



Cessation Community of Practice

Fall E-Bulletin

Issued September 2023

Welcome to the Fall 2023 edition of the Tobacco Cessation Community of Practice Newsletter! Autumn is a great time to quit smoking—this resource is intended to provide you with the tools to assist your clients on their quit journey.

We have great news— This past summer Smokers' Helpline announced the return of their First Week Challenge Contest! Smokers who commit to quitting for the first week of the month can register for a chance to win \$500.

As well, STOP on the Net has expanded its program to 10 weeks of free NRT for eligible participants (previously 8 weeks) to better support Ontario adults with successfully quitting smoking.

There's many more programs highlighted in here that are intended to help expand your knowledge on best practices, as well as keep you up to date on what resources are available for smokers to quit.

Please feel free to share this newsletter with your colleagues and community partners. Wishing you all a happy, productive and cozy fall!

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NEW: INTREPID Lab Newsletter



I. FREE NRT & MEDICATION

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.

STOP on the Net: With support from the Ontario Ministry of Health, the Centre for Addiction and Mental Health (CAMH) offers STOP on the Net, a free online smoking cessation program for adults in Ontario. Eligible participants receive a free **10-week kit** containing nicotine patches and their 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.

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





I. FREE NRT & MEDICATION (contd.)

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.

HOW DOES SOMEONE ACCESS THE OMSC COMMUNITY PROGRAM?



The patient calls **1-888-645-5405** and leaves their contact information on the voicemail.



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. SHL is 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 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.



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. CONTESTS

First Week Challenge Contest—Smokers’ Helpline (Canadian Cancer Society) It’s back! Quit smoking for the first week of the month, and you could win \$500! Register at <https://www.smokershelpline.ca/challenges/first-week-challenge/about>

- Quit for the first week of the month
- OPEN to Smokers' Helpline clients from PEI, ON, MB, SK, YK
- OPEN to TalkTobacco Clients from BC, ON, MB, SK
- SHL & TT clients (excluding BC) have a chance to win (1) \$500
- TT BC clients have a chance to win (1) \$500
- 9 opportunities to join FWCC (July 2023-March 2024)
- Keep up to date about FWCC on SHL social media

#IamQuitting Contest—SmokeFreeCurious

Open only to residents of Canada between the ages of 35-64 at the time of entry.
https://www.smokefreecurious.ca/s/quit-contest?language=en_US

Enter for a chance to win \$250 by submitting your quit smoking milestone. No matter if you are thinking about quitting, taking actions to quit, or already have quit smoking.

Contest Period 1 is currently open and closes at noon EST on **September 28, 2023.** The next contest period opens on October 2, 2023 at noon EST.





4. 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.

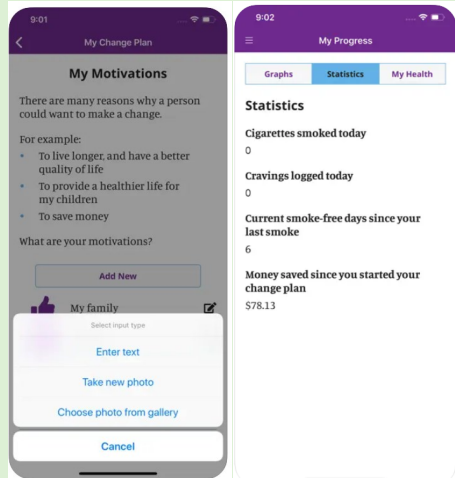
[Register Here](#)

*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



5. RESOURCES



**TOBACCO CESSATION
TEACH**
Training Enhancement in Applied
Cessation Counselling and Health
ARRÊT DU TABAGISME

My Change Plan is a free, evidence-based, mobile app designed in collaboration with clinicians and researchers at the INTREPID Lab. 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 and app 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/

