whom you are working.

- **The teen may not know anyone who vapes and probably has not tried it.** They may not know much, if anything, about vaping, but may have temptations to use.
- **The teen seems to know about vaping** and where to get vaping devices. **The teen may have vaped at least once**, but probably does not vape on a regular basis.
- **The teen vapes regularly, perhaps every day.** They may be using other substances such as alcohol or marijuana in addition to vaping nicotine.
- **Not sure:** little is known about how much the teen vapes or how much they know about vaping but resources are needed to address vaping prevention or cessation.

LEVEL ONE

- May use if friends or family offer them a vape.
- Has never vaped not even one puff.

LEVEL TWO

- Has close friends or family who vape.
- Has vaped at least one puff.
- Has vaped no more that 9 times in past 30 days.

LEVEL THREE

- Has vaped 10 or more times in past 30 days.
- May use other nicotine products such as cigarettes or cigars or substances such as marijuana or alcohol.

Teen Vaping Use and Addiction Risk Level and Connection to Recommended Resources



LEVEL ONE Vaping and Nicotine Prevention Resources

PREVENTION

RESOURCES/URL	DESCRIPTION AND SERVICES	TARGET AUDIENCE	ACCESS
<p><u>(ASPIRE) A Smoking Prevention Interactive Experience: The University of Texas MD Anderson Cancer Center</u> mdanderson.org/ASPIRE</p>	<p>A prevention education service for teens and adolescents that is evidenced-based and tackles the full range of traditional and emerging products such as e-cigarettes (vapes, JUUL, etc.), hookah, and synthetic nicotine.</p>	<p>Best for adults seeking to engage youth between the ages of 11-18 in middle or high schools or other community/education settings.</p>	<p>Access is free but an account is required. Educators can monitor student's progress and grades. The program is also available in Spanish.</p>
<p><u>Behind the Haze</u> behindthehaze.com</p>	<p>Behind the Haze offers a growing library of Message Packages, each containing all the creative elements necessary to deliver a specific vaping prevention message tailored to your community.</p>	<p>Best for youth between the ages of 11-18.</p>	<p>Content can be accessed on the Behind the Haze website, YouTube channel, and Rescue Agency.</p>
<p><u>NOT for Me Online: American Lung Association</u> notforme.org</p>	<p>NOT for Me is a self-guided, mobile-friendly online program that uses information from the American Lung Association's Not On Tobacco (N-O-T)[®] program to help teens break nicotine dependency, whether they vape, smoke or use other tobacco products.</p>	<p>Best for teens or adults (parents or helping professionals).</p>	<p>The N-O-T (Not On Tobacco) for Me free and available on the American Lung Association website.</p>
<p><u>Rethink Vape: Eastern Virginia Medical School and funded by the Virginia Foundation for Healthy Youth</u> rethinkvape.org</p>	<p>Information and resources built with input from teens, medical professionals, and researchers to provide education and prevention about vaping.</p>	<p>Best for teens, parents, and providers.</p>	<p>Content and information can be accessed for free on the Rethink Vape website.</p>
<p><u>The Real Cost of Vapes: FDA/HHS</u> therealcost.betobaccofree.hhs.gov/vapes</p>	<p>Provides accurate, up-to-date information about the harmful effects of tobacco use, so teens can know the real cost of smoking, vaping, and other tobacco use.</p>	<p>Best for youth between the ages of 11-18.</p>	<p>Information is freely available on the website.</p>
<p><u>Vaping - the Truth Initiative</u> thetruth.com/vaping</p>	<p>Prevention and cessation information about vaping from the Truth Initiative. Features facts and information with graphics about vaping and the tobacco industry, videos, articles, and activities like quizzes to facilitate learning. There's also a link for the This is Quitting text-based support network.</p>	<p>Best for youth between the ages of 11-18.</p>	<p>Information is freely available on the website.</p>

