

INHALING DESPAIR:

Examining the Link Between Vaping and Youth Mental Health





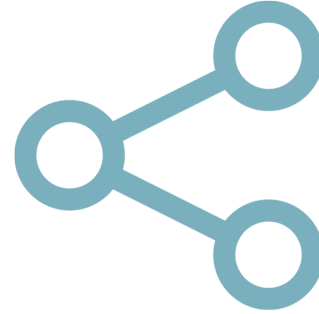
We gratefully acknowledge the support of the California Department of Education Tobacco Use Prevention Education program for this webinar. The contents do not necessarily reflect the position or policy of the CDE.



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Priya Shankar, MD, MPH (she/her)

Assistant Professor of Pediatrics,
UCSF Benioff Children's Hospital Oakland
Youth Uprising Castlemont High School
School-Based Health Center
Co-Founder, Adolescent Health Champions



Pragati Kalive (she/her)

Curriculum Design and Mental Health
Verticals
Adolescent Health Champions



Youth Mental Health and Vaping

Youth Vaping Trends in the US

The 2022 National Youth Tobacco Survey (NYTS) on e-cigarette use among U.S. youth found that:

- 1 in 10 or more than 2.5 million U.S. middle and high school students used e-cigarettes
- 14.1% (2.14 million) of high school students and 3.3% (380,000) of middle school students reported current e-cigarette use
- More than a quarter (27.6%) of current e-cigarette users use an e-cigarette product every day
- ❑ An August 2021 survey by the Truth Initiative found that:
 - 4 out of 5 of the youth who had used e-cigarettes started vaping to deal with stress, anxiety or depression.
 - 1 out of 2 youth vapers use e-cigarettes to deal with stress or anxiety

COVID-19 & MENTAL HEALTH + SUBSTANCE USE

The COVID-19 pandemic has had a significant impact on mental health and substance use around the world. The measures taken to control the spread of the virus, such as **lockdowns**, **social distancing**, and **isolation**, have had severe effects on individuals' mental well-being and substance use behaviours.

Substance Use, Mental Health and the Pandemic

- ❑ Increased Anxiety and Depression
- ❑ Substance Use and Addiction
- ❑ Impact on Vulnerable Populations
- ❑ Disruption of Mental Health Services



2

WHO's Data (2020) from across 130 countries

- ❑ Over 60% reported disruptions to mental health services for vulnerable people, including children and adolescents (72%), older adults (70%), and women requiring antenatal or postnatal services (61%)
- ❑ 67% saw disruptions to counselling and psychotherapy
- ❑ More than a third (35%) reported disruptions to emergency interventions and addiction services
- ❑ Around three-quarters reported at least partial disruptions to school services (78% respectively)

Why are adolescents more likely to turn to vaping?

1

Peer Pressure

Adolescents may feel pressure to fit in with their friends who vape

2

Advertising & Marketing

Vaping companies and 'Big Tobacco' often use targeted marketing campaigns that appeal to young people

3

Lack of Coping Skills

Modern life gives us few opportunities to develop healthy coping skills to manage our emotions

4

Misinformation

There is not enough knowledge about the risks associated with vaping



3

Big Tobacco Advertising

Products containing nicotine (cigarettes, vapes) are marketed as stress-relieving products.

Additionally, unlike cigarettes, vaping is not as harsh or dry. It also gives people an instant head rush which is why it is popular amongst young people.

Vapes also come in sweet flavours and attractive packaging



IT'S A PSYCHOLOGICAL FACT: PLEASURE HELPS YOUR DISPOSITION



How's your disposition today?

FEEL CROSS AS A BEAR? That's natural when little annoyances pile up. But the psychological fact is: pleasure helps your disposition. That's why everyday pleasures, like smoking for instance, are important. If you're a smoker, you're wise to choose the cigarette that gives you the most pleasure. That means Camel.

For more pure pleasure—
have a
Camel

AS LOVELY Maureen O'Hara knows, it's wise to choose a cigarette for the pleasure it gives. Because pleasure helps your disposition. And more smokers get more pleasure from Camels than from any other brand! So — have a Camel. You'll agree — no other cigarette is so rich-tasting, yet so mild as Camel!



B. J. Berglund Tolson Co., Winston-Salem, N. C.

No other cigarette is so rich-tasting, yet so mild !

5

6

Alive
with pleasure!
Newport



After all, if smoking
isn't a pleasure,
why bother?



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

17 mg. "tar", 1.2 mg. nicotine av. per cigarette, FTC Report January 1980.

