

# Vaping Cessation Groups for Adolescents



## Project Connect

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. Small group meetings are facilitated by a trained professional and 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 a workbook and develop their own personalized plans for success. Parent/guardian permission is required to participate in these free groups. Contacts below for more information.

### Gates students:

Group starting Friday, April 26<sup>th</sup>

*During Enrichment block*

Please contact Lindsay Newton, LICSW

[lnewton@scit.org](mailto:lnewton@scit.org)

781 545-8760 x21109

### Community-based offering:

Group starting Thursday, July 11<sup>th</sup>

*1:00-2:00pm at the Susan Phippen House*

Please contact Melanie Sullivan, MSW Intern

[melanie.sullivan@scituatema.gov](mailto:melanie.sullivan@scituatema.gov)

781 545-8824

### SHS students:

Group starting Wednesday, May 8<sup>th</sup>

*Before school on late-start days*

Please contact Jen Lopes, LICSW

[jlopes@scit.org](mailto:jlopes@scit.org)

781 545-8750 x102

## 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](http://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.** Many people misuse substances as a way of coping with anxiety, stress, or depression. These individuals are also at greater risk for addiction, so it's important to treat the "why" before a serious problem sets in. Support groups may not be enough. If your child has difficulty discontinuing their nicotine use, or 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, 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 Scituate residents of all ages. 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.