LEVEL TWO Vaping and Nicotine Intervention and Cessation Resources

EARLY PREVENTION

RESOURCES/URL	DESCRIPTION AND SERVICES	TARGET AUDIENCE	ACCESS
<p><u>INDEPTH – An Alternative to Suspension or Citation: American Lung Association</u> lung.org/quit-smoking/helping-teens-quit/indepth</p>	<p>Instead of solely focusing on punitive measures, INDEPTH is an interactive program that teaches students about nicotine dependence, establishing healthy alternatives and how to kick the unhealthy addiction that got them in trouble in the first place. INDEPTH is taught by any trained adult in four, 50-minute sessions. Each session addresses a different tobacco-related issue and can be facilitated either one-on-one or in a group setting.</p>	<p>Best for youth between the ages of 11-18 in middle or high schools. Any adult can complete the online INDEPTH training, and receive a step-by-step guide that can be used to plan and implement the INDEPTH program at their school or community-based organization.</p>	<p>The free INDEPTH facilitator training can be accessed on the American Lung Association website. The training can be taken as a stand-alone training but is recommended to be taken within the N-O-T (Not On Tobacco) facilitator training.</p>
<p><u>NOT for Me Online: American Lung Association</u> notforme.org</p>	<p>NOT for Me is a self-guided, mobile-friendly online program that leverages the American Lung Association's Not On Tobacco (N-O-T)[®] program to help teens break nicotine dependency, whether they vape, smoke or use other tobacco products.</p>	<p>Best for teens or adults (parents or helping professionals).</p>	<p>The N-O-T (Not On Tobacco) for Me free and available on the American Lung Association website.</p>
<p><u>Quit Vaping: SmokefreeTeen from NCI/NIH/HHS</u> teen.smokefree.gov/quit-vaping</p>	<p>Information and resources to quit vaping and stay vape-free. Includes resources, quit planning tools, and information to assist with quitting vaping.</p>	<p>Best for teens or adults (parents or helping professionals).</p>	<p>Information is freely available on the website.</p>
<p><u>Vaping - Know the Truth: EVERFI</u> everfi.com/courses/k-12/vaping-programs-for-high-school-students</p>	<p>Vaping education program for grades 8-12 from EVERFI and The Truth Initiative. Four 5-10 minute digital lessons that could be delivered on individual basis and in a classroom setting. Focus is on education and prevention but also provides access to the text message quit vaping program, This is Quitting.</p>	<p>Best for adults seeking to engage youth between the ages of 11-18 in middle or high schools or other community/education settings.</p>	<p>EVERFI secures community partners to sponsor K-12 schools so all EVERFI lessons, resources, and support so they're always free for districts. Teachers, providers, and students can access the content on EVERFI.com.</p>

CESSATION

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<p><u>BecomeAnEX ('EX'): Truth Initiative® and Mayo Clinic Nicotine Dependence Center</u> becomeanex.org</p>	<p>This program also offers 24/7 support in the EX Community from former smokers, information about addiction and medications to help with quitting, text messaging support and conversation guides for parents, and there are interactive tools and videos for quitting techniques for parents to pass along to their children such as building a quit plan.</p>	<p>Adults, young adults, and parents with teens who smoke, vape, dip, or chew.</p>	<p>Access is free but an account is required.</p>
<p><u>This is Quitting: the Truth Initiative</u> truthinitiative.org/thisisquitting</p>	<p>The first-of-its-kind program to help young people quit vaping, This is Quitting has helped nearly 400,000 youth and young adults on their journey to quit vaping. Learn more about how it works and the additional resources available for parents of young vapers and for adults who want to quit.</p>	<p>This is Quitting is tailored based on age (within 13 to 24 years old) and product usage to give teens and young adults appropriate recommendations about quitting.</p>	<p>Teens and young adults can join for free by texting DITCHVAPE to 88709</p>
<p><u>Live Vape Free VA: Virginia Department of Health</u> livevapefreeva.org</p>	<p>Live Vape Free Virginia is a free service offering professional support and expert advice to parents and teens. The program educates young people about the harms of vaping and offers the support they need to quit and empowers parents to have productive conversations with their teens about the risks of vaping.</p>	<p>Best for teens and parents</p>	<p>Services can be accessed for free on the Live Vape Free website.</p>

