

# SOAR Coalition Substance Use Prevention Resources

SOAR stand for Stand Out Act Responsibly. This group focuses on informing EMS students, parents, and community about alcohol, tobacco, and other drug issues within the community that impact youth and young adults. For more information, contact program director Erica Castillo, MSW, at (682) 701-1491 or [erica@challengetc.org](mailto:erica@challengetc.org).

## Teen Vaping

E-cigarettes are the most frequently used tobacco product among adolescents, far surpassing traditional combustible cigarettes. E-cigarettes are highly addictive and harmful to teens' developing brains and physical health.

- [DFW teen hospitalized due to lung failure caused by vaping, doctors say news article](#)
- [Vaping Is an Epidemic video](#)
- [E-cigarettes might be trendy, but they're not as harmless as they seem news article](#)
- [Teens falling victim to the JUUL effect video](#)

## SMOKING, VAPING AND COVID-19

During the COVID-19 pandemic, it is vital that people are aware of the serious potential risks associated with smoking or vaping and COVID-19. To protect your health and reduce the risk of severe complications from COVID-19, smokers and e-cigarette users are urged to make every effort to quit.

## Articles

- [COVID-19: Never has it been more important for smokers to quit and for individuals to avoid damaging their lungs by vaping article](#)
- [COVID-19: Potential Implications for Individuals with Substance Use Disorders website](#)
- [Smoking, Vaping, and COVID-19: What are health organizations and experts saying? Flier](#)
- [Does Vaping Raise Your Risk of Covid-19 Symptoms? News article](#)
- [Why social distancing provides a 'golden opportunity' for teens to quit vaping news article](#)
- [Vaping and COVID-19: Is Now a "Reachable Moment" to Help Your Teen Quit? article](#)

## Videos

- [Texas Department of State Health Services' #VapesDown campaign video](#)
- [Health Officials Warn About Possible Link Between Vaping & Coronavirus video](#)

- [Vaping could increase coronavirus risk video](#)
- [How Does Pandemic Effect the Conversation on Smoking? video](#)

### **Resources to help teens quit e-cigarettes**

- [smokefree.gov Help teens quit vaping website](#)
- [Truth Initiative: This is Quitting website](#)
- [National Jewish Health: My Life, My Quit website](#)
- [BecomeAnEX® website](#)

### **Support groups/Recovery Resources**

- [Mental Health America of Greater Dallas website](#)
- [Substance Abuse and Mental Health Services Administration recovery resources flier](#)

### **Other Resources**

- [Center on Addiction website](#)
- [Recovery Council website](#)
- [The Prevention Coalition website](#)
- [Drug Free website](#)
- [Above the Influence website](#)
- [CDC smoking cessation website](#)
- [Surgeon General smoking cessation website](#)
- [Mothers Against Drunk Driving smoking cessation website](#)