


Vaping Cessation Support New Group starting July 11th



Project Connect is a 7-week nicotine cessation support group developed specifically for adolescents who wish to slow down or stop their use of vapes or cigarettes. These small group meetings will be co-facilitated by Laura Minier, LICSW, and Melanie Sullivan, Social Work Intern for the Town of Scituate. Meetings will include open discussion, demonstrations, role-plays, short lecture, videos, and hands-on skill-building activities. Topics include resiliency, social skills, stress management, goal-setting, and decision-making. Participants will receive their own workbook and develop personalized plans for success.

Open to ages 14-18. Parent/guardian permission is required to participate. Space is limited.

**Free, seven week cessation support group:
Thursdays, July 11th - August 22nd**

1:00-2:00pm

The Susan Phippen House
125 Mann Lott Road, Scituate

Contact Melanie Sullivan to register in advance:

melanie.sullivan@scituatema.gov

781 545-8824

Additional resources

Consult with your pediatrician. Your child might be a good candidate for Nicotine Replacement Therapy medication, in conjunction with behavioral interventions.

Supplement with smartphone apps. Download the QuitSTART app from <https://teen.smokefree.gov>, or the new [This is Quitting](#) app from thetruth.org. These support apps are tailored by age group to give recommendations for cutting down and quitting. Teens can text "QUIT" to (202) 804-9884 to get started. Parents of teens seeking help may set up their own account to provide support.

Get professional help. If your child has difficulty discontinuing their nicotine use, is also using alcohol, marijuana or another substance, there are several youth programs in the Boston area that offer programs to determine problem severity. Consider any of the following specialty programs that offer comprehensive assessment, treatment, medication, support, and case management services for families:

ARMS Program at MGH (for ages 14-26) - 617 643-4699
ASAP at Children's Hospital (start by age 24) - 617 355-2727
Beth Israel Deaconess Clinic, Dr. Kevin Hill, (ages 18+) - 617 667-1504
Catalyst Clinic at Boston Medical Center (up to age 25) - 617 414-6655
McLean Hospital, Belmont - 800 333-0338, or Middleborough - 800 333-0338

Interface Referral Service is a free mental health provider match service for residents of all ages, from the following communities: Braintree, Canton, Cohasset, Duxbury, Hingham, Marshfield, Pembroke, Plymouth, and Scituate. To find a community-based professional that meets your counseling needs, accepts your insurance, and takes new patients, please call the William James Interface Referral Service at 888 244-6843 x 1411. Monday - Friday, 9am-5pm.



**PROJECT
CONNECT**

www.scituateFACTS.org