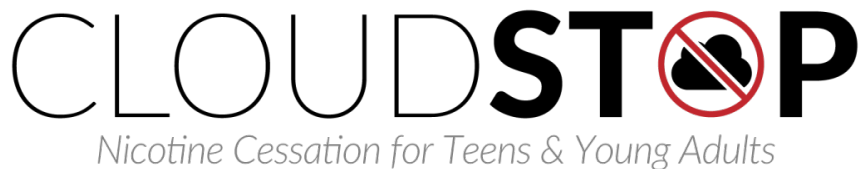


# CLOUDSTOP – Nicotine Cessation for Teens & Young Adults

CLOUDSTOP is a nicotine-specific education program, helping teens and young adults to stop vaping and smoking.

In response to the exploding problem of teen vaping and traditional tobacco use, ASAP has developed **CLOUDSTOP**



— a nicotine-specific

education program that serves to help teens (age 12-18) eliminate nicotine use before the addiction takes a greater hold. Increasingly teens are finding that quitting is more difficult than expected, as nicotine is statistically more difficult to quit than opioids.

**CLOUDSTOP** is an early intervention education program that consists of 6 weekly 1-hour sessions in a group format. Each session focuses on a unique topic including:

- Education about the impact of nicotine marketing on Gen Z
- Recognizing triggers to vape/smoke/dip
- Nicotine addiction and the experience of withdrawal
- Craving management
- Coping skills for working through issues without nicotine
- General education for teens and families on recent risks, trends, and methods of using nicotine.

Interventions used in the **CLOUDSTOP** program are evidence-based and involve strategies that are effective in establishing abstinence from nicotine. Teens' parents/guardians attend a specific session focused on recent trends as well as the impact of nicotine consequences on their family. Teens are administered a random urine drug screen (including nicotine) to verify that their

nicotine use is not associated with other substance use. Additional screens for clients engaged in ASAP services can be ordered for an additional charge.

The program meets on Tuesdays from 4:30pm-5:30pm. To learn more about **CLOUDSTOP**, the cost of services, or to set up an initial consultation meeting please give us a call at 513-792-1272.