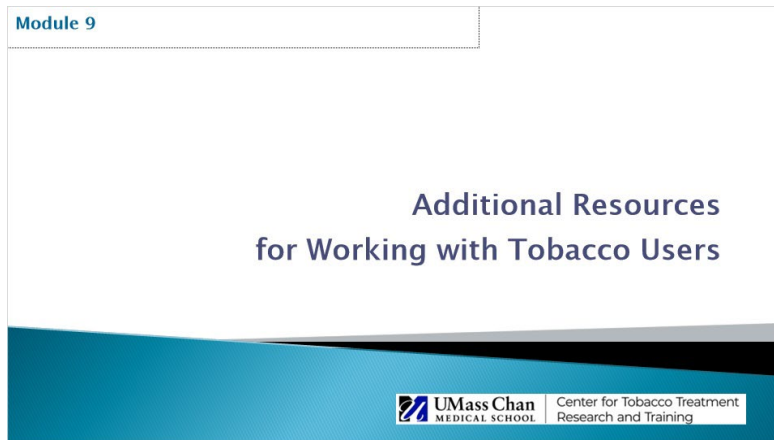
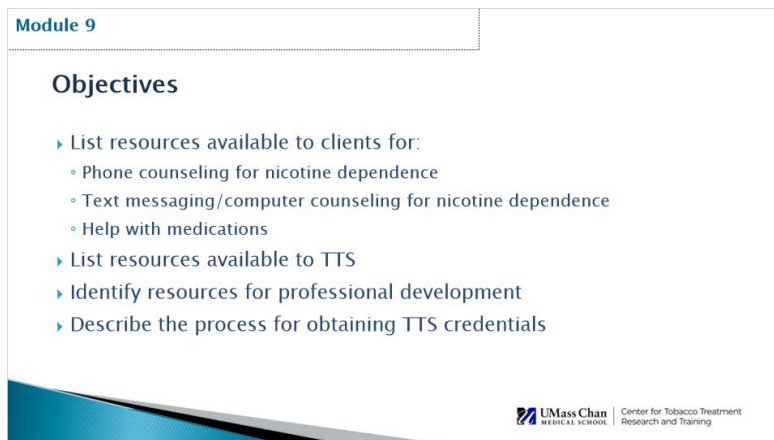


# Module 9: Additional Resources for Working with Tobacco Users

## 1.1 Additional Resources



## 1.2 Objectives



## 1.3 Resources for

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### Resources for Tobacco Treatment Specialists and Their Clients



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## 1.4 Resources for Clients: Free Telephone Counseling

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### Resources for Clients: Free Telephone Counseling

- ▶ English: 1-800-Quit-Now: quitline for all US residents who use tobacco
- ▶ Spanish: 1-855-DEJALO-YA
- ▶ TTS service available: 1-877-777-6534
- ▶ Asian Smoker's Quitline
  - Visit [www.asiansmokersquitline.org](http://www.asiansmokersquitline.org) to find services (counseling +materials) in Cantonese, Mandarin, Korean, and Vietnamese
- ▶ Services vary per state; some Quitlines include online or text programs.

Get to Know the Quitline Services in Your Area!

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## 1.5 Resources for Clients: Web and Text-Based Counseling

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### Resources for Clients: Web and Text-Based Counseling

- ▶ National Cancer Institute: [Smokefree.gov](http://Smokefree.gov)
  - Tools and tips, and information on [apps](#) and texting programs
  - Special programs for Vets, Women, Teens, and those over 60
  - Program in Spanish
- ▶ [SmokefreeTXT](#)
  - Special programs for pregnant women, teens, vets, smokeless users.
  - Programs in Spanish
- ▶ [BecomeAnEx](#) – free text-based quitting support

Apps and web-based counseling can be effective, but not all are evidence-based. Check them out before referring.

