MDI hosts roundtable discussion

The Minnesota Chamber of Commerce recently selected MDI to host a roundtable discussion on the importance of utilizing "Hidden Talent Pools" to connect workers with the skills and tools they need to succeed and be productive where they’ve worked in the workforce and in the community. Finding these hidden talent pools is key to building a successful workforce, when they succeed, we all succeed."

Quitting vaping tough for teens: ‘It’s gonna suck’

ST. PAUL — The road to breaking e-cigarette addictions can be tough, especially for kids and teens in Minnesota.

Stigma and fear around telling family and friends or seeking help can delay important conversations, teens who’ve kicked their vaping addictions said, and those under 18 can’t legally access nicotine replacement products like nicotine gum or patches without a prescription or help from an adult.

As recorded numbers of Minnesota students report they’ve used vaping products, health officials said they’re doing what they can to support teens who want to quit. But there aren’t perfect solutions yet to do that.

"To quit, you just have to go cold turkey when you’re a kid. You can’t use Nicorette gum, you can’t use patches because you can’t buy them," Claire Hering, a junior at Hopkins High School, said. "It’s gonna suck. It’s gonna suck so bad," Hering said. "But it’s worth it to end your addiction and your addiction will unhook you from the drug."