



Cessation Community of Practice

Spring E-Bulletin

Hello, happy spring and welcome to the May 2023 edition of the Tobacco Cessation Community of Practice Newsletter!

This issue contains updates and information about current resources and tools relating to tobacco cessation. Don't forget to check out the other resources we have attached in addition to this newsletter - there is definitely some valuable information.

Please feel free to share this with your colleagues and community partners.

In This Issue...

Free Nicotine Replacement Therapy (NRT) & Medication For Quitting Smoking

Free Counselling

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Feature: World No Tobacco Day 2023



I. FREE NRT & MEDICATION

Pharmacy-Led Smoking Cessation: Free NRT access for ODSP and OW recipients at participating pharmacies.

For more information or to request promotional materials please email smokingcessation@swpublichealth.ca

Free access to Champix and Zyban and Pharmacy Smoking Cessation counselling by local pharmacists for clients who are Ontario Drug Benefit (ODB) and OHIP+ recipients. Clients with private insurance coverage may also have free access to these medications with a prescription.

STOP with Health Care Organizations The STOP Program is now open to people using any nicotine/tobacco product(s), not just cigarettes! Those who are eligible can enroll (or self-enroll, using our online portal) at a local participating clinic. We currently partner with over 300 of these, including various Family Health Teams, Community Health Centres, Addiction and Mental Health Agencies, Nurse Practitioner-Led Clinics, Aboriginal Health Access Centres, Indigenous Health Organizations, Regional Cancer Centres, Long-Term Care Centres, Public Health Units, and many others. People who enroll can receive up to 26 weeks of NRT.

Note: The STOP Program is currently available only to participating Ontario organizations. If you are unsure whether your local organization participates in the STOP Program, please contact them directly for more information.

For more information or to request promotional materials for your waiting room, please email stop.study@camh.ca.

To learn more about **STOP on the Net** and enroll:

Please visit:

www.stoponthenet.com

OR

Scan here:





I. FREE NRT & MEDICATION (contd.)

STOP on the Net: With support from the Ontario Ministry of Health, the Centre for Addiction and Mental Health (CAMH) now offers STOP on the Net, a free online smoking cessation program for adults in Ontario. Eligible participants receive a free 8-week kit containing nicotine patches and choice of gum or lozenges mailed directly to their address!

We encourage you to refer your patients who smoke and are interested in making a quit attempt to join STOP on the Net by visiting: www.stoponthenet.com.



talk tobacco
Indigenous Quit Smoking and Vaping Support

Smokers' Helpline and Talk Tobacco are now offering a trial package of 2 NICODERM® patches and a sleeve of 15 pieces of NICORETTE® nicotine gum to qualifying quitters. For more information please visit <https://www.smokershelpline.ca/register>.

Ottawa Model for Smoking Cessation (OMSC) Community Program is for Ontarians who want to quit smoking but are not enrolled with a health care provider or cannot easily access smoking cessation support. Eligible participants will receive a consultation, follow-up support, and 6 weeks of NRT. Clients are to call **1-888-645-5405** and leave their contact information on the voicemail. A Nicotine Addiction Specialist will get back to them within 2 business days.



OTTAWAMODEL.CA



2. FREE COUNSELLING

Health811 (PREVIOUSLY TELEHEALTH ONTARIO) provides free individual counselling over the phone to clients who wish to quit smoking. Clients can call Health811 (toll-free) at **811** for supports to help them quit smoking. You also can refer clients to the program by completing their referral form (see attached to email). Once referred, the program will contact your client to discuss their desire to quit smoking.

Smokers' Helpline (SHL) offers online programs and text message support to clients who wish to quit smoking and vaping. During the COVID-19 pandemic SHL remains open 7 days a week to support Canadians in their efforts to quit smoking and vaping. Users have the option to participate in three different streams of cessation counselling: smoking, vaping or combination use. Connect with SHL online at [SmokersHelpline.ca](https://smokershelpline.ca) and by texting the word **iQuit** to the number **123456**.

Did you know Smokers' Helpline has a newsletter for health care providers? Use this [link](#) to sign up so you can receive the newsletter.



Canadian Cancer Society
Société canadienne du cancer

YOU CAN QUIT. WE CAN HELP.

Talk Tobacco provides quit smoking and vaping support for Indigenous communities. The program is culturally inclusive and aware, serving First Nation, Inuit, Métis and Urban Indigenous populations. It is free, confidential, and available in 16 Indigenous languages. Talk Tobacco helps clients learn to cope with cravings and withdrawal symptoms. Clients may refer themselves to the program by calling **1-833-998-8255** or visiting smokershelpline.ca/talktobacco. Health care providers may also complete the Talk Tobacco referral form (see attached to email) to refer clients to the program. Stay up to date with the Talk Tobacco Program by following Talk Tobacco on [Facebook](#) and sign up for their [Quarterly Newsletter](#).



