

SAMHSA report lists CATCH My Breath as only school-level youth vaping prevention program

SAMHSA is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation.

AUSTIN, TX, USA, May 27, 2021 /EINPresswire.com/ -- The Substance Abuse and Mental Health Services Administration (SAMHSA) named CATCH My Breath as the only school-level youth vaping intervention in the evidence-based resource guide series [Reducing Vaping Among Youth and Young Adults](#).



CATCH My Breath is an evidence-based youth vaping prevention program

"With this guide, SAMHSA's goal is to inform school administrators, community leaders, educators, parents, policy makers, and others of the rising rates of vaping among youth and the need for targeted prevention programs and policies, as well as to provide a comprehensive vaping reduction strategy," writes Elinore F. McCance-Katz, MD, PhD, Assistant Secretary for Mental Health and Substance Use at the U.S. Department of Health and Human Services.

“

CATCH My Breath continues to be recognized as the go-to vaping prevention program for school-aged youth”

Marcella Bianco, CATCH My Breath national program director

The CATCH My Breath program outcomes cited in the report included:

- Reductions in nicotine vaping use (both lifetime and

within the past 30 days);

- Increases in nicotine vaping knowledge;
- Increases in positive perceptions of a vape-free lifestyle; and,
- Reductions in overall tobacco use.

SAMHSA also noted that [training](#) was "vital" for successful implementation of CATCH My Breath

and to build program capacity.

"CATCH My Breath continues to be recognized as the go-to vaping prevention program for school-aged youth," says national program director Marcella Bianco. "We have worked with countless local and state departments of education and health to implement this program, and being listed as an approved evidence-based program by SAMHSA opens up another important avenue for communities to engage with us to address youth nicotine vaping prevention."

As nicotine remains the most commonly used vaping substance among youth, and data suggest vaping nicotine may introduce the substance to youth who would otherwise not have smoked cigarettes or used nicotine through another tobacco product, it is imperative that holistic, evidence-based prevention strategies be implemented early and often for school-age children.

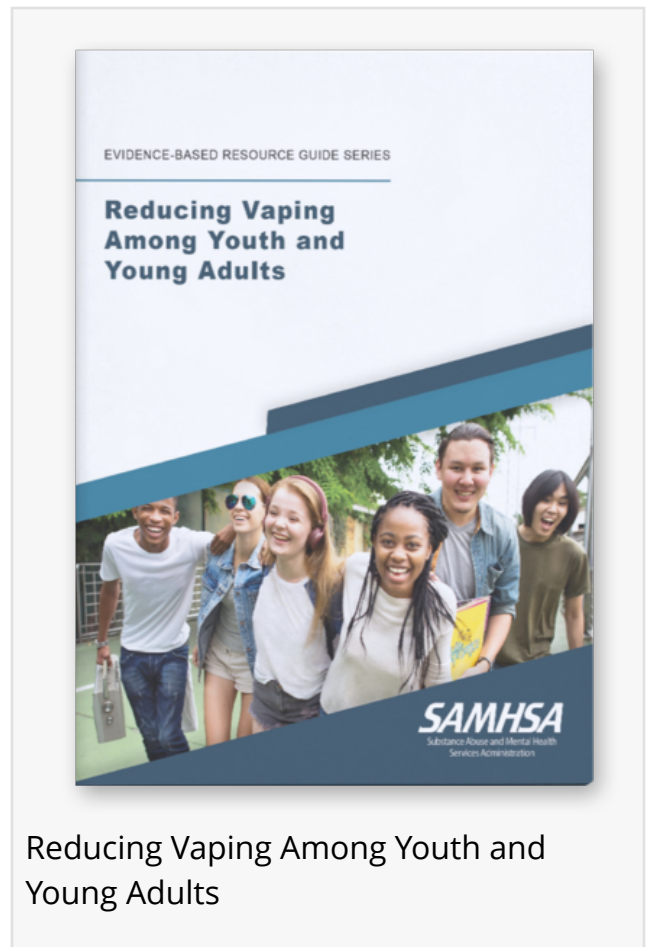
CATCH My Breath was designed for grades 5-12 and is available at no cost to schools in the United States. The program is disseminated by [CATCH Global Foundation](#) and has reached over 1.4 million students in 4,000+ schools, since 2017. To learn more about the program, visit catchmybreath.org

Brooks Ballard
CATCH Global Foundation
+1 512-294-8666
[email us here](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/542269506>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2021 IPD Group, Inc. All Right Reserved.



Reducing Vaping Among Youth and Young Adults