

**Resources from the Northeast Tobacco-Free Community Partnership**  
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Contact me, Ashley Hall, Program Manager of the Northeast Tobacco-Free Community Partnership at (978) 722-2864 or [ashley.hall@glfhc.org](mailto:ashley.hall@glfhc.org) with questions about any of these resources, or to schedule a FREE presentation for your school or organization.

1. *Northeast Tobacco-Free Community Partnership Facebook page:*
  - <https://www.facebook.com/NETFCP>
  
2. *Massachusetts Health Promotion Clearinghouse*
  - A free resource to order brochures, posters, stickers, etc. on various health topics. Add the quantity you'd like in the language you'd like to your cart, enter shipping information, and place order. Materials can also be downloaded to your computer for free.
  - Click on "All Topics" in the top left-hand corner and select which topic you'd like to have materials for.
  - Website: <https://massclearinghouse.ehs.state.ma.us/>
  
3. *Massachusetts Tobacco Cessation and Prevention Program (MTCP) Websites:*
  - MTCP is the DPH bureau that funds my program. Our websites for information and resources are below:
    - Information for Adults: Get Outraged!  
[www.mass.gov/get-outraged](http://www.mass.gov/get-outraged)
    - Information for Youth: Facts. No Filters.  
<https://www.mass.gov/facts-no-filters>
    - Quitting Tobacco: Take The First Step  
<https://www.mass.gov/take-the-first-step-toward-a-nicotine-free-life>
    - About MTCP  
<https://www.mass.gov/massachusetts-tobacco-cessation-and-prevention-program-mtcp>

4. *Get Outraged! Toolkit:*

- This is a FREE evidence-based resource for schools and other youth serving organizations on how to **educate their staff and students/other youth about vaping, resources to help youth quit, FREE diversion programs, and more.**
- The toolkit can be found here: <https://www.mass.gov/doc/get-outraged-toolkit/download>

5. *Resources for youth quitting vaping:*

- <https://www.mass.gov/service-details/get-help-to-quit-vaping>
  - My Life, My Quit:
    - [https://www.mass.gov/info-details/about-1-800-quit-now#program-for-youth-who-use-tobacco-or-vape-\(my-life,-my-quit%E2%84%A2\)-](https://www.mass.gov/info-details/about-1-800-quit-now#program-for-youth-who-use-tobacco-or-vape-(my-life,-my-quit%E2%84%A2)-)
    - <https://mylifemyquit.com/>
  - This is Quitting
    - NOTE: This is Quitting is a nationwide program, however, we have special funding to provide the program specifically for MA youth, so it is important to promote our MA phone number instead of the nationwide number.
    - truth<sup>®</sup> does not have MA specific website, but information about the truth<sup>®</sup> MA program below:
      - **This is Quitting** powered by truth<sup>®</sup> is a texting program for young people who want to quit vaping. It is a free, confidential 60-day program during which participants receive texts with information, tips, and support. They receive daily text messages to help them prepare to quit and supportive texts from young people who have been through the program and know what it's like to quit. They can also text "CRAVE," "SLIP," "STRESS," or "MORE" at any time for instant support, or "MASSINFO" for information specific to Massachusetts. Young people can sign up even if you they aren't ready to quit – the texts they receive will give them strategies and practice quits to help build confidence and help them feel ready to quit. To enroll in the program, youth text "VapeFreeMass" to 88709. Youth can also connect with their school nurse, counselor, or coach to help get them started.

6. Training, educational, and professional development opportunities for professionals:

- **UMass Medical School Center for Tobacco Treatment Research & Training:**  
<https://www.umassmed.edu/tobacco/>

- If you are interested in training with UMMS, please let me know so I can connect you with our technical assistance provider there and explore any potential scholarship opportunities for you
- **American Lung Association**
  - N-O-T: Not On Tobacco—Proven Teen Smoking and Vaping Cessation Program: <https://www.lung.org/quit-smoking/helping-teens-quit/not-on-tobacco>
  - **INDEPTH: An Alternative to Suspension or Citation:** <https://www.lung.org/quit-smoking/helping-teens-quit/indepth>
    - NOTE: this program’s intended audience is for school’s to implement as an alternative to suspension for students who get caught vaping in school. You may not find it suitable for LHA, but wanted to share
  - **Freedom From Smoking®**
    - “As a Freedom From Smoking® facilitator, you're responsible for conducting the Freedom From Smoking Group Clinic for eight to 16 people quitting smoking. You introduce the tools and techniques to the clinic participants, coordinate the activities and facilitate group interaction. You must help maintain participants' motivation and their commitment to quitting smoking.” Read more and get involved here: <https://www.lung.org/quit-smoking/join-freedom-from-smoking/become-a-facilitator>