**STOP/INTREPID Teleconference**: Wednesday, December 4, 2024, 1:00-2:00 pm

[**General meeting link**](https://camh.webex.com/camh/j.php?MTID=mc4605326350fc582c07876c20645d918)

**Next Teleconference: Wednesday, January 8, 2025 @ 1 PM.**

**Teleconference Summary**

1. [**STOP Program Updates:**](#_STOP_Program_updates:)Holiday updates on shipments. Please ensure your physical inventory matches your portal inventory.
2. [**TEACH Updates:**](#_TEACH_updates:)Currently offering **An Interprofessional Comprehensive Course on Treating Tobacco Use Disorder.** To register, click [here](https://teach.camhx.ca/moodle/course/view.php?id=134).
3. [**STOP on the Net Updates**](#_STOP_on_the)**:** Program optimization happening early next year. Changes to NRT kits offered, andopportunity for patients to complete an assessment to determine suitability for Varenicline and Buproprion.
4. [**STOP with AHACs Updates:**](#_STOP_with_AHACs:) STOP with AHACs is looking to collaborate with organizations offering the STOP with AHACs program to co-create and participate in an evaluation of the program at these sites. Contact Aamir.Sholapur@camh.ca for more information.
5. **Ryan’s Annual Review:** If you missed Ryan’s annual STOP review, [click here](https://urldefense.com/v3/__https:/camh.webex.com/camh/ldr.php?RCID=2349cf332413c009f839d7010791e9fb__;!!FxkXuJIC!bhr5ty_6o7hPcOUPzvS9PhXMM2XDlfVcCe3qZTj2GbSzeg0JwHHtHRJulIL4xlySNJhMJXH4AbUUk0jX_YLQrQ$) to watch it! Password: pXP7ZrtK

# Land Acknowledgment:

* Identify the land you are joining us from today ([**https://www.whose.land/en/**](https://www.whose.land/en/))

# STOP Program updates:

# NRT Holiday Orders

# Holiday shipping reminders:

# If youroffice will be closed for any days when your are expecting shipments, please let the STOP team know so that delivery can be scheduled accordingly

# If your average usage won’t reflect the needs for January, or if you need additional amounts to cover over holidays, please be sure to add a comment in the shipping instructions

* NRT Orders
  + STOP has been experiencing some delays in receiving NRT from its vendor, particularly with Step 1 (21mg) patches – this issue will be rectified week of December 9.
  + We have been reducing amounts for everyone’s orders during this period; however, if you have urgent need and the amounts we send are insufficient, please reach out to us!
  + As always, please ensure current inventory matches your physical stock.
* **Tobacco Interventions for Geriatric Clients Q&A with Dr. Aviva Rostas, January 27th from 1 to 2 p.m.:** To build capacity for supporting geriatric patients and LTCH residents with tobacco/nicotine cessation.
  + **Learning Objective:** To build capacity for supporting geriatric patients and LTCH residents with tobacco/nicotine cessation
  + To register, please [click here](https://edc.camhx.ca/redcap/surveys/?s=E7FRWAR3JX4KAC38)

# STOP Program Processes – Needs Assessment Questions?

* + How do your patients typically become aware of the program. How is it offered?
  + Once the patient is made aware, how do you get them into the program? Are there any resources we can develop to better support this process?
  + How else can we (CAMH) better support you in the above process?

# TEACH updates:

* **TEACH Core Course:** **An Interprofessional​ Comprehensive Course on Treating Tobacco Use Disorder** - This accredited introductory course is designed for anyone looking to gain a deeper understanding of strategies for treating tobacco use disorder.Direct Registration Link:  <https://teach.camhx.ca/moodle/course/view.php?id=134>
* [Self-study courses](https://teach.camhx.ca/moodle/)
* TEACH offers a selection of additional modules focused on specific populations or topics (e.g., tobacco interventions with: youth and young adults; cannabis; cancer care settings)

**For any questions about the above TEACH courses, workshops, and Educational Rounds, please reach out to** [**teach@camh.ca**](mailto:teach@camh.ca)

### Join T​EACH's Li​stserv​

The **TEACH Listserv** is a way for you to network and share information around cessation counselling. Join over 800 health care providers in sharin​​g and discussing current events, cutting edge research, and the latest changes in the health field!​​

