

Vaping Cessation App

Frequently Asked Questions for Washington State K-12 & Higher Education Administrators

Q: *What is 2Morrow Health?*

A: 2Morrow Health is a digital platform that addresses key chronic disease drivers and conditions - including the use of tobacco and nicotine - in a whole new way. By using an innovative behavioral approach called Acceptance & Commitment Therapy (ACT), clinically tested programs help participants learn effective strategies to deal with unhelpful thoughts, feelings and urges that get in the way of long-term success.

The Washington State Department of Health (DOH) has collaborated with 2Morrow to offer their vaping program for teens and young adults in Washington.

Q: *How does the program work?*

A: Designed for teens and young adults who want to quit vaping, participants will learn new ways to deal with unhelpful thoughts, urges and cravings, and then practice moving toward their goal of reducing or quitting vaping. Along the way, they will receive daily text-based messages and have the ability to track their progress. The program provides a private, personalized and non-judgmental experience.

The self-guided program includes ten short lessons, advanced messaging protocols and customized tips. A certificate of completion is provided when all core programs are finished, however participants continue to be supported with tips and tools for up to 12 months.

Q: *How can Washington State residents register for the app?*

A: Visit doh.wa.gov/quit, click the image of the smartphone with the vaping program, answer registration questions, obtain a unique activation code and password, download the app, and enter the activation code and password into the app.

Q: *What if participants don't have a smartphone?*

A: No smartphone? No problem! The app can be operated with most Android or iOS (Apple) devices, such as a tablet or iPad. If participants do not have a device, they can gain access to a computer-friendly version of the program for use on a desktop or laptop, which will work on most modern web browsers.

Q: *Can teachers, parents, or other concerned adults access the app?*

A: The app was created specifically for teens and young adults who want to reduce or quit vaping. Adults who would like to learn more about the app should visit <https://www.2morrowinc.com/vaping-cessation>. Adults who want to reduce or quit tobacco use can visit doh.wa.gov/quit and register for the original cessation app.

Q: *What data are collected from participants, and how are they protected?*

A: 2Morrow takes participant privacy very seriously and adheres to HIPAA standards. 2Morrow collects only non-identifying information (such as type of tobacco use, age, gender identification and race). DOH

and 2Morrow are the only entities with access to the non-identifying information. For specifics about how 2Morrow handles information, please read their privacy policy at www.2morrowinc.com/privacy

Q: *What kind of testing has gone into the app? Is it evidence-based?*

A: Developed collaboratively with DOH, the app is the latest version of 2Morrow’s clinically-tested tobacco cessation program, which is based on more than seven years and \$13M in NIH-funded research to help people change behaviors. This research was done in collaboration with behavioral scientists at Fred Hutchinson Cancer Research Center, who are focused on finding better ways to address health behaviors. Their groundbreaking work in nicotine addiction led to some interesting findings, including that people who learned ACT skills to deal with addiction reported improvements in dealing with stress and other unhelpful thoughts. They also found that users of the 2Morrow cessation program are 6 times more likely to quit than those doing it on their own.

Although the vaping program has not been through clinical trials yet, 2Morrow gained insight and recommendations for the content from researchers at Seattle Children’s Hospital and Fred Hutchinson Cancer Research Center. They also tested the program with nicotine experts, school administrators, parents, and most importantly, teens themselves.

Q: *Should the app be used as an alternative to school suspension?*

A: The app is not designed as an alternative to school suspension, and it is not recommended for that purpose. For students who have expressed wanting support to stop vaping, or for students working with school counselors or Student Assistance Professionals to stop using substances, the 2Morrow Health app is a great tool.

The 2Morrow Health app is most effective with students who are already contemplating or indicating wanting to stop vaping. It may be offered as a supplemental resource for students who have been found in violation of school substance use policies. The app is not intended to be leveraged by a discipline process. Coercing student use of this app, or requiring students use this app as part of a disciplinary consequence is firmly discouraged.

Q: *Is the app available in languages other than English?*

A: Although the 2Morrow Health Smoking & Tobacco cessation program is available in both English and Spanish, the Vaping program is currently only available in English. However, DOH and 2Morrow expect to launch a Spanish language version by summer 2020.

Q: *Who can I contact for more information?*

A: For technical support with the app, email 2Morrow at support@2morrowinc.com. With other questions or comments about the app, please email Nick Fradkin, Tobacco Cessation Consultant, at nick.fradkin@doh.wa.gov. For information on use outside of Washington State, please visit <https://www.2morrowinc.com/vaping-cessation>.

Quit Vaping

An App For Teens And Young Adults

Private · Personalized · Effective

Are you looking for help to quit vaping? Learn different ways to deal with the urge to vape that will make quitting easier.

Free to residents of Washington State.

To get access to the app, sign up at doh.wa.gov/quit



About the Program

- Core lessons and exercises
- Bonus lessons
- Practice awareness and take action
- Receive text-based messages
- Earn a certificate of completion



DOH 340-346 October 2019

For people with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY call 711).