

# Tahoe Truckee Vaping Cessation Resources

Tahoe Forest Hospital System

Lisa Stekert, LCSW

# Tahoe Forest Hospital System

- Clients are screened during provider visits. Referred to cessation services if relevant.
- Youth referrals: Youth Health Care Coordinator contacts client to connect with community based cessation program.
  - Coordinate with Primary Care for Nicotine Replacement Therapy if indicated.

# Cessation apps and web-based

- The Real Cost: downloadable app that can be accessed through their website
  - [www.therealcost.betobaccofree.hhs.gov/taking-control.html](http://www.therealcost.betobaccofree.hhs.gov/taking-control.html)
- No Butts [www.nobutts.org](http://www.nobutts.org)
  - 1-800-NO-BUTTS
- Truth Initiative: [www.truthinitiative.org/thisisquitting](http://www.truthinitiative.org/thisisquitting)
  - Youth text DITCHJUUL to 88709
  - Web based program called BecomeAnEx [www.becomeanex.org](http://www.becomeanex.org)

# Community Based Interventions

- Granite Wellness: Adolescent Outreach – in school services.
  - Weekly classes and education from referrals from parents, principals or self-referred
  - Truckee High (Thursday) And North Tahoe High School (Friday)
- Gateway Mountain Center – Mindfulness Based Substance Use for Adolescents
  - Classes at North Tahoe High School
  - Alder Creek Middle School
  - Coming Soon in Truckee at Gateway Mountain Center Teen Wellness for Truckee High School students

# Tahoe Truckee United School District

- Referrals to Granite Wellness, Gateway Mountain Center and Tahoe Forest Hospital – youth health care coordinator
- Sierra High utilizing Brief Intervention
- Athletes Committed for High School Students
  - Outreach to Middle and Elementary school

# For more information

- Stanford Medicine
  - Tobacco Prevention Tool kit
  - Cannabis Awareness & Prevention Toolkit
- <https://med.stanford.edu/tobaccopreventiontoolkit.html>

# Contact info

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Next Vaping Prevention Task Force meeting, March 11 @ 930-11am

Tahoe Forest Hospital – Gateway Conference room

Please contact Lisa for RSVP and directions.