

We're Here to Help Your Teens Quit Vaping

Vaping continues to be a growing public health crisis for teens. Many adolescents don't understand the damage inhaling e-cigarettes can cause to their lungs and heart, or how vaping can lead to forming other addictive habits.

The Center for Community Health & Prevention's comprehensive nicotine cessation program provides encouragement, resources and medications to help individuals quit vaping.



Working With Our Experts

One-on-One Support

We build a plan together that meets each individual's needs and timetable. Teens work one-on-one with a counseling specialist for 30 minutes, weekly or bi-weekly. We also offer visits for medication prescribing with our nurse practitioner and physician team. The combination of medication and counseling leads to the most successful outcomes.

Counseling sessions are free and medication-prescribing visits are billed to insurance. Participants can expect the typical office co-pay. All visits are available in person or by telemedicine over Zoom. There is no age limit for our services.

Referral Process:

- **Does the individual have a Primary Care Physician (PCP) with UR Medicine?** Their PCP should put in a referral to "Healthy Living" and indicate if the teen wants counseling or medication, or both.
- **Is the PCP outside of UR Medicine?** Have them call our team at (585) 602-0720 or fax a referral to (585) 530-2398 letting us know it's for vaping.

Have questions? Call our team at (585) 602-0720 for more information.