## 1.6 Resources for Clients: Vaping-Specific Counseling

### Module 9

#### Resources for Clients: Vaping-Specific Counseling

- ▶ Some Quitlines offer vaping or youth-specific counseling. Visit your state Quitline site for more information.
  - National Jewish Health offers "My Life, My Quit" in many states. Visit <https://mylifemyquit.com/> for more information.
- ▶ Vaping cessation text program sponsored by the **Truth Initiative** – This is Quitting:
  - E-cigarette cessation program for youth ages 13–24: Text "DITCHJUUL" to 88709
- ▶ Smokefree.gov's teen vaping program can be accessed here: <https://teen.smokefree.gov/quit-vaping/how-to-quit-vaping>

## 1.7 Resources for Clients: Volunteer Organizations

### Module 9

#### Resources for Clients: Volunteer Organizations

- ▶ American Cancer Society tips on quitting can be reached by clicking [here](#)
- ▶ **American Lung Association** includes links for Freedom from Smoking classes, online resources, and information on insurance coverage
- ▶ **American Heart Association** offers resources to help quit smoking and vaping

## 1.8 Resources for Clients: Peer Support and Self-Help

### Module 9

#### Resources for Clients: Peer Support and Self-Help

- ▶ Nicotine Anonymous: [www.nicotine-anonymous.org/](http://www.nicotine-anonymous.org/)
  - 12-step model with in-person, on-line and telephone meetings.
- ▶ Many Quitlines offer support online. Visit your quitline's website for more information.
- ▶ National Cancer Institute: [Smokefree.gov](http://Smokefree.gov) offers support and information
- ▶ Facebook, Reddit, and other social media sites host quitting support groups, but review before recommending.

## 1.9 Resources for Clients: Medication Assistance

### Module 9

#### Resources for Clients: Medication Assistance

- ▶ Advise client to call insurance for specific information.
- ▶ Medicaid may cover many medications, but it varies by state. To learn more, go to your state Medicaid website or visit the [American Lung Association database](#).
- ▶ Private insurance: varies by carrier, but most are mandated to cover at least one medication
- ▶ Medicare: nicotine nasal spray, nicotine inhaler, bupropion and varenicline. Part D plans may opt to cover other medications. Click [here](#) for more information.
- ▶ [Needy Meds](#): for help obtaining medications

## 1.10 Resources for Youth:

### Module 9

#### Resources for Youth:

- ▶ [Truth Initiative](#) offers a text-based cessation program for youth as well as information on advocacy, resources, and research.
- ▶ [Tobacco Free Kids](#) as updates on policy, advocacy, and resources for youth cessation and prevention.
- ▶ The American Academy of Pediatrics' [Julius B. Richmond Center of Excellence](#) has fact sheets and powerpoints on tobacco use and vaping, cessation, and [a vaping toolkit](#).
- ▶ Individual states may have advocacy moments (such as MA's [84](#) movement.) Ask your state tobacco control program.

## 1.11 Resources for TTS: Tobacco Treatment Information

### Module 9

#### Resources for TTS: Tobacco Treatment Information

- ▶ Center for Disease Control and Prevention's Office on Smoking and Health site is the lead federal agency for comprehensive tobacco prevention and control: [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)
- ▶ Surgeon General's reports on smoking are available at <https://www.cdc.gov/tobacco-surgeon-general-reports/about/all-reports.html>
- ▶ Full Surgeon General's report on Smoking Cessation is available here: <https://www.hhs.gov/sites/default/files/2020-cessation-sgr-full-report.pdf>

## 1.12 Resources for TTS: Tobacco Treatment Information

### Module 9

#### Resources for TTS: Tobacco Treatment Information

- ▶ Public Health Service Clinical Guideline: Treating Tobacco Use and Dependence (2008)
  - To download: <https://www.ahrq.gov/prevention/guidelines/tobacco/index.html>
- ▶ Rx for Change: [www.rxforchange.ucsf.edu](http://www.rxforchange.ucsf.edu)
  - Free (registration required) resource for training materials
- ▶ Smoking Cessation Leadership Center: <http://smokingcessationleadership.ucsf.edu/>
  - Webinars, publications, clinical protocols
  - Behavioral health resources

## 1.13 Professional Development

### Module 9

#### Professional Development

- ▶ Identify a clinical supervisor or peer support group
- ▶ Establish a regular meeting structure
- ▶ Use supervision time to:
  - review difficult cases
  - discuss limiting or terminating treatment
  - ensure attention to cultural issues
  - check in about professional boundaries as needed
- ▶ Joining a professional organization (such as [ATTUD](#) or [SRNT](#)) allows you to reach out to and network with other professionals

