

In-Person School Treatment Initiative

CONSIDERATIONS FOR IMPLEMENTERS

TREATMENT APPROACH

EDUCATION — INFORMATION — INTERVENTION

This is intended as a guide to support interventions with adolescents as part of the High School Treatment initiative to support in-person visits. Depending on student motivation and readiness, not all aspects may be explored during the visit.



GOALS: 1ST VISIT

(meet them where they are at, provide connection to ongoing treatment through My Life, My Quit)

- Establishing rapport and trust
- Assessment
- Exploring Ambivalence, Motivation, and Goals
- Further Support and Planning, as invited or needed
- Assist in Enrollment for My Life, My Quit
 - Explain benefits, connection modalities and what to expect - with teen's consent assist them in enrolling in ongoing treatment
 - <https://me.mylifemyquit.org/en-us/Enroll-Now/>

GOALS: FOLLOW-UP VISIT *(4ish weeks)*

- Checking In about Quit Journey Since 1st Visit (including MLMQ)
 - *If quit*: Explore Benefits and Strategies Being Used
 - *If not quit*: Exploring Motivation and Goals
- Checking in about cravings, withdrawals, slips and strategies being used
- Long-Term Planning: Relapse Prevention and Support

CONSIDERATIONS AND BOUNDARIES

- Treatment scope is nicotine dependence/products
 - Education - Information - Visit Intervention approach rather than ongoing case management
- Requests for school engagement outside direct student treatment should be discussed before implementation
- Intervention is a treatment resource for students and school, including potentially inclusion in policy enforcement, but CTI is not responsible for policy infraction/compliance tracking

REPORTING & DATA TRACKING

- Daily Treatment Reporting: Smartsheet
 - Include number of students seen, overall learnings (no identifying patient information)

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CONNECTING TO MY LIFE, MY QUIT

EDUCATION — INFORMATION — INTERVENTION

ABOUT MY LIFE, MY QUIT


- Support designed for Teens. Free. Confidential. No judgement.
- Available quit support through text, web chat, or phone.
- Additional features include motivational text messages and web-based resources.

Promotional Messaging for Teens:

- Learn how to cope with stress in healthy ways.
- Find out why your body craves nicotine.
- Get tips and the support you need to quit for good.
- Text your coach, click to chat, or call for support.
- Get text messages that give you a boost while you quit.

CONNECTING TO MY LIFE, MY QUIT

- With teen's consent assist them in enrolling
 - MyLifeMyQuit.com
 - Additional Enrollment Options (web preferred)
 - Text: "Start My Quit" to 36072
 - Call 1-855-891-9989

MY LIFE 
MY QUIT™



*The School-Based Tobacco Treatment Project and My Life, My Quit are programs of the MaineHealth Center for Tobacco Independence (CTI). CTI implements the Statewide Tobacco Treatment Initiative on behalf of the Maine Center for Disease Control and Prevention, Department of Health and Human Services.
Learn more: CTIMaine.org*