Florida HEALTH

FIU Center for Children and Families

PAID VAPING CESSATION PROGRAM FOR HIGH SCHOOL STUDENTS

The **BReATHE Study** is a research project funded by the **Florida Department of Health** and led by **Dr. Elisa Trucco** at the FIU Center for Children and Families. The program is designed to help teens reduce or quit nicotine vaping.

Program Details

- 6 free 1-hr group sessions for teens ages 14-18
- Learn strategies to manage cravings and reduce vaping
- Uses science-based approaches

Sign up at the Referral Link or QR Code:

redcap.link/breatheprogram

Who Can Participate?

High school students who vape nicotine and want help to reduce or quit use.

Refer a Student

Students can be referred by counselors, school staff, parents, or the students themselves.

Important

- Voluntary participation
- Parental permission required for students <18 years old
- Up to $160 for students who complete the program and complete surveys

Contact the BReATHE Study Team by:
emailing breathestudy@fiu.edu or texting us at 786-322-4479.

BREATHE STUDY