

## BRIEF INTERVENTION – ASK, ADVISE, REFER

It takes 30 seconds to 3 minutes to plant the seeds of change. Even though you might be stepping out of your comfort zone when you talk with someone about tobacco, vape and/or marijuana, it most likely will be the most important thing you do that day.

### WHEN TALKING WITH YOUTH:

1. **ASK:** “Have you used tobacco, vape, chew or marijuana products or been exposed to secondhand smoke or vape in the last 30 days, even a puff or one dip?”

LISTEN: Their response will help you craft the next question.

2. **ADVISE:** “Did you know that quitting (Fill in from question #1: TOBACCO, VAPE, CHEW, and/or MARIJUANA) and staying free of secondhand smoke and vape is the number one change you can make to enhance your lifelong health, wealth and independence?”

“(Say their name) I really care about you having a great life, so I am strongly advising you to quit (using or being exposed to tobacco/vape/marijuana) as soon as possible.”

LISTEN: They will respond – be attentive and listen, but don’t comment on their response unless they ask a direct question. You don’t want to get into a debate.

3. **REFER:** “Did you know the best way to learn and practice how to quit (Fill in the blank: TOBACCO/ VAPE/MARIJUANA) and stay free of it for life is by participating in a behavior change program, like participating a weekly support group, online forum, or counseling. For example, there are free tobacco cessation support groups close by as well as many locations for AA or NA.

In addition, there are apps that can help you to change your habits, like the Smart Quit app from Department of Health. I’m strongly encouraging you to get involved with some form of support as soon as possible and would be happy to help you find the right resources.

LISTEN: Give them a chance to respond. Thank them for their willingness to have this discussion. Make sure they know you are a resource and support.

## **FACTS TO KNOW & SHARE**

- a. Quitting tobacco/vape/chew/marijuana and avoiding secondhand (SHS) and third hand smoke (THS) is a key component in lifelong health. There is no doubt that working to be free of addictions improves life and is an excellent decision. The challenge for most is knowing about and accessing resources when the time is right.
- b. There is no safe level of tobacco exposure (first, second or third hand).
- c. Smoking is responsible for 480,000<sup>1</sup> preventable deaths annually in the U.S. and studies show links between third hand smoke and DNA damage<sup>2</sup>; and 53,000 deaths to secondhand smoke exposure.
- d. Our lungs were not designed to inhale smoke, whether tobacco or marijuana, or anything else.
- e. Chew or e-cigs/vape/ENDS (electronic nicotine delivery devices) are not proven safe alternatives to smoking.
- f. Weekly participation in a behavioral change program for one year increases quit rates by 98%.<sup>3</sup>
- g. As children get older, the voices of their peers can become more influential to make unhealthy choices. That's why Keep Talking Pierce County wants parents to do just that: keep talking to their children.<sup>4</sup>
- h. About 84% of Pierce County parents have clear rules about alcohol and other drugs, as reported in the 2014 Healthy Youth Survey. As a result, most local children don't drink. Youth who avoid alcohol or other drugs are less likely to use as adults, and that can lead to a longer, healthier life.<sup>5</sup>
- i. Marijuana retailers in WA state sell a variety of e-cartridges pre-loaded with THC solutions for use in vape pens and other vapor devices. At least one company is marketing disposable vape pens containing marijuana called JuJu's.<sup>6</sup>

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<sup>1</sup> [http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/adult\\_data/cig\\_smoking/2015](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/adult_data/cig_smoking/2015)

<sup>2</sup> Berkeley Lab Confirms Thirdhand Smoke Causes DNA Damage [Julie Chao](#) (510) 486-6491 • JUNE 20, 2013

<sup>3</sup> World Health Organization, Cochrane Review; [http://www.who.int/tobacco/quitting/summary\\_data/en/2014](http://www.who.int/tobacco/quitting/summary_data/en/2014)

<sup>4 5 6</sup> Tacoma-Pierce County Health Department; Vapor Product Research; 10/7/15

j. Vapor devices can look like pens, mascara, and other normal items youth would carry. THC “dabbing” solution looks like lip balm and is stored in the same type of container.<sup>7</sup>

j. Sales of THC concentrates are allowed under WA state recreational marijuana law. Customers may purchase up to seven grams of marijuana extract/concentrate for inhalation.<sup>8</sup>

k. Vapor products can be used to deliver drugs other than nicotine, and are commonly used with marijuana or THC concentrates.<sup>9</sup>

i. Some marijuana e-liquids dissolve the THC in the same chemical solvents used in nicotine e-juices, others use oils to generate vapor, and others are designed to vaporize loose leaf marijuana.<sup>10</sup>

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<sup>7 8 9 10</sup> Tacoma-Pierce County Health Department; Vapor Product Research; 10/7/15