

CREATING
OPPORTUNITIES
FOR STUDENTS TO
KEEP WYOMING
STRONG



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MEMORANDUM NO. 2019-152

TO: School District Superintendents
Principals
Counselors
Nurses

FROM: Kari Eakins, Chief Policy Officer

DATE: December 16, 2019

SUBJECT: Specialized Support to Help Teens Quit Vaping

SPECIALIZED SUPPORT TO HELP TEENS QUIT VAPING

Wyoming teens who want to stop using tobacco products, including electronic cigarettes and other vaping devices, are encouraged to enroll in a free program, *My Life, My Quit*, recently made available through the Wyoming Department of Health (WDH).

According to the [2018 Prevention Needs Assessment](#), 36% of Wyoming high school students and 11% of Wyoming middle school students reported they currently vape.

Most vaping products contain nicotine, an addictive chemical also found in other tobacco products. Nicotine has known health effects on youth, as their brains are still developing. Youth who vape may experience difficulty with attention, mood, impulse control and learning. Once teens start vaping, it may be difficult for them to quit on their own.

[My Life, My Quit](#) provides youth access to tailored resources for quitting, including:

- Free and confidential help from a Quit Coach, specially trained to listen to teens, to help them navigate social situations that involve tobacco or vaping, and find healthy ways to cope with stress.

- Teen-focused messages in promotional and educational materials – created with youth input – that encourage teens to quit vaping or using tobacco.
- Five coaching sessions via live text messaging or by phone on a dedicated toll-free number (1-855-891-9989) or online chat.
- Simplified online and mobile program registration to get teens to a coach more quickly.
- On-going text messages for encouragement throughout the quit process.
- Certificate of program completion.

Any school that is interested in materials to promote this program may contact a local County Prevention Specialist, which can be found on the WDH Prevention and Health Promotion [website](#).

For adults who want to quit using tobacco, the WDH continues to offer help through the Wyoming Quit Tobacco Program (WQTP). Interested residents may call 1-800-QUIT NOW or visit [Quit Now](#) online. In addition to free nicotine replacement therapy and Chantix, free phone or online support is available.

For more information, contact Hannah Eck, WDH Tobacco Prevention Specialist, at 307-777-6541 or hannah.eck@wyo.gov.