

# Maine Tobacco Prevention Success Story

## Helping Schools Address Youth Vaping

### Summary

Mid Coast Hospital held a meeting on October 15, 2019 for local schools to listen to needs and share current electronic nicotine delivery system (ENDS) resources. The meeting was recorded and clips were used in an [MPBN story](#) on November 25, 2019.

### Issue

According to the 2019 MIYHS, 28% of Sagadahoc County High School students reported past month use of electronic cigarettes. Local schools were reporting increased evidence of student use on school property, and were unsure of resources available for prevention, intervention, or treatment. They expressed interest in hearing from local experts, as well as each other.



"Like, my lungs hurt. My stomach is upset. And it's weird. It's a weird feeling. I'll go to hit the Juul or whatever and I can't even inhale because it's just like my body's rejecting it because I feel so sick from it." *Noah, Sagadahoc County Student*

### Results

All schools scheduled follow-up meetings with DTPP staff to identify next steps. Several health teachers used information from curriculum resources, and several schools now have staff trained in INDEPTH.

# INDEPTH

Intervention for Nicotine Dependence:  
Education, Prevention, Tobacco and Health

A program by the American Lung Association

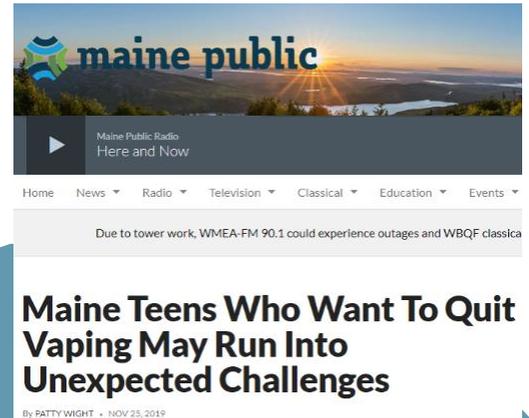


### Program

Mid Coast Hospital's DTPP program hosted an ENDS call to action meeting for local schools and partners to share needs and available local, state and federal best practices. Over 20 participants attended, representing all local school districts. Schools administrators and staff shared local conditions and needs, while local medical, prevention and treatment staff shared best practices. DTPP staff was able to review strong policy elements, current prevention and intervention options, technical assistance support and approaches that resonate with youth. A local pediatrician provided an overview of the health effects of nicotine on teens, and Mid Coast Hospital's Tobacco Treatment team unveiled *BeFree*, a texting appointment line teens can use if they need support to quit.

### Sustainability

Tools shared with participants were all best practices available free of charge, including the Stanford Prevention Toolkit, CATCH My Breath, and INDEPTH. Technical assistance capacity was clearly outlined and included a Treatment Specialist to co-facilitate one INDEPTH session for any staff completing the online training.



### For More Information Contact Us At:

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District Tobacco Prevention Partner  
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## MID COAST HOSPITAL

WWW.MIDCOASTHEALTH.COM



## MAINE PREVENTION SERVICES

Maine Center for Disease Control & Prevention  
Department of Health and Human Services