15



SOLO BREAK

We know that the inside-vibes have been... quite a challenge. Stay sane with Puff Bar this solo-break. We know you'll love it. It's the perfect escape from the back-to-back zoom calls, parental texts, and WFH stress.

SHOP NOW

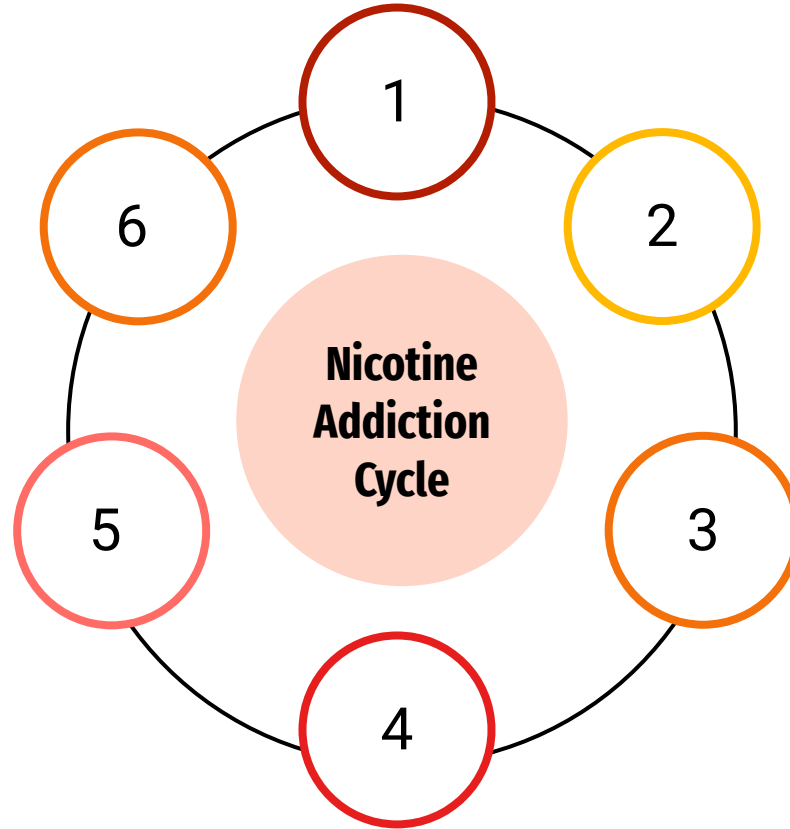
The same marketing strategy is now being used by e-cigarette companies

The popular vape brand Puff Bar during the pandemic marketed its product as a way to “stay sane,” advertising it as “the perfect escape from back-to-back zoom calls, parental texts, and WFH stress.”

