

# Youth Nicotine Addiction Treatment Guide

## Resource for Medical Providers

### Provider Information for Cessation Interventions

CA Quits is a statewide initiative to facilitate health systems change with tobacco treatment across providers, plans, and public health partners. For more info: **Healthcare Systems Guide to Integrate Tobacco Treatment**

The following resources are for Medical Professionals to help with Cessation for Youth.



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#### Youth Tobacco Cessation: How to ACT (Ask-Counsel-Treat) in 2-3 Minutes

This tip sheet provides 3 easy steps that every pediatric health clinician should follow to address youth tobacco use at every clinical encounter. The steps are designed to allow for a meaningful intervention with minimal workflow disruption.

To learn more: [ACT Flowchart PDF](#)



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#### Tobacco/E-Cigarettes Use/Exposure Coding Fact Sheet for Primary Care Pediatrics

Medi-Cal will cover FDA approved cessation medications (nicotine patches, lozenges, gum) for teenagers, if a provider determines it is appropriate.

To learn more: [Tobacco Coding Factsheet PDF](#)



SCAN ME

#### Ask, Advise, Refer Tobacco Cessation

An Ask, Advise, Refer tobacco cessation intervention script flyer for health providers on how to address tobacco cessation to patients.

To learn more: [Ask, Advise, Refer CA Quits Flyer](#)

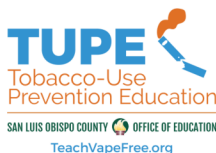


SCAN ME

#### Provider Flavored Tobacco Retail Ban Factsheet

A factsheet aims to provide guidance for health professionals to support patients who use flavored tobacco products due to the recent California law making it illegal to sell most flavored tobacco products.

To learn more: [Flavored Tobacco Retail Ban Factsheet](#)



#### TOBACCO CONTROL PROGRAM

TobaccoFree@co.slo.ca.us

(805) 781- 5540

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### Pediatrician Prescribed Medication

Youth who vape or smoke may develop health issues or worsen pre-existing conditions.  
**A pediatrician can address use-related health issues and treatment options.**

People experience withdrawal symptoms when they quit nicotine. Symptoms include strong cravings for nicotine, irritability, fatigue, headache and difficulty concentrating. These symptoms can drive people back to nicotine, even if they want to quit.

FDA-approved **Nicotine Replacement Therapy (NRT)** help address the withdrawal symptoms. Medical Providers can determine best use of NRT, such as patches, gum or lozenges, or other cessation medication when appropriate.

### Medi-Cal and Insurance Coverage

When prescribed by a doctor, the seven FDA approved medications for Cessation is often covered by insurance.

Medi-Cal covers all prescribed FDA approved medications.



#### American Academy of Pediatrics Recommendations

According to the American Academy of Pediatrics, NRT can be an important tool for treating nicotine dependence in youth. Talk to your child's pediatrician and ask if NRT or other medications are appropriate for treatment.

To learn more: [aap.org](http://aap.org)



#### Prescribing NRT for Youth Factsheet

*Nicotine Replacement Therapy and Adolescent Patients: Information for Pediatricians.* Given the effectiveness of NRT for adults and the severe harms of tobacco dependence especially among youth, AAP policy recommends that pediatricians consider off-label NRT for youth who are moderately to severely addicted to nicotine and who wish to quit.

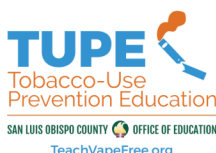
To learn more: [NRT Factsheet](#)



#### Medi-Cal Coverage for Youth Cessation Medication

Medi-Cal will cover FDA approved cessation medications (nicotine patches, lozenges, gum) for teenagers, if a provider determines it is appropriate.

To learn more: [MediCal Rx 101 Factsheet](#)



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