3. UPCOMING WORKSHOPS

Leave the Pack Behind – Tools to Quit Smoking – VIRTUAL

Thames Valley Family Health Team (TVFHT)

OPEN TO THE GENERAL PUBLIC

Benefits/Take-aways:

Connect with others who are trying to quit. Learn about others' past quit attempts.

Obtain information about community programs for counselling and how to access free NRT in your area.

People who get even brief counselling from a healthcare provider are 30% more likely to quit. Quitting smoking is the single best thing you can do to improve your health and can add as much as 10 years to life expectancy.

Please follow the link below to view upcoming session times.

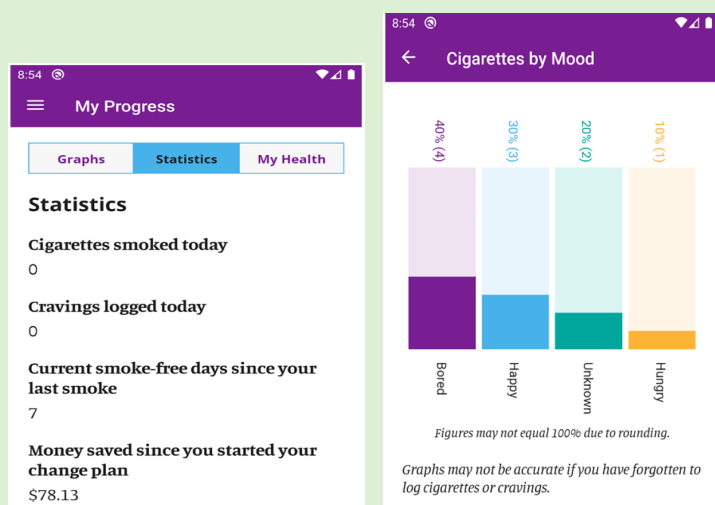
[Register Here](#)

*This link also provides access to view a recorded version of the session on your own time

Leave the Pack Behind – Tools to Quit Smoking



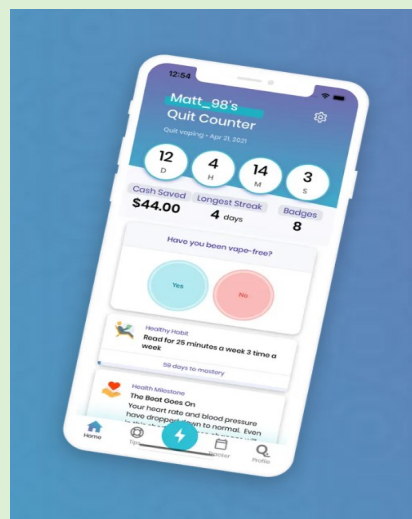
4. RESOURCES



My Change Plan is a free, evidence-based, mobile app designed in collaboration with clinicians and researchers at the CAMH Nicotine Dependence Service. The app is designed to help individuals quit, reduce or manage their tobacco cigarette smoking by developing a personalized change plan and tracking their progress. Available for [Android](#) and [iOS](#)

Quash App is a free program that was developed specifically for youth age 14-19 who want to quit smoking or vaping. It focuses on the Stages of Change and Social Cognitive Theory. The program helps users progress through each stage of their quit journey and make a quit plan that works for them.

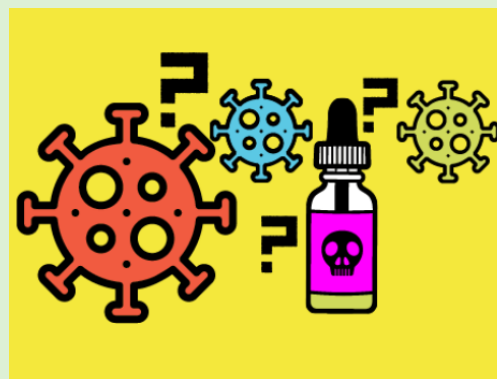
Visit: quashapp.com/



4. RESOURCES (contd.)

Not An Experiment is an online source of information, tools and resources about the **harms of vaping**. This youth and educator friendly website discusses health effects, the vaping industry, COVID-19 & vaping, taking action, and quitting. Downloads and resources (including an escape room game!) are available on the website for free.

Visit notanexperiment.ca



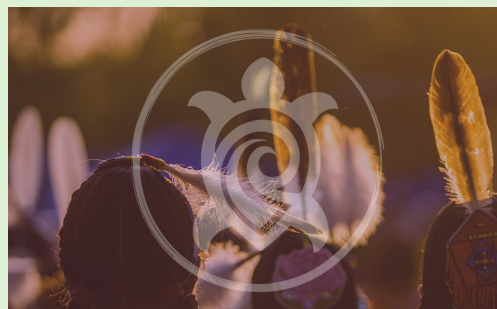
Don't Quit Quitting is a project of the seven regional tobacco control area networks (TCAN) working to support and co-ordinate the efforts of Ontario's 35 public health units. The goal of this website is to provide information and support for clients who are ready to make a quit attempt. It usually takes more than one try to quit smoking. Every attempt brings your client a step closer to quitting for good.