6.
Craving

5.
Withdrawal

4.
**Tolerance &
Dependence**



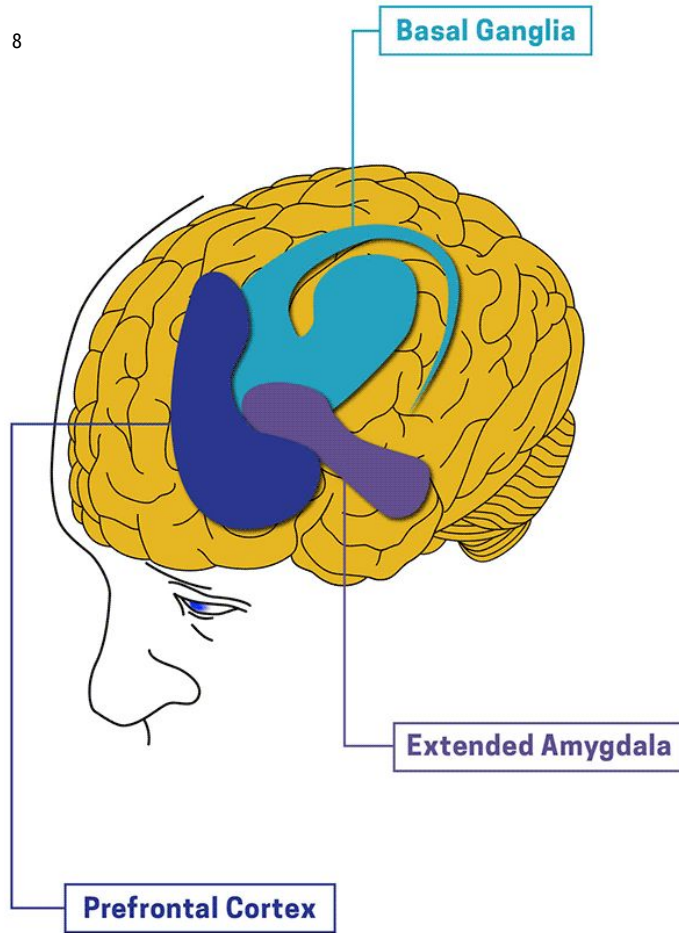
1.
Nicotine Smoking

2.
**Nicotine
Absorption**

3.
**Arousal, Mood
Modulation &
Pleasure**

IMPACT OF DRUGS ON THE BRAIN

Drugs can alter important brain areas that are necessary for life-sustaining functions and can drive the compulsive drug use that marks addiction.



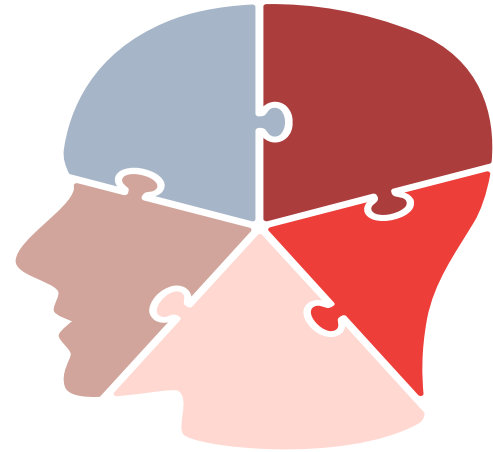
Source: Facing Addiction in America:
The Surgeon General's Report on
Alcohol, Drugs, and Health

Impact of Drugs on the Brain and Mental Health

- **The basal ganglia**, role in positive forms of motivation, including the pleasurable effects of healthy activities like eating, socializing, and sex, called the brain's "reward circuit." **Drugs over-activate this circuit**, producing euphoria. Repeated exposure, diminishes sensitivity and makes it hard to feel pleasure.
- **The extended amygdala**, role in stressful feelings like anxiety, irritability, and unease (often seen in withdrawal after the drug high fades) -> motivates the person to seek the drug again. This circuit becomes increasingly sensitive with increased drug use. Memory can also be impacted.
- **The prefrontal cortex**, important for the ability to think, plan, solve problems, make decisions, and exert self-control over impulses. Shifting balances makes a person with a substance use disorder seek the drug compulsively with reduced impulse control.

How is the brain affected by substance use?

- Neurotransmitter Imbalances
- Structural Changes in the Brain
- Developmental Impacts
- Co-occurring Mental Health Disorders
- Withdrawal and Dependence



Cannabis Vaping

Vaping marijuana is often touted as safer than smoking it and safer than smoking cigarettes or vaping with nicotine products. However, vaping marijuana isn't safe in general, and in some ways, it may be more dangerous.

Marijuana-containing vape products contain concentrated forms of the plant, which means THC levels are many times higher than in the highest-quality marijuana. That makes vaping them especially likely to cause negative side effects or long-term health problems:

- Addiction
- Impaired Brain Function
- Impaired Brain Development
- Poor Mental Health



Video



<https://www.youtube.com/watch?v=UNAbf3J3IR0>

Vaping and Mental Health

Research conducted on e-cigarette users found several links between vaping and worsening mental health symptoms

Anxiety

Over 60% of vapers reported experiencing anxiety symptoms (such as worries, flashbacks, panic attacks, etc) within the past week, compared to about 40% of participants who had never vaped.

Depression

Over 50% of the vapers reported experiencing symptoms of depression within the past week as compared to 25% of non vapers

Sleep Problems

Nicotine increases heart rate, blood pressure and alertness which makes it difficult to fall asleep and stay asleep

