

Helping Students at the University of Maine in Farmington Quit Vaping

Summary

Staff at HCCN Franklin met with the University of Maine at Farmington (UMF) Director of Student Life to set up a Quitting Tobacco Together training (QTT) for the Community Assistants (CA) to focus on campus vaping. HCCN Franklin staff successfully administered a training for 30 CAs before the start of the Fall 22' Semester to help the younger students to quit using tobacco.

Need/ Issue (or "Challenge")

Vaping has become a huge epidemic among youth and young adults throughout the United States. In 2019 it was reported that 22% of college students vaped nicotine compared to 18% of young adults who don't attend college. Individuals who vape often start using before the age of 18, and due to the nature of vaping, it is quite common for folks to vape virtually anywhere including outside, in a movie theatre, or in any building they enter.



Intervention/ Program Description

The HCCN Franklin tobacco coordinator is a recent graduate of The University of Maine at Farmington and wanted to support peers by providing resources and information about vaping. Providing the QTT to CAs at UMF made it more accessible for the CAs to have the confidence to talk with a student or peer who is struggling with vaping. This addressed the vaping policy on campus, and provided a resource and support for those struggling to quit.

"This knowledge makes me more likely to offer support/check in with people who want to quit" –UMF CA

"I was not aware of how much of the resources were free" –UMF CA



Results/ Success

The QTT was given to 30 UMF CAs and the Student Life Director on August 17th, 2022, a week before students arrived on campus. Materials were also given to CAs to be placed inside the dormitories and in the CA offices in each dorm.

Sustainability

Quitting Tobacco Together training will be given to new Community Assistants by HCCN staff within the first week of each semester.

When new Maine QuitLink posters are created by the Center for Tobacco Independence Tobacco Prevention Services, they will be given to the Student Life Director to hand out to the Community Assistants for dormitory distribution.

For More Information Contact Us At:

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