

HAWAI'I TOBACCO QUITLINE

1-800 QUIT-NOW

HawaiiQuitline.org | 1-800-784-8669

Hawai'i Tobacco Quitline Youth Program

Program Description

The Hawai'i Tobacco Quitline Youth Program is an evidence-based telephone counseling program designed to help youths ages 13 to 17 quit using tobacco permanently. Each participant receives a series of four proactive outbound calls from an experienced tobacco cessation specialist (a.k.a. Youth Quit Coach). These proactive calls provide personalized counseling utilizing cognitive-behavioral strategies and motivational support specifically tailored to youths. In addition, program participants receive age-appropriate educational materials and, for questions and additional support, have unlimited access to our toll-free support line.

Program Features

The Youth Program can be accessed via phone at 1-800-QUIT-NOW (784-8669) or online at <https://hawaiiquitline.org/how-it-works/youth-program>. Program features include:

- Personalized counseling from highly skilled Youth Quit Coaches
- Educational materials
- Quit plan development
- Anonymous, non-judgmental support
- Support between scheduled calls via a toll-free support line
- Discussion of triggers, peer influences, environmental/household exposure to tobacco use, stressors
- Relapse prevention through planning and preparation
- Total of 5 intervention calls

Training of Youth Tobacco Cessation Specialists/Coaches

All Quit Coaches are trained to respond to callers with an understanding of each individual's readiness to quit tobacco by working with each person to develop a tailored plan that meets the needs of the individual. Quit Coaches with experience and an inclination towards working with youths are given additional training and support and continuing education after training.

Resources

Youth are referred to online resources, including Teen.Smokefree.gov and theTruth.com, and to SmokefreeTXT and to Teen.Smokefree.gov Twitter for social media support.

Pharmacotherapy

Tobacco cessation medications are not FDA approved for youths and, as such, the topic is not proactively addressed with youths. If the subject is brought up by the youth, the Youth Quit Coach is trained to address the topic with the individual. Youths wanting to use nicotine replacement products or prescription medication like Zyban™ or Chantix™ are referred to their physician for further discussion. As with all our cessation programs, medical staff is on hand to assist physicians wanting to consult about pharmacotherapy use by their patient.