**STOP/INTREPID Teleconference**: Wednesday, April 2, 2025 @ 1-2 PM EST.

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

**Next Teleconference: Wednesday, May 7, 2025 @ 1-2 PM EST.**

**Teleconference Summary**

1. **STOP Program:** Updates to the STOP Portal – We will be rolling out some changes to the portal and how participants can login.
2. **Youth-VAST:** Newly launched program for youth who are facing challenges related to vaping, substance use, and/or technology use. Visit: [www.youthvast.ca](http://www.youthvast.ca)
3. **Youth Focus Group** - We’re recruiting participants for a 2-hour virtual group discussion about digital tools to support quitting or cutting back on smoking/vaping.

# Land Acknowledgment:

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

# STOP Program updates:

**Updates to the STOP Portal Login process for Patients (more details will be shared at the May Teleconference)**

* We are streamlining the Portal login process for participants from STOP and STOP on the Net as well as program implementers
* **Expected Launch Date:** