

Demonstrating Brief Contact Interventions



SCENARIO 1

Teacher observes one of their students vaping with a group of peers after school. The teacher makes a plan to speak to the student at their first opportunity.

Teacher: Hey Chad, do you have a minute to chat?

Chad: Sure, but I don't want to be late for my next class.

Teacher: For sure, I don't want you to miss... I noticed you were vaping with some friends after school yesterday. Would you be able to tell me a bit more about this?

Chad: Oh...um, I... I don't do it much, but I was hanging out with some friends from the football team and one of them just passed me a vape, so I tried it. Now it's just something we do.

Teacher: I'm hearing this isn't a regular thing for you, but more of a social activity with your teammates. Is that accurate?

Chad: Pretty much. I don't think it's that bad, it's just a little flavored air. It's not really affecting me much.

Teacher: I'm glad you don't see it affecting you much right now. Knowing how important football is to you, I'd hate to see vaping start to get in the way of that. There's this website you should check out where you can learn more about vaping and how it can impact your lungs and sports. Would you be interested?

<Hand student the referral card and point out the Not an Experiment website>

Chad: Okay, thanks. I'll check it out.

Teacher: Great! I'd like to chat about this again in a few days after you've had a chance to visit the website. Maybe you could let me know what you find out. Would that be okay with you?

Chad: Sure, but I have to go now. Bye!


SCENARIO 2

Football Coach learns that members of the team are vaping and decides to host a brief discussion with the team at the end of practice.

Coach:

Coach: Alright team, great practice! Before you leave, I have something quick to talk about. I've noticed that vaping is getting pretty common for students at our school, including some members of this team. If it's ok with you, I'd like to have a discussion about it and learn more about the situation. **<pause>** First off, can you share with me some reasons why you think students vape?

Player 1:

I think it's just something to do with friends, like on breaks and at lunch and stuff.

Player 2:

I've heard people say they do it to help them relax when they're stressed.

Player 3:

Maybe they just don't think it's a big deal...all the flavours make it seem harmless.

Coach:

It sounds like there are a lot of different reasons why young people might start vaping. Can you tell me what you know about the risks?

Player 4:

I've heard it is bad for your lungs and can make you cough a lot.

Player 5:

Some people get addicted.

Player 6:

Seriously? I thought it was just water vapour.

Coach:

Lots of people think that vaping is harmless, I mean, that's exactly what the industry wants you to believe...but remember, they're just in it for the money. There are health risks, like the ones mentioned - lung issues and addiction, especially for youth. How do you think some of these effects could interfere with this football team?

Player 7:

I guess it's kind of hard to run and play football if you're coughing and can't breathe as good

Player 8:

...and if you're addicted, you might not be able to focus very well during games or practices.

Coach:

It sounds like vaping could get in the way if you want to be focused and perform at your best. I have some information about a free app that could help anyone who might be thinking of stopping or making a change. This app lets you connect with friends and motivate each other in case anyone wants to stop together. I'm also available if anyone would like to talk more about their own personal situation or challenges. I understand that it can be difficult to make a change, and I'm here to support you.

<Hand out a referral card to each team member>



SCENARIO 3

A youth group leader becomes aware of a member of the group who is vaping and makes a plan to chat with the youth at their first opportunity.