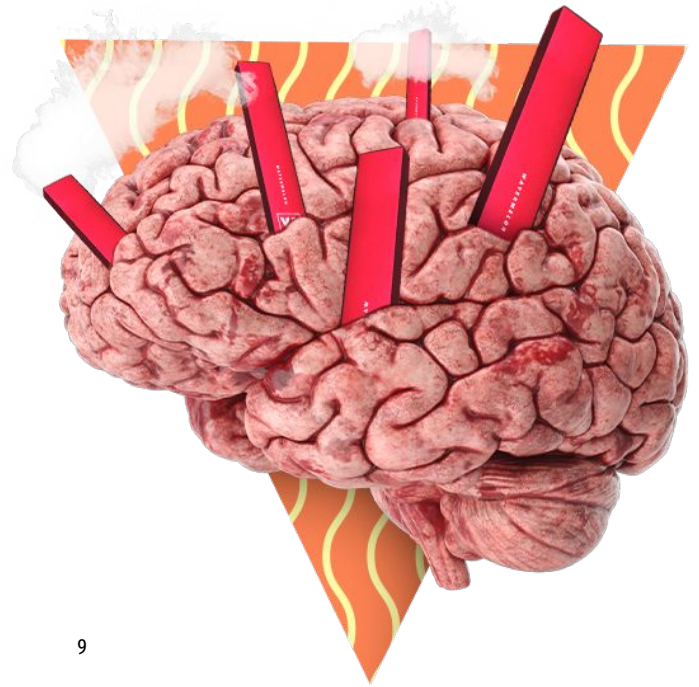
ADHD

Adolescents with ADHD are more likely to experiment with nicotine products as an attempt to self medicate for ADHD symptoms



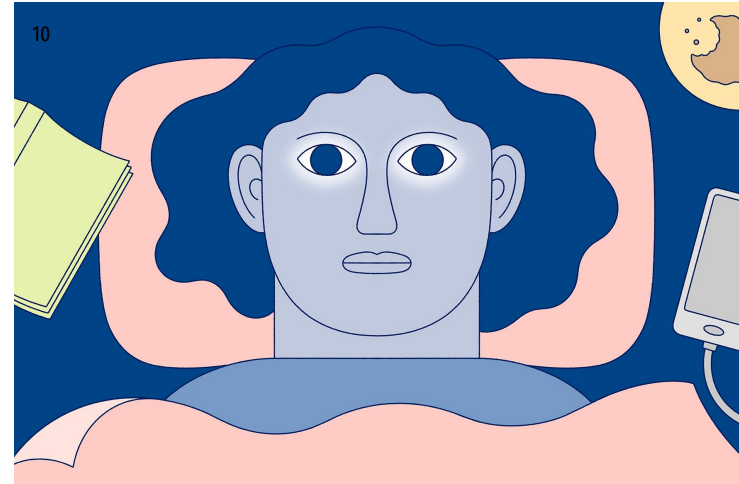
Vaping: Anxiety and Depression

- Consumption of nicotine is **falsely understood** to have stress-relieving effects
- Nicotine **dysregulates mood / brain function**
- Smokers **experience irritability, anxiety, and depression** when they have not smoked for a while, which are relieved by smoking
- Young people who use vaping as a coping mechanism for depression may **fail to develop healthy coping strategies**: social connection, physical activity, or seeing a mental health professional



Vaping and Sleep

- Nicotine can **increase heart rate, blood pressure, and alertness**, making it harder to fall asleep and stay asleep
- Vaping products also contain a variety of chemicals, including flavourings and addictive, that may have unknown effects on sleep
- Some people may **wake up during the night to use their vaping devices** which can also interfere with the natural sleep cycle and lead to daytime fatigue and sleepiness.



Vaping and ADHD

Evidence suggests a complex relationship exists between ADHD and smoking with **ADHD contributing to smoking but smoking also contributing to the development of attention deficits**

ADHD **predicted future smoking and the transition into associated nicotine addiction** and adolescents with ADHD were more likely to experiment with cigarettes and become smokers.