**Feel better.
Save money.
Take back control.**

Quash.
Powered by
LUNG HEALTH FOUNDATION

**LIVE SMOKE-FREE
AND VAPE-FREE.
WE'RE HERE TO HELP.**

APPLE STORE GOOGLE PLAY

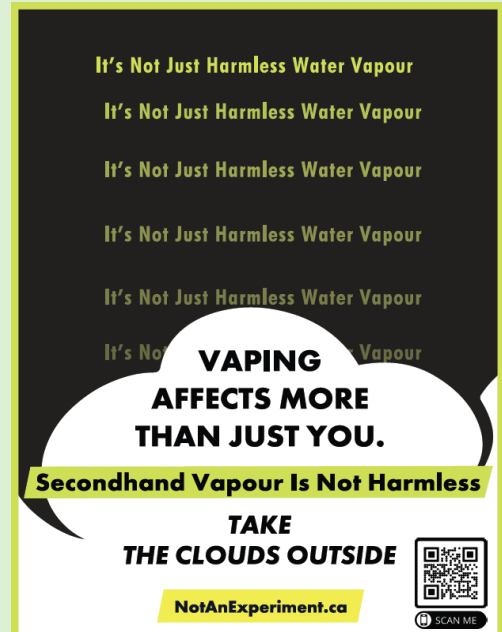
quashapp.com



5. 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



Quit Map Find support to quit smoking, vaping, and commercial tobacco nearby, online, by phone and elsewhere.

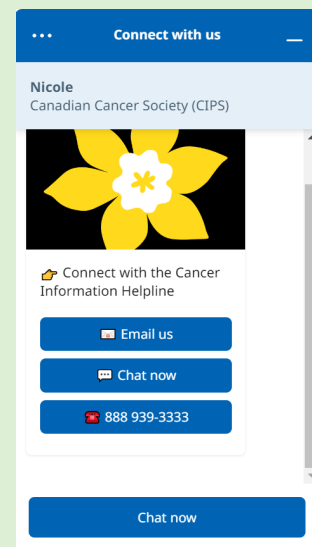
Simply enter your postal code and search for things like free patches or gum, in-person support, and more. A chat box will also appear for clients who require live assistance.



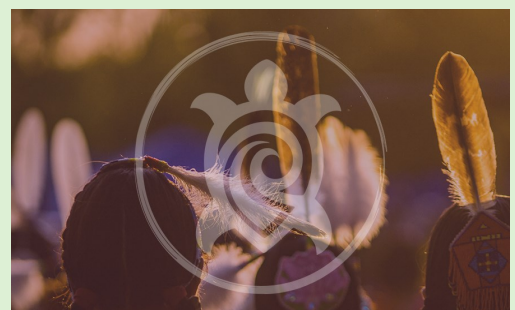
Quit Map



Quit Map



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://tobacrowise.cancercareontario.ca/en>





5. RESOURCES (contd.)



Breaking Free Online is an evidence-based digital treatment and recovery program that allows clients to recognize and actively address the psychological and lifestyle issues that are driving their use of alcohol and/or drugs.

Clients age 16 and older can access the program 24/7 on any internet-enabled device.

Designed to be interactive, engaging and personalized to each client, Breaking Free Online has voiceover on every screen (in English and French) to cater to different learning styles. It combines cognitive behavioural therapy with mindfulness, relapse prevention, motivational enhancement, harm reduction and other proven approaches.

The program is fully funded by the Ontario Ministry of Health and there is no cost involved for clients. Visit www.breakingfreeonline.ca



Nicorette QuickMist SmartTrack uses

near field communication technology to connect nicotine replacement therapy (NRT) to a behavioural support app to help clients quit smoking. Clients track each spray by simply pairing and tapping the canister to their phone. The **Nicorette Stop Smoking app** offers personalized help for clients to track their NRT usage (patch, gum, lozenge, Quickmist, Inhaler) and progress against their personalized quit plan. Clients set their own goals, receive helpful tips on how to stop smoking, track how much money they have saved and track their number of smoke free days. The app can be downloaded on [Apple](#) or [Google Play](#).

HelpThemQuit® was developed exclusively for healthcare professionals to arm you with the education, resources, tools, product information and NICODERM®/NICORETTE® samples to help your patients live a smoke-free life. Sign up here: <https://www.helpthemquit.ca/signup>

Do something **amazing**®

Join the Help Them Quit Community.

Help Them Quit was developed **exclusively for healthcare professionals** to arm you with the education, resources, tools, product information and Nicoderm®/Nicorette® coupons to help your patients live a **smoke-free life**.

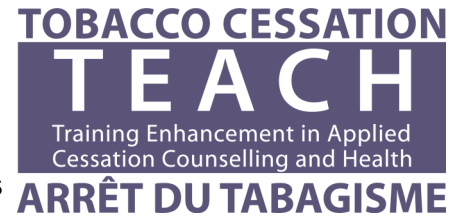




6. EDUCATION

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. To learn more about the TEACH Certificate Program, please visit:



<https://www.nicotinedependenceclinic.com/en/teach/certificate-and-trainings>.

