

# ABC Brief Intervention & Support

## Flowchart | June 2024

This flowchart summarises the ABC brief intervention. For more detailed information, see the *Guide to Supporting Young People to Quit E-cigarettes* at [health.tas.gov.au/vaping](https://health.tas.gov.au/vaping)

### Ask:

All health professionals should ask young people whether they use e-cigarettes or other tobacco products. Be non-judgmental and supportive.

1. Screening questions to determine e-cigarette use  
**"Have you ever vaped?"**
2. Screening questions to determine dependence and understand nicotine withdrawal symptoms
3. Ask about immediate needs of the individual

*Tip: If possible and appropriate, screen confidentially, without a parent or guardian present.*

No

**Reinforce behaviour and screen again at next visit.**

Yes

### Brief advice:

All young people who use e-cigarettes should be offered advice to stop. Be clear, supportive, and use personal examples of the benefits of quitting.

1. Provide brief advice to young person to quit using e-cigarettes  
**"One of the best things you can do for your health is to stop vaping. I can help you with this"**
2. Provide brief advice on harms and risks associated with e-cigarette use and the benefits of quitting
3. Provide information **"Are you interested in stopping today?"**

*Tip: Focus on the individual's strengths, including their abilities, knowledge and capacity and use non-judgmental language.*

No

**Revisit at next visit**

Yes

### Cessation support:

1. **Discuss behavioural strategies** eg. distraction or 'urge surfing' – refer to Appendix 4, *Guide to Supporting Young People to Quit E-cigarettes*
2. **Consider whether pharmacotherapies are appropriate** eg NRT – refer to Pharmacotherapy section, *Guide to Supporting Young People to Quit E-cigarettes*
3. **Consider whether use of digital tools would suit the individual** eg My QuitBuddy App, [quittas.org.au](https://quittas.org.au)
4. **Refer to behavioural counselling services** – see list of services on the following page
5. **Arrange follow-up calls or appointments** eg offer ongoing support, and if the young person has relapsed, motivate them to try another quit attempt

*Tip: Choose a support that meets the needs of the young person and link them while they are with you.*

# Tasmanian Support Services

## Behavioural counselling services

- Quitline 13 7848 (13 QUIT). Note: Quitline services are building capacity to counsel young people who use e-cigarettes and/or smoke tobacco.
- Statewide Smoking Cessation Program (accepts referrals for inpatients and outpatients receiving care through the Tasmanian Health Service)
  - [smokingcessationnorth@ths.tas.gov.au](mailto:smokingcessationnorth@ths.tas.gov.au) (North)
  - [smokingcessationnw@ths.tas.gov.au](mailto:smokingcessationnw@ths.tas.gov.au) (North West)
  - [smokingcessation@ths.tas.gov.au](mailto:smokingcessation@ths.tas.gov.au) (South)
- Aboriginal Health Service
  - Tasmanian Aboriginal Centre - 1800 132 260
  - Flinders Island Aboriginal Association Incorporated (FIAAI) – (03) 6359 3532

## More specialised services to help address other needs

- Mental Health Services  
[www.health.tas.gov.au/health-topics/mental-health](http://www.health.tas.gov.au/health-topics/mental-health)
- Alcohol and Other Drug Services  
[www.health.tas.gov.au/health-topics/alcohol-and-drugs/alcohol-and-drug-services/accessing-alcohol-and-drug-services](http://www.health.tas.gov.au/health-topics/alcohol-and-drugs/alcohol-and-drug-services/accessing-alcohol-and-drug-services)
- Youth Health Service (Tasmanian Health Service - North, North West and South)  
[www.health.tas.gov.au/health-topics/child-and-youth-health/youth-health-services](http://www.health.tas.gov.au/health-topics/child-and-youth-health/youth-health-services)
- Other youth support services
  - The Link Youth Health Service (South):  
<https://thelink.org.au/>
  - Cornerstone Youth Services (North/North West):  
[www.cornerstoneyouthservices.com.au/](http://www.cornerstoneyouthservices.com.au/)
  - Youth, Family and Community Connections (North West):  
<https://yfcc.com.au/what-we-do/youth-services/>
  - headspace:  
<https://headspace.org.au/>

## Additional guidance for pharmacotherapy

- RACGP supporting smoking cessation - A guide for health professionals:  
[www.racgp.org.au/getmedia/2f8ffac1-8751-41aa-906f-f0ec7feca048/RACGP-NVP-and-Vaping-Cessation-Consultation-provisional-draft-Dec2023.pdf.aspx](http://www.racgp.org.au/getmedia/2f8ffac1-8751-41aa-906f-f0ec7feca048/RACGP-NVP-and-Vaping-Cessation-Consultation-provisional-draft-Dec2023.pdf.aspx)