

Eclipse, Change Grow Live
charity, Greater Manchester



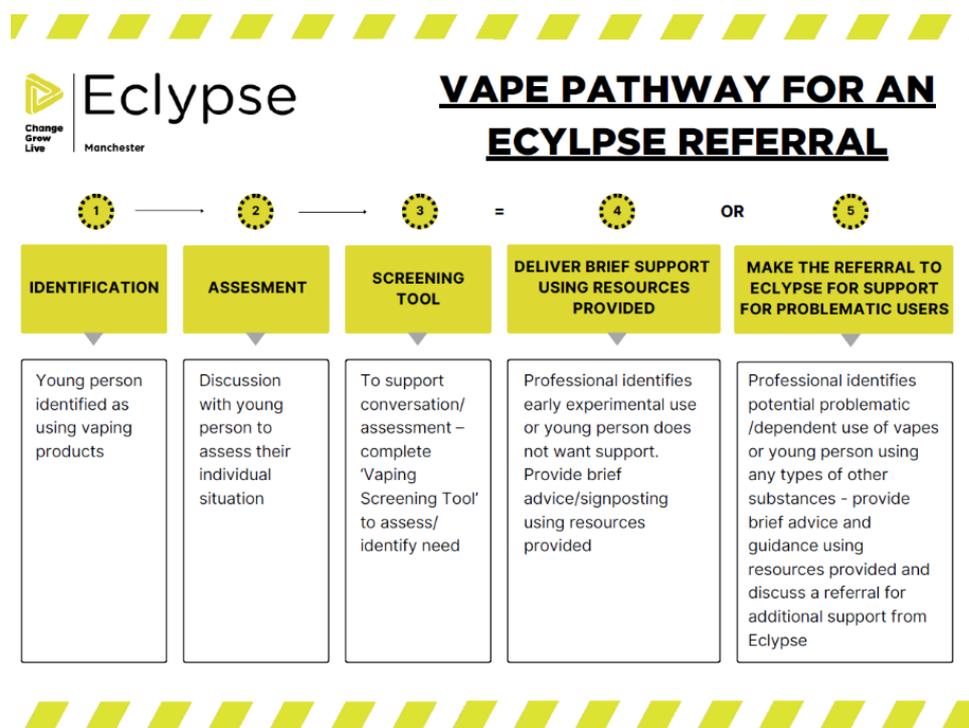
Eclipse is the young person's Specialist Substance Misuse Service for the city of Manchester, delivered by Change Grow Live (CGL). They offer free support for young people up to 25 who are affected by substance use. They identified a significant proportion of young people reporting vape use (some as young as eight years old) but support was lacking. Illicit and illegal vapes are freely available to young people across Manchester, further increasing risks to young people. In response, and in partnership with Public Health, Eclipse created advice, guidance and support structures to support professionals working with young people.

Support

- Free professionals training (online and in person). So far, they have delivered training to over 1,000 professionals, with 95% reporting they are more confident in supporting young people in their setting.
- A resource library for all training attendees, created in partnership with Healthy Schools and hosted on their online educational, Padlet <https://padlet.com/healthyschools/vaping-resources-for-professionals-to-support-children-and-y-e8t42yf8f1stcbrx>.
- A Vaping Screening Tool, allowing for effective assessment of the needs of young people in relation to vaping and guidance on referral for further structured or intensive support.

CGL recruited a Young Persons Vaping Lead in October 2024 with responsibilities to develop and deliver interventions to young people with nicotine dependence; deliver their professionals training, assemblies and small group work in schools; work closely alongside healthy schools to deliver projects which aid health education for young people; be a vaping champion to help deliver projects that will aid Manchester's Child Friendly City badge; work alongside a range of professionals, including clinicians, BeSmokeFree, Specialist Midwives and Trading Standards to deliver programmes across the city of Manchester; and aid communication between professionals and parents to ensure cohesive messaging

Eclipse referral pathway for further structured or intensive support



Structured support

A decision to offer structured support is dependent on a case-by-case basis, following initial discussions and education by trained school nurses. Seven support sessions are provided every other week for five weeks, and then the last two sessions every three weeks. Sessions include:

1. An introductory session establishing patterns of use and a discussion on goals
2. 'Vaping and my life': developing a reduction plan, exploring when they are tempted to use, push and pull factors, and locus of control
3. 'Vaping on my brain and body': exploring the effects of nicotine on the brain and the body, and covering what vaping does for the young person and what does vaping do to the young person
4. 'Making changes': focuses on being assertive, peer pressure, cycle of change and the push and pull factors
5. Looking forwards: revisiting any previous topics, re-assessing goals, discussing positive coping mechanisms
6. 'Wrapping up': a reflection on goals, checking in with the self, positive coping mechanisms

Outcomes

We take a harm reduction approach and therefore a positive outcome is dependent on what the young person wants. Many who we work with do not want to be abstinent but rather do not want to be dependent, highlighting the very social element they find integral with vaping. Generally, increased knowledge, better mental health and reduced dependency is a positive result. To date, 25 young people have received structured support, with no dropouts, and all have achieved their set goals by the end of seven sessions.

Message to other services

“For anyone working with young people today, they will have likely seen first-hand, the significant growth and popularity of use of vaping devices among young people. We have found that taking a non-judgemental, early intervention approach is the key to success... when professionals and parents understand the prevalence of, and the risks around youth vaping, they are then able to provide, early intervention support, either by way of advice and education directly with young people or crucially they are aware of the additional referral pathways for 1-2-1 support available from Eclipse in Manchester.”

Amy Warburton, Young Persons Resilience Worker – Vaping, Eclipse, Change Grow Live, Manchester