TEACH Core Course:

- Core Course: An Interprofessional Comprehensive Course on Treating Tobacco Use Disorder: **October 4 – November 8, 2023** Cost: \$475 CAD

TEACH Specialty Courses:

- E-cigarettes and Vaping: Approaches to Address Use with Adults and Youth: **September 20 – October 25, 2023** Cost: \$400 CAD
- Integrated Chronic Disease Management and Prevention: A Person-centred Approach to Addressing Tobacco and other Modifiable Risk Factors: **November 8–December 13, 2023** Cost: \$400 CAD
- Tobacco Interventions for First Nations, Inuit, and Métis Populations: **February 14 – March 20, 2024** Cost: \$400 CAD
- Tobacco Interventions for Clients with Mental Illness and/or Substance Use Disorder: **May 2024** Cost: \$400 CAD

TEACH Educational Rounds (FREE):

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.

- Vaping Q &A: **September 20, 2023 12PM—1PM EST** Faculty: Dr. Peter Selby MBBS, CCFP(AM), FCFP, MHSc, DipABAM, DFASAM and Dr. Milan Khara MBChB, CCFP, cert. ASAM
- Case Study Discussion: **October 25, 2023 12PM—1PM EST** Faculty: Dr. Peter Selby MBBS, CCFP(AM), FCFP, MHSc, DipABAM, DFASAM

Can't make it? Webinars from as early as 2013 are archived on the [TEACH website](#).



6. EDUCATION (contd.)

Additional Courses offered by TEACH:

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.

- Fundamentals of Tobacco Interventions for Dental Professionals: **January 17—February 14, 2024** Cost: \$250 CAD
- Tobacco Interventions with Youth and Young Adults: **Self Study Course** Cost: \$100 CAD
- Treating Concurrent Tobacco and Cannabis Use Disorder: **Self Study Course** Cost: \$100 CAD
- Tobacco Interventions in Cancer Care Settings: **Self Study Course** Cost: FREE
- Intermediate Practice in Motivational Interviewing: **Self Study Course** Cost: FREE

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

Ontario Tobacco Research Unit (OTRU)

OTRU Lunch and Learn Webinar – **Wednesday, October 4, 2023 12pm-1pm EST**

Virtual – Microsoft Teams - [Click here to join the meeting](#)

Meeting ID: 272 323 942 136

Passcode: Y8EpMx

The webinar will cover:

- Health effects of vaping—systematic review results
- Development of vaping dependence—cohort study results
- Respiratory effects of vaping—cohort and clinical study results
- OTRU's vaping cessation apps for youth and young adults

Lung Health Foundation— Respiratory Health Forum

Tuesday, October 12, 2023— Virtual

Respiratory Health Forum (RHF) is your direct link to innovative approaches to lung health and the latest respiratory guidelines. This free virtual conference invites healthcare professionals and people living with lung disease to learn, share, and network, no matter where in Canada they tune in from!

Now in its fifteenth year, the Respiratory Health Forum is made possible by the continued support of the Ontario Ministry of Health.



7. NEW: INTREPID Lab Newsletter



The INTREPID Lab at CAMH (formerly Nicotine Dependence Service) is thrilled to share the launch of their [first newsletter](#).

INTREPID Lab combines everything that was formerly under the banner of Nicotine Dependence Service, and reflects a coordinated focus in Innovations, **N**icotine and **T**obacco, **R**esearch, **E**ducation, **P**rogramming, **I**mplementation and **D**igital Health. In response to growing community needs and increased capacity, they are expanding and applying interdisciplinary approaches towards tobacco and vaping cessation, chronic disease prevention and management, and behaviour change strategies.

You may know INTREPID as the home of [STOP](#) and [STOP on the Net](#), as well as the [TEACH Project](#). Did you know they also [run clinical services](#), work with communities to [develop culturally relevant and tailored tools](#), and are involved with many digital health innovations, including developing the [My Change Plan App](#) to help folks quit smoking?

Fresh news, straight to your inbox! [Sign up to receive our bi-annual newsletter](#) and stay up to date with INTREPID Lab.