

MODULE 2:

The 5A's of Tobacco Treatment Counseling



Core Resources:

[CA Quits](#)

A statewide network working to integrate tobacco cessation into healthcare systems. CA Quits provides resources, support, and technical assistance for clinics and organizations to help patients quit tobacco.

kickitca.org (Kick It California)

A free statewide service that offers evidence-based help to quit smoking, including telephone counseling, text messaging, mobile apps, and online resources.

kickitca.org/quit-vaping (Kick It California – Vaping Cessation)

Offers free, confidential support to help Californians quit vaping, with coaching by phone, text, or chat and personalized quit plans.

[2021 USPSTF Recommendations for Adults & Pregnant Women](#)

Official guidelines from the U.S. Preventive Services Task Force on screening and intervention for tobacco use among adults and pregnant women.

[2020 USPSTF Recommendations for Children & Adolescents](#)

Evidence-based recommendations on how healthcare providers can help prevent tobacco and nicotine use in children and teens through counseling and behavioral interventions.

[Ask, Advise, Refer Flyer](#)

This CA Quits handout helps providers use the Ask, Advise, Refer model to support tobacco cessation, offering quick scripts and referral guidance to connect patients with free support through Kick It California.

[Visual Dictionary of E-Cigarette and Vaping Products](#)

This CDC resource uses visuals to identify common vaping devices and components, helping providers and educators recognize and explain products like e-cigarettes, vape pens, pods, and disposables for patient education and outreach.

[CA Quits Healthcare Systems Toolkit](#)

This toolkit outlines key steps for integrating brief tobacco assessment and counseling into clinical practice. It supports healthcare quality efforts and complements public health policies and programs.