Find help and support at <https://dontquitquitting.ca/>



Indigenous Tobacco Program works with First Nations, Inuit, Métis and urban Indigenous and non-Indigenous partners to reduce and prevent commercial tobacco addiction.

Learn more at <https://tobacchowise.cancercareontario.ca/en>





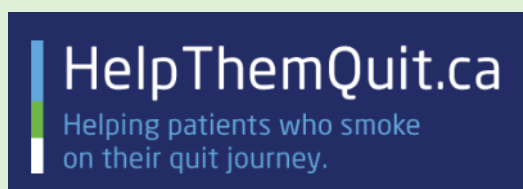
4. RESOURCES (contd.)



Vaping Cessation Guidance Resource

is an evidence based guidance document created by CAMH that is meant to guide healthcare providers to support their clients who want to quit vaping and can be used for both adults and youth (ages 15 to 24).

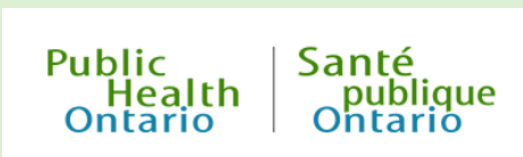
Find the resource here: <https://www.nicotinedependenceclinic.com/en/Documents/Vaping%20Cessation%20Guidance%20Resource.pdf>



The FASTeR Approach to Quitting: A new smoking cessation Tool by Mike Boivin

The NEW FASTeR tool was developed by Pharmacist Consultant Mike Boivin, as a practical approach to help your patients become non-smokers.

Find the resource here: <https://www.helpthemquit.ca/support-tools/for-healthcare-professionals>



Burden of Health Conditions Attributable to Smoking and Alcohol by Public Health Unit in Ontario

A joint report from Public Health Ontario and Ontario Health on the burden of disease and injury linked to smoking and alcohol consumption across Ontario

Find the report here: <https://www.publichealthontario.ca/en/Diseases-and-Conditions/Mental-Illness-Substance-Use/Tobacco>

Recording of PHO webinar overview of report: <https://www.youtube.com/watch?v=86Ld5LLMttM>



6. EDUCATION

The TEACH Certificate in Intensive Cessation Counselling

The TEACH Certificate Program is an intensive, accredited, online training program in cessation counselling administered through the Centre for Addiction and Mental Health. Participants are provided with the knowledge and skills needed to offer comprehensive tobacco/nicotine cessation interventions with clients. Individuals interested in this program will need to complete the TEACH Core Course and two Specialty Courses.

Upcoming Courses:

- Core Course: An Interprofessional Comprehensive Course on Treating Tobacco Use Disorder: **July 5 – August 9, 2023**

Specialty Courses:

- Tobacco Interventions for Clients with Mental Illness and/or Substance Use Disorders: **April 19 – May 24, 2023**
- Tobacco Interventions for First Nations, Inuit, and Métis Populations: **August 23 – September 27, 2023**
- E-cigarettes and Vaping: Approaches to Address Use with Adults and Youth: **September 20 – October 25, 2023**

Additional Learning Opportunities:

- TEACH Educational Rounds: A monthly, accredited webinar series for healthcare providers with a variety of topics aimed to enhance knowledge and skills in offering tobacco/nicotine cessation interventions.

Additional Courses:

Stand-alone courses that focus on specific populations or topics related to cessation and substance use treatment. These courses are 4-6 hours in length and are not part of the TEACH Certificate Program.

For more information on upcoming program offerings and to register online, visit www.teachproject.ca or email teach@camh.ca.



May 31st, 2023 is World Health Organization's World No Tobacco Day

We Need Food, Not Tobacco



The World Health Organization (WHO) created World No Tobacco Day (WNTD) on May 31st, 1987. WNTD is a day intended to drive awareness of the tobacco epidemic that leads to more than 8 million preventable deaths each year worldwide.

In 2023, WNTD aims to bring attention to the role that the tobacco industry plays with regards to the world's global food crisis. There are many situations fueling the global food crisis such as climate change, the War in Ukraine and continued impact from the COVID-19 pandemic. As it stands now, approximately 4 million hectares of land worldwide is used for tobacco as a cash crop. Not only could this valuable land be used to grow sustainable crops instead, but there are also many harmful affects of tobacco cultivation on the environment.

Not only is this one more reason to quit; it is also a call to governments and policy makers to improve legislation to address these concerns and make tobacco producers responsible for their major environmental impact. Reducing overall tobacco consumption is a key strategy to achieve Sustainable Development Goals.

For more information please visit: <https://www.who.int/news/item/07-11-2022-we-need-food--not-tobacco---focus-of-the-world-no-tobacco-day-2023>