

Hooked on a Cloud: Youth Vaping Products, Risks, and Intervention Opportunities ECHO

September 24 through December 3, 2025

Resource Tracking Document

The following resources, arranged by session topic, were provided during the course of this ECHO series by speakers, panelists and/or participants. They have not been formally vetted by Project ECHO or other DH staff for accuracy or quality, so users should rely on their own judgement when referencing or employing them. These resources were provided during the time period of the ECHO and over time may become outdated.

Recording of didactic lectures on the following topics can be accessed at the enduring materials page of the website of Dartmouth Health Project ECHO.

Session 1 – Vaping 101: What vapes are today, what they look like, and what’s inside

- [FULL Youth Vaping Education and Resources Toolkit v4.09092025.pdf - Google Drive](#), Dartmouth Health
- [Tobacco Prevention Toolkit | Tobacco Prevention Toolkit | Stanford Medicine](#)
- [MyLifeMyQuit](#), Quitting App from National Jewish Health
- [FAQ-e-cig-disposal-schools.pdf](#), Public Health Law Center

Session 2 – Vaping 101: Physiology and health effects

- [E-Cigarettes Authorized by the FDA](#)

Session 3 – Interventions for vaping: behavioral health strategies and medications

- [Alternatives to Suspension for Commercial Tobacco Use in K-12 Settings | Public Health Law Center](#)
- [Addressing-Student-Tobacco-Use-in-Schools-2019.pdf](#)

Session 4 – Interventions for vaping: Apps, websites, and other self-guided strategies

- [Quit Vaping | Smokefree Teen](#), A compendium of information to assist teens in quitting vaping.
- [quitSTART Quit Smoking App | Smokefree](#), An app to assist teens in quitting smoking.
- [Psychiatry.org - The App Evaluation Model](#), Provides an approach to assessing mental health related apps.
- [Maine Prevention Store](#), Diverse substance use prevention resources not limited to vaping.
- [My Life My Quit - Free Promotional Materials](#).

Session 5 – Strategies to engage youth and young adults in conversations about vaping

- [Guidance on Motivational Interviewing for Youth Vaping](#), from Stanford Toolkit

- [Through the Haze” What Clinicians Can Do to Address Youth Vaping.](#) Provides key assessment questions. Article from Boston University
- [Motivational interviewing Tips for Engaging Youth,](#) Tips to helpfully discuss substance use with youth, not specific to vaping. National Council of Mental Well-Being.

Session 6 – Vaping influences: Industry, peers and policy

- [New Futures | Sign Up,](#) Option to stay advised of and engage in NH legislative initiatives.
- [Know Vape | Nic Sick: The Dangers of Youth Vaping | PBS](#)