



Adolescent Tobacco

CESSATION PROGRAM

THE CLEVELAND COUNTY HEALTH DEPARTMENT, IN PARTNERSHIP WITH CLEVELAND COUNTY SCHOOLS, PROVIDES TOBACCO CESSATION SUPPORT AND PROGRAMMING FOR CLEVELAND COUNTY SCHOOLS' STUDENTS THROUGH SCHOOL BASED HEALTH CENTERS (SBHC).

REFERRAL

- Through school administrator after a violation of the school's tobacco policy
- Through referral to the SBHC by school staff
- Through a student's self-initiation to SBHC services
- During a visit to the SBHC for another medical complaint or need

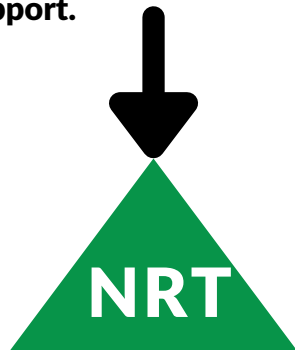


ASSESSMENT

- During their visit to the SBHC, students are assessed for nicotine use and dependence utilizing a scoring questionnaire.
- Students whose scores indicate a moderate or substantial dependence to nicotine, will be assessed for readiness to quit and desire to participate in cessation support.
- Upon student and parental consent, students may participate in two levels of tobacco cessation support.



- **Helping Adolescents Leave Tobacco (HALT) Program** - Designed to promote cessation and reduce tobacco use among adolescents, this individual or group educational/behavioral counseling program of 4-6 sessions, helps teens quit smoking/vaping, reduce the number of cigarettes/e-cigarettes smoked if unable to quit, increase healthy lifestyle behaviors, and improve life skills.



- **Nicotine Replacement Therapy (NRT)** - Following guidance and recommendations from the American Academy of Pediatrics, SBHC Nurse Practitioners may prescribe patches, lozenges and gum nicotine replacement therapies to assist students with nicotine cravings.

FOR MORE INFORMATION PLEASE CALL:
980-484-5211