- Youth Group Leader:** Hi Emily, can we chat for a minute?
- Emily:** Ya, sure. What's up?
- Youth Group Leader:** I'm concerned because I know you've been vaping and I'd like to learn more about your experience. Can you tell me what it's like for you?
- Emily:** Well the first time I tried it was with some friends. They had a vape and I took a few hits. It gave me a real head buzz and it tasted pretty good too.
- Youth Group Leader:** It sounds like you enjoyed the first time. How often do you vape now?
- Emily:** Almost every day. It helps me relax.
- Youth Group Leader:** You feel like vaping is helping you relax, have you noticed any not-so-good things about vaping?
- Emily:** I guess when I don't have a vape, it's annoying. I start thinking about it a lot and I try to find a way to get a hit.
- Youth Group Leader:** Yeah, that makes sense. When you stop using a substance and it makes you feel uncomfortable or stressed, but then that goes away for a bit when you use it again...that's a key sign of dependence – that shift from when vaping changed from a choice to more of a need.
- Emily:** Ya...I never thought of it like that.
- Youth Group Leader:** Have you ever thought about stopping?
- Emily:** I don't know. I thought vaping was making me feel better, not worse! I guess I should stop, but that seems kind of overwhelming right now. I don't think I can do it.
- Youth Group Leader:** It sounds like you'd like to stop eventually, but you're not quite ready to make that big of a change right now. There is an app called Quash that can help you make a plan to stop, even if you're not ready to quit right away. What do you think about that?
- <Gives Emily the referral card>**
- Emily:** I guess I could take a look.
- Youth Group Leader:** That would be a great start! How about I check-in again next week after you have some time to check out that app?
- Emily:** Okay.

**SCENARIO 4***Parent received a call from the principal about their teen vaping at school.***<in the kitchen, tidying up after dinner>****Parent:**

Hey, I got a call from your principal today about vaping at school. Can you tell me a bit more about this?

Teen:

Ya, I knew this was coming. It's no big deal. I just do it at lunch and sometimes between classes.

Parent:

I had no idea. How long have you been vaping?

Teen:

For a while, I guess. A few months. It helps me get through the day.

Parent:

What do you mean by—"helps you get through the day"?

Teen:

Like... if I don't vape, I feel really on edge. Kind of like I can't focus or I get irritated with everyone.

Parent:

That sounds hard. Do you ever try to go without it?

Teen:

Ya, once or twice. I thought I could just stop, but I got super anxious. I couldn't even sleep.

Parent:

That must've been rough. What did you end up doing?

Teen:

I gave in and vaped. It just made everything feel normal again.

Parent:

So, it sounds like you'd like to quit but are finding it hard. I know it probably started off casual, but when you start needing something to feel okay, that's worth paying attention to. What do you think about that?

Teen:

Ya, I wish I never started.

Parent:

What would it take for you to feel ready to cut back—or stop altogether?

Teen:

I don't know... I'm not sure I could just stop on my own.

Parent:

That's okay. You don't have to. We're going to figure this out together. There are programs available that could help. Maybe we can take a look at some options together and find a way to get you some help. How does that sound?

Teen:

Okay.



SCENARIO 5

Attendance monitor observes a pattern of a student who is chronically late to their 2nd and 5th period classes. They meet with the student to find out more about what's going on.

Attendance Monitor:

Hi Josh, I would like to talk to you about what's been going on lately. I see you are always late to a couple of your classes each day. Can you tell me more about this?

Josh:

Well, I got busted in September for vaping in the bathroom and they said that if I got caught again, I'd have to pay a big fine. I don't have the money and can't risk my parents having to pay. So now I go outside between classes to vape, and I can't get back to class on time.

Attendance Monitor:

Oh wow. I understand. It sounds like following the rules is causing you to be late to class every day. What do you think would happen if you didn't go outside to vape between classes?

Josh:

I can't do it. It makes me feel awful and I won't be able to pay attention in class. I know if I quit, I wouldn't have this problem, but I don't think I can deal with that right now. There's just so much going on.

Attendance Monitor:

It sounds like you know that quitting would be good for you, but you aren't ready to stop right now. Have you given any thought to making small changes until you are ready?

Josh:

Like what?

Attendance Monitor:

You could start to reduce the amount you vape slowly, and then when you're ready, try quitting on a weekend when you don't have to focus on class.

Josh:

Ya, that sounds like it might be better for me.

Attendance Monitor:

Here are some apps that might help.

Hands Josh the referral tool.

Attendance Monitor:

Maybe you could check them out and I'll check-in again next week?

Josh:

Okay! Thanks.