If you are interested in subscribing, please have a read through of our [TEACH ​Listserv Guidelines](https://intrepidlab.ca/en/teach/PublishingImages/Pages/TEACH-Connect/TEACH%20CoP%20Listserv%20Guidelines.pdf).​

To subscribe, simply send an email from your preferred e-mail address to: [teach-request@info2.camh.net](mailto:teach-request@info2.camh.net?Subject=subscribe) and write 'subscribe' in the subject line of your e-mail.​

You will receive a message confirming your subscription, as well as instructions on how to post or unsubscribe - it's fast and easy!​​​

INTREPID updates:

* Visit our website to learn about INTREPID Lab updates: [www.intrepidlab.ca](http://www.intrepidlab.ca/)
  + To learn more about research studies that are currently recruiting new participants, visit this page: <https://www.nicotinedependenceclinic.com/en/Pages/Patient-Research.aspx>

# STOP on the Net (SOTN):

# Program Changes – In an effort to expand our reach and based on internal research, we have made changes to SOTN.

# Two additional types of NRT kits:

* + **Combination Kit:** Includes 6 boxes of NRT patches and 3 boxes of NRT gum/lozenges
  + **NRT Patch Kit *(new)*:** Includes 6 boxes of NRT patches (*ideal for individuals who prefer not to use short-acting NRT)*
  + **Short-acting Kit *(new)***: includes 6 boxes of NRT gum or 5 boxes of NRT lozenges *(only provided to individuals who are deemed ineligible to use NRT patches, or have experienced an adverse reaction or difficulty using the NRT patch)*
* *All NRT kits provided through STOP on the Net will include enough medication for* ***6 weeks of treatment.***
* Option to complete an assessment to help determine suitability for using prescription smoking cessation medications (varenicline and/or bupropion) which can be obtained through their healthcare provider, if participant has not quit smoking while using NRT.
* Option to enroll in a mobile phone program for vaping cessation, for those who have quit smoking at 6-month follow-up and are now interested in quitting vaping
* 2 follow-up surveys conducted by STOP on the Net via email, phone and/or text message at 8 weeks and 6 months after joining the program.

# PHU Advertising

* We are working with **Public Health Units** to help promote our **STOP on the Net Program** – we want to reach out to as many people who might benefit from this program as possible, and you know your audience best!
* Therefor, CAMH is once again offering to reimburse up to **$1,000 total per Health Unit** between **October 1, 2024** and **March 1, 2025** for spending towards **SOTN promotional activities**
  + Eligible promotional activities include: radio advertising, social media campaigns (e.g., Facebook/Instagram, Twitter/X), promotional video development, website updates, bus shelters and public transit ads
    - If you would like to pursue a different promotional strategy than listed above, please connect with us
    - You are welcome to our poster and/or ads (sent via email on September 30) as a template for your promotional materials
    - Promotional materials must include:
      1. CAMH logo
      2. Funding acknowledgement statement: “**STOP on the Net is an initiative of the Smoking Treatment for Ontario Patients (STOP) Program, and is funded by the Ontario Ministry of Health**”
    - Please avoid using language that may reinforce stigma and public misconceptions about mental illness and addiction (e.g., labeling; guilt- or shame-based messaging), or imagery that depicts tobacco use. **Please Note:** we are currently in the process of making updates to the STOP on the Net program to optimize treatment offerings and increase access to supports for adults across Ontario. Therefore, **please do not include specific details around treatment offerings and length of treatment** as part of your advertisements.
  + **Promotion approvals:** All promotional materials must be reviewed by the STOP on the Net team before advertising publically – please send the final product (or script/mock up) to us and complete this table:

|  |  |
| --- | --- |
| **Type of ad (e.g., print, radio, website, video)** | **Do you give permission for CAMH to share this ad more widely for SOTN promotional purposes? Y/N** |
|  |  |

# STOP with AHACs:

# The STOP with AHACs Program has been operating in partnership with Aboriginal Health Access Centres and Indigenous-Led Health Organizations since 2014 to support smoking cessation initiatives in Indigenous Communities. Since its launch in 2014, the STOP with AHACs Program has seen over 4000 enrollments.