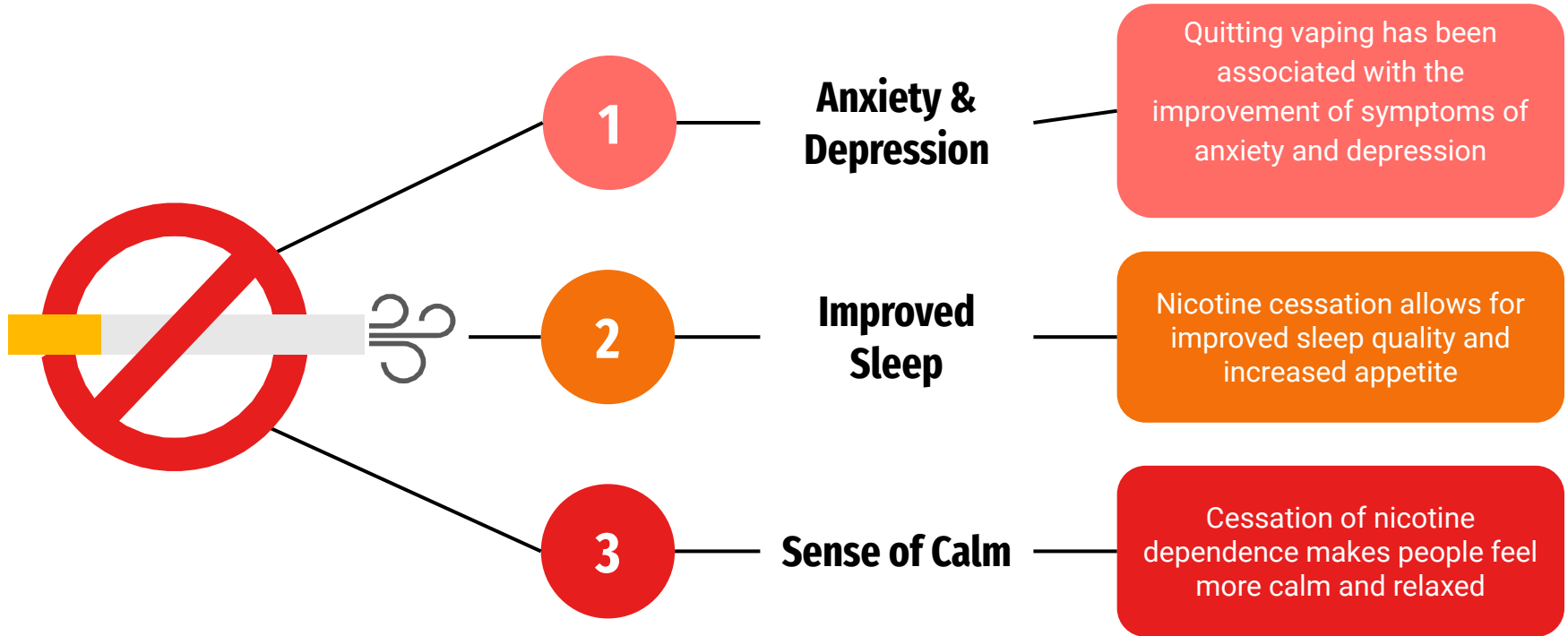
Smoking may be an attempt to **self-medicate** for symptoms of ADHD.

Individuals with ADHD **may also be more susceptible** to the negative effects of smoking



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Mental Health Benefits of Vaping Cessation



The Link Between Vaping and Mental Health: Youth Stories



SUPPORTING YOUTH WITH ADDICTION

Only the student can decide if they want to change, but our goal is rapport building!

It's important to create a safe space where youth feel comfortable talking about their addiction and coping strategies and Stages of Change without fear of judgment or punishment.

Educate yourself and others about addiction and coping mechanisms so you can better understand what youth are going through.

THE SYMPTOMS OF DRUG ADDICTION

Psychological



Mental health
problems



Irritable and agitated



Paranoia and on-edge

Physical



Headaches



Weight changes



Disrupted sleep

Behavioural



Secretive behaviour



Withdrawing from
loved ones



Loss of interest in
hobbies

Tips for Talking to Young People

Don't just have one talk, have **many conversations**, whenever the opportunity arises at different stages of your child's development.

- **Reflect on what is age appropriate** & what your individual child needs
- **Create a safe space** where youth feel comfortable talking about their addiction and coping strategies without fear of judgment
- **Educate yourself** and others about addiction and coping mechanisms
- **Learn to identify the signs and symptoms of addiction**, as well as healthy coping strategies that can help them manage stress, emotions, and triggers.
- **Encourage youth to express their thoughts and feelings** openly and avoid shaming or blaming language.
- **Help them access professional help.**
- **Help youth develop healthy coping strategies** to manage stress and emotions without resorting to addictive behaviors.
- **Be patient and supportive:** Recovery from addiction and learning healthy coping skills takes time, and there may be several setbacks/relapses along the way. **Celebrate their successes**, no matter how small.
- **Motivate youth to prioritize self-care** as part of their recovery process.
- **Promote positive peer connections:** Encourage youth to surround themselves with positive influences and supportive peers who can help them in their recovery journey. Discourage them from spending time with peers who may enable addictive behaviors or trigger cravings.
- **Seek support for yourself:** Supporting youth with addiction and coping can be emotionally challenging.

