



**St. Thomas Site**  
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1230 Talbot Street  
St. Thomas, ON  
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**Woodstock Site**  
410 Buller Street  
Woodstock, ON  
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Dear Elgin St. Thomas Health Care Provider,

## Re: Smoking Cessation Workshop Referrals

Tobacco use is the leading cause of preventable death and illness in Ontario. In 2011-2012, 21% of residents in Elgin St. Thomas age 12 and over reported daily smoking, higher than the Ontario average of 13.5%.

### Stop Smoking Workshops

Southwestern Public Health (SWPH), St. Thomas Site will be holding Stop Smoking Workshops to support residents of Elgin St. Thomas in their efforts to quit smoking. During the workshop, eligible patients receive a 45-minute psychoeducation presentation, a brief one-on-one session from trained SWPH staff and five weeks of **free** nicotine replacement therapy products (i.e., patches, gum, lozenges), along with other smoking cessation resources.

### Southwestern Public Health, St. Thomas Site Role

To increase reach and access to cessation supports, SWPH, St. Thomas Site is establishing a referral process with health care professionals. As part of a workshop recruitment strategy, included with this letter is a copy of a referral form to refer patients to these workshops. The referral form can also be found under the 'for professionals' section of our website <https://www.swpublichealth.ca/professionals/health-care-providers/tobaccosmoking>. Once we receive a referral, a staff member will follow-up with the patient to register them for the workshop. SWPH, St. Thomas Site will also provide you with a follow-up letter if your patient attends the workshop.

### Your Role

As a Health Care Professional in Elgin St. Thomas, you play an important role in helping your patients quit smoking. Unassisted quit attempts are successful 2-5% of the time, compared with 20% success for those receiving cessation counselling and medications. If you have a patient interested in quitting smoking, you can **fax the attached referral form to SWPH, St. Thomas Site at 519-633-0468.**

Please post this letter for your staff. If you have further questions, please contact:

Ashlyn Brown  
Health Promoter  
Southwestern Public Health, St. Thomas Site  
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