# The STOP team wants to collaborate and co-create with AHACs and Indigenous-Led Health Organizations to develop an evaluation exploring the impact of the STOP with AHACs Program.

# This initiative is grounded in co-creation and collaboration, cultural- and community-relevance, and OCAP compliance.

# All organizations offering the STOP with AHACs Program are invited to participate in this co-created evaluation. Participation in this initiative is entirely voluntary.

# An initial webinar for STOP with AHACs Program Implementers was held on November 12, 2024 (11-12:00 pm EST) – a meeting summary and next steps will be sent out.

Q&A:

**Q: How much time is required for the upcoming TEACH course (*An Interprofessional Comprehensive Course on Treating Tobacco Use Disorder*)?**

A: The course is facilitator-led but is flexible (ex. no live sessions at specific times, practitioners can complete their assignments on their own time). It is 5 weeks long and should take about 3 to 4 hours per week.

**Q: Will sites be notified if any orders are delayed?**

A: We haven’t needed to delay many orders, but if any orders are delayed, it will be for a week at most. The only change we’re making to NRT orders is some slight reductions in Step 1 (21mg) patches to compensate for the existing delay with our provider.  If any sites are over-ordering/inventory counts are inaccurate, STOP will reach out directly.

**Q: Can clients sign up for STOP on the Net more than once a year with the reduction of treatment weeks?**

A: Clients can re-enroll in SOTN 6 months after their enrollment. There is also the option to switch to the regular STOP Program (weeks of NRT will be reduced).

**Q: Do the new SOTN patch kits contain all 3 types of patches?**

A:   We will provide more information during the January teleconference but there will be a high dose and low dose NRT kit available. These kits will feature a combination of Step 1, 2 and 3 patches, or Step 2 and 3 patches,that are selected based on the participant’s current smoking status.

**Q: Do you have a 1-page handout we can give to clients about SOTN?**

A: We have pamphlets/flyers we can send out. Please reach out to the STOP team.

**Q: Will the varenicline/bupropion assessment be available to STOP providers as a resource for their clients?**

A: Not at the moment, as it’s been launched within SOTN only. We will look at how it’s being used and may make it available to a wider audience if there is interest.

News:

[**Australia bans social media to under 16 year-olds.**](https://www.theglobeandmail.com/opinion/article-the-backlash-against-australias-ban-on-social-media-for-children-is/?utm_medium=Referrer:+Social+Network+/+Media&utm_campaign=Shared+Web+Article+Links)

* **Proposed Ban**: Australia plans to ban social media for children under 16, aiming to protect them from potential harm. The legislation will impose strict penalties on tech companies that fail to comply but faces criticism for being vague and difficult to enforce.
* **Debate on Effectiveness**: While some parents support the ban to safeguard children, critics argue it is too restrictive, risks pushing children to unsafe online spaces, and overlooks the benefits of teaching digital literacy and safe online behavior.
* **Challenges and Alternatives**: Experts and regulators point out the technical difficulties of enforcing age verification, privacy risks, and the need for a comprehensive strategy that includes education and platform accountability rather than outright bans.

**Updates to Health Canada’s tobacco and vaping public education campaigns:**

Health Canada is launching another phase of the[*Tools for a Smoke-Free Life*](https://urldefense.com/v3/__http:/www.canada.ca/quit-smoking__;!!FxkXuJIC!e0XXMvAHv5h0w24LcE_Lr4DRSXfB2JzxrAOPgvaIoaCKA9xr89je2fjpdC_09XNHkCGGEmNaJHxJFJcWXst2GyJwNKm_mJyvtg$) campaign, starting in mid-November. The campaign will continue to encourage adults who smoke, to learn more about the array of tools and supports that can help them quit smoking and to make a quit plan. The campaign continues to feature empowering testimonials from people who have successfully quit smoking. The messaging reinforces that quitting is possible and that combining effective approaches improves one’s chances of success. Advertising will continue until early February.

Health Canada is also planning to launch another phase of its youth vaping campaign -  *[Consider the Consequences](https://urldefense.com/v3/__http:/www.canada.ca/vaping-info__;!!FxkXuJIC!e0XXMvAHv5h0w24LcE_Lr4DRSXfB2JzxrAOPgvaIoaCKA9xr89je2fjpdC_09XNHkCGGEmNaJHxJFJcWXst2GyJwNKlnDbXt4g$" \t "_blank)* - this winter, to continue to raise awareness about the harms and risks associated with youth vaping. Plans include updating the campaign website, awareness resources as well as [the self-led online](https://urldefense.com/v3/__http:/www.healthcanadaexperiences.ca/__;!!FxkXuJIC!e0XXMvAHv5h0w24LcE_Lr4DRSXfB2JzxrAOPgvaIoaCKA9xr89je2fjpdC_09XNHkCGGEmNaJHxJFJcWXst2GyJwNKl0k4XH5Q$) module. The campaign will focus messaging on the risks of nicotine addiction for youth, as well include more information on vaping cessation. Plans also include further promoting the youth tobacco/vaping cessation program called [*I quit for me*](https://urldefense.com/v3/__https:/www.canada.ca/en/health-canada/services/publications/healthy-living/i-quit-for-me-guide-youth.html__;!!FxkXuJIC!e0XXMvAHv5h0w24LcE_Lr4DRSXfB2JzxrAOPgvaIoaCKA9xr89je2fjpdC_09XNHkCGGEmNaJHxJFJcWXst2GyJwNKk2ZN2foA$). We will provide more detail on timing when possible.

# 2025 teleconference schedule:

|  |  |  |  |
| --- | --- | --- | --- |
| ​January 8\*  \*Changed due to New Year’s Day | ​February 5 | ​March 5 | ​April 2 |
| ​May 7 | ​June 4 | ​July 2 | ​August 6 |
| ​September 3 | ​October 1 | ​November 5 | ​December 3 |

STOP participant quote:

*It took me months to finally quit smoking after I started the program, but I'm approaching 7 months now, and sincerely believe I couldn't/wouldn't have been able to quit without it.*

*I've been so fortunate to access the additional products you recently made available, which has been an incredible relief.*

*Thank you, for everything! I'm so grateful for it all.*

Attendance:

# Akwesasne

# Algoma PHU

# Athens FHT

# Bancroft FHT

# Blue Sky FHT

# Bridgepoint FHT

# Burlington FHT

# Caroline FHT

# Carepoint CHC

# Carlo Fidani RCC

# Central Brampton FHT

# Chatham-Kent CHC

# Chatham-Kent PHU

# CHIRS

# City of Lakes FHT

# CMHA CHC

# CMHA Durham

# CMHA Huron-Perth

# CMHA Toronto

# CMHA Windsor

# CMHA York

# Connectwell CHC

# De dwa da dehs nye AHAC

# Dufferin Area FHT

# Durham CHC

# Durham Regional Health

# Eastern Ontario PHU

# Elliot Lake FHT

# Fort William FHT

# Georgian Bay FHT

# Grand Bend Area CHC

# Grandview Medical Centre

# Guelph FHT

# Haldimand FHT

# Halton ADAPT

# Hamilton FHT

# Hamilton PHU

# Happy Valley FHT

# Hastings Prince Edward

# Health for All FHT

# Humber River FHT

# Inner City FHT

# KFL&A PHU

# Kirkland District FHT

# Langs CHC

# Leeds and Grenville FHT

# Leeds and Grenville PHU

# Loyalist FHT

# Maitland Valley FHT

# Middlesex-London PHU

# Monarch AA

# Niagara North FHT

# Niagara Region PHU

# North Bay Parry Sound PHU

# North Cochrane AA

# North Huron FHT

# North Lambton CHC

# North Shore FHT

# North York FHT

# Owen Sound FHT

# PAARC AA

# Prime Care FHT

# Queen’s FHT

# Queen’s Square FHT

# Rainbow Valley CHC

# Rama First Nations

# Renascent AA

# Sandy Hill CHC

# Sauble FHT

# Scarborough A FHT

# Seaway Valley CHC

# Sherbourne FHT

# Smithville FHT

# SOAR Community Services

# Southlake RCC

# Stratford FHT

# Summerville FHT

# Thames Valley FHT

# Timiskaming PHU

# Twin Bridges NPLC

# Two Rivers FHT

# Unison CHC

# Upper Canada FHT

# Vitanova Foundation

# West Durham FHT