Being an “Askable” Adult

- Listen more than you speak when talking with your teen. Don't laugh at their questions.
- Don't be afraid to admit if you are uncomfortable or don't know the answer. Discomfort is normal! You can look up the answer together.
- Educate yourself by doing your research and referring to reliable sources.
- Think through your own feelings and values so that you feel prepared to talk about them with your teen.

Reference: OUSD Healthy Oakland Teens



What is Motivational Interviewing

- Express Empathy
- Develop Discrepancy
- Roll with Resistance
- Support Self-efficacy
- Develop a Collaborative Partnership



Reference: We Lead Ours (WELO), OUSD Tobacco Use Prevention Education

How to encourage parents to support their child

Parental monitoring includes the ways parents set expectations, keep track of their teens and respond when rules are broken. Here are a few tips:

- Talk with your teen about rules, expectations and consequences. Listen to how they feel.
- Get to know your teen's friends, and their friends' parents. Ask where they are going and who will be there.
- Keep track of how your teen spends time online, and talk about using the internet safely.
- Make sure your teen knows how to contact you at all times & that you will always be there for them if they need help.



TREATMENT FOR ADDICTION

Depending on the substance involved and the individual's particular needs, there are many treatment options available for addiction.

Common Methods of Addiction Treatment

- ❑ Detoxification
- ❑ Behavioural Therapies
- ❑ Medication
- ❑ Support Groups
- ❑ Residential Treatment
- ❑ Outpatient Treatment
- ❑ Holistic Methods



Therapeutic Interventions for Vaping Cessation



Harm Reduction Therapy

Motivational Interviewing

Refusal Strategies

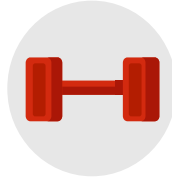
Nicotine Replacement
Therapy

Cognitive Behavioural
Therapy

Coping with Stress Without the Use of Addictive Substances

Exercise

Physical exercise has a positive effect on mood



Eat a Well Balanced Diet

Provides our body with energy and increases mental agility



Developing Hobbies

It is crucial to set aside time for leisure and enjoyment



Mental Exercises

Helps manage stress in the long term



Spend Time in Nature

Known to have positive effects on emotional states



Youth Resources

- [Colliding Crisis: Youth Mental Health and Vaping](#)
- <https://www.thetruth.com/article/vaping-stress>
- <https://www.thetruth.com/breathofstressair>
- <https://truthinitiative.org/thisisquitting>
- <https://ma.mylifemyquit.org/index>
- Text Messaging Prev Program - [This is Quitting](#)
- [Stanford REACH Lab Vaping Prevention Online Course: Student Self-Paced Version](#) -
- [Stanford REACH Lab My Healthy Future - Student Self-Paced Version](#)
- [Kick It California](#)
- [SmokefreeTXT for Teens](#)
- [The Truth Initiative: Vaping and Mental Health](#)
- [Youtube Video - My Vaping Mistake : How it Affected my Mental Health !](#)

Adult Ally Resources

- [Parent Skit Resource](#)
- <https://www.heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco/how-to-keep-kids-and-teens-from-smoking-and-vaping>
- <https://www.lung.org/quit-smoking/helping-teens-quit>
- Stanford Tobacco Prevention Toolkit: [You and Me, Together Vape Free Curriculum](#)
- Stanford Tobacco Prevention Toolkit: [Our Healthy Futures](#)
- [YVAPE](#)
- [The Vaping Information, Solutions, and Interventions Toolkit \(VISIT\)](#)
- [Mental Health and Vaping](#)
- <https://www.mentalhealthfirstaid.org/population-focused-modules/youth/>
- [The Link Between Vaping and Mental Health](#)

Parent / Guardian & Family Resources



Tobacco Use Prevention Education

Vaping Is the New Cigarette Parent Resource Guide (2023)

Created By: We Lead Ours



Educación para la Prevención del Uso del Tabaco

Guía de Recursos para Padres: El Vapeo es el Nuevo Cigarrillo (2023)

Creado por: We Lead Ours

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Questions?



CALIFORNIA
SCHOOL-BASED
HEALTH ALLIANCE

Putting Health Care Where Kids Are

STAY CONNECTED



schoolhealthcenters.org



info@schoolhealthcenters.org



[sbh4ca](https://twitter.com/sbh4ca)



[sbh4ca](https://www.instagram.com/sbh4ca)

Gracias

謝謝

Thank you

Cảm ơn

Salamat

Priya Shankar, MD, MPH
priya.shankar@ucsf.edu

Amy Blackshaw, MSW
ablackshaw@schoolhealthcenters.org