LEVEL THREE Vaping and Nicotine Cessation Resources

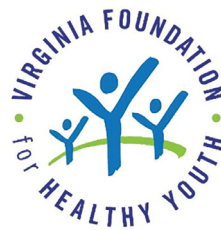
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<u>This is Quitting: the Truth Initiative</u> <i>truthinitiative.org/thisisquitting</i>	The first-of-its-kind program to help young people quit vaping, This is Quitting has helped nearly 400,000 youth and young adults on their journey to quit vaping.	This is Quitting is tailored based on age (within 13 to 24 years old) and product usage to give teens and young adults appropriate recommendations about quitting.	Teens and young adults can join for free by texting DITCHVAPE to 88709
<u>SmokefreeTeen from NCI/NIH/HHS</u> <i>livevapefreeva.org</i>	Information and resources to quit vaping and stay vape-free. Includes resources, quit planning tools, and information to assist with quitting vaping.	Best for teens or adults (parents or helping professionals).	Information is freely available on the website.
<u>Live Vape Free VA: Virginia Department of Health</u> <i>livevapefreeva.org</i>	Live Vape Free Virginia is a free service offering professional support and expert advice to parents and teens. The program educates young people about the harms of vaping and offers the support they need to quit and empowers parents to have productive conversations with their teens about the risks of vaping.	Best for teens and parents.	Services can be accessed for free on the Live Vape Free website.
<u>Quit Now Virginia: Virginia Department of Health/Virginia Tobacco Control Program</u> <i>quitnowvirginia.org</i>	This evidence-based cessation service is for those who want to quit smoking or using smokeless tobacco, nicotine and ENDS. The service offers choices of ways to receive the cessation services, to include planned one-on-one coaching sessions by phone, chat or text, in addition to coach-led group sessions. Members can also engage in an online dashboard for an upgraded experience. The counseling is offered by trained Quit Coaches; in combination with nicotine replacement therapy or medication prescribed by healthcare providers.	Best for young adults, adults, and parents.	Call 1.800. Quit Now! OR Text2Quit

MENTAL HEALTH AND CESSATION COUNSELING RESOURCES

RESOURCES/URL	DESCRIPTION AND SERVICES	TARGET AUDIENCE	ACCESS
<u>Resources757</u> <i>resources757.org</i>	Resources in the Hampton Roads area, including housing, food, individual and family support, health care, mental health, GED and education and much more.	Best for young adults, adults, and parents looking for services.	Search in the directories on the website.
<u>Bridge2ResourcesVA</u> <i>bridge2resourcesva.org</i>	Connection to support. Financial assistance, food pantries, medical care, mental health care, and other free or reduced-cost	Best for young adults, adults, and parents looking for services.	Search in the directories on the website.
<u>The CHAS Foundation: Mental Illness Family Support</u> <i>thechasfoundation.org/mental-health-resources</i>	The CHAS Foundation has assembled a resource directory for families dealing with a mental health crisis.	Best for young adults, adults, and parents looking for services.	Search the directory by city, type of practice or support group in the general section.
<u>Virginia Department of Behavioral Health & Developmental Services: Community Services Boards (CSBs)</u> <i>dbhds.virginia.gov/community-services-boards-csbs</i>	Virginia's community services boards (CSBs) are the primary point of entry into the Commonwealth's public behavioral health and developmental services system. CSBs provide treatment for mental health issues, substance use and addiction, and intellectual and developmental disabilities for adults and children.	Best for young adults, adults, and parents looking for services.	Links to local CSBs can be found on the DBHDS website.

**Learn more
about AVERT at
evms.edu/avert.**



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The contents are solely the responsibility of the authors and do not necessarily represent the official views of Virginia Foundation for Healthy Youth or Eastern Virginia Medical School.