## 1.14 Resources: Cultural Competence

### Module 9

#### Resources: Cultural Competence

- ▶ Acknowledge cultural differences
- ▶ Learn about your client's culture
- ▶ Consult with community leaders, traditional/indigenous healers as appropriate
- ▶ Modify treatment to meet cultural needs

## 1.15 Resources: Cultural Competence

### Module 9

#### Resources: Cultural Competence

- ▶ Sample resources:
  - National Center for Cultural Competence: <https://nccc.georgetown.edu/>
  - National Library of Medicine listing of resources on cultural competency: [https://sites.nlm.nih.gov/hsrinfo/health\\_literacy.html](https://sites.nlm.nih.gov/hsrinfo/health_literacy.html)
  - Project Implicit at Harvard University offers quizzes and information to examine your implicit bias. To learn more, [click here](#).

## 1.16 Resources: Tobacco Treatment in SUD and MH populations – Policy statements and resources

### Module 9

#### Resources: Tobacco Treatment in SUD and MH populations – Policy statements and resources

- ▶ The Association for Addiction Professionals (NAADAC)
  - [Position Statement: Nicotine Dependence](#)
- ▶ American Psychiatric Nurses Association (APNA) [resources](#)
- ▶ Toolkits for systems change work:
  - Smoking Cessation Leadership Center: [https://smokingcessationleadership.ucsf.edu/sites/smokingcessationleadership.ucsf.edu/files/Downloads/Toolkits/362577\\_CABHWI\\_Toolkit\\_020420\\_WEB2.pdf](https://smokingcessationleadership.ucsf.edu/sites/smokingcessationleadership.ucsf.edu/files/Downloads/Toolkits/362577_CABHWI_Toolkit_020420_WEB2.pdf)
  - SAMSHA: <https://store.samhsa.gov/product/Implementing-Tobacco-Cessation-Programs-in-Substance-Use-Disorder-Treatment-Settings/SMA18-5069QG>

## 1.17 Resources: Resources for Other Priority Populations

### Module 9

#### Resources: Resources for Other Priority Populations

- ▶ Vulnerable populations: racial ethnic groups, LGBT communities, low SES
  - [Smoking Cessation Leadership Center \(SCLC\)](#)
  - [Consortium of National Networks to Impact Populations Experiencing Tobacco-Related and Cancer Health Disparities \(CDC\)](#)
- ▶ Behavioral health, Substance use
  - [Smoking Cessation Leadership Center \(SCLC\)](#)
- ▶ Pregnancy
  - [American College of OB/GYN's Smoking Cessation Toolkit](#)
- ▶ Armed Forces/Veterans
  - [Military Health System's Tobacco Free Living Website](#)
  - [You Can Quit 2 Program](#)



## 1.18 Resources: Research and Policy

### Module 9

#### Resources: Research and Policy

- ▶ Society for Research on Nicotine and Tobacco (SRNT): [www.srnt.org](http://www.srnt.org)
  - Professional organization focused on research about nicotine in all its manifestations – from molecular to societal
  - Annual conference
  - Journal: Nicotine and Tobacco Research
- ▶ National Institutes of Health: [www.nih.gov](http://www.nih.gov)

## 1.19 Untitled Slide

### Module 9



Join for 6 months for FREE!

- ▶ **ATTUD** is an organization of providers dedicated to the promotion of and increased access to evidence-based tobacco treatment for the tobacco user. Membership is open to any individual who is currently active or has been historically active in the treatment of tobacco use and dependence
- ▶ Free 6-month trial membership:
  - Go to [www.attud.org](http://www.attud.org) and click on [membership](#).
  - Complete the membership application.
  - Instead of entering credit card information, scroll down to the promo code and enter "UMASSMED"

## 1.20 Untitled Slide

### Module 9

#### Demographic Survey and Evaluation

Click on the 'course homepage' link below, it will take you to the course main homepage where you can click on the module quiz 'button' to start the quiz.

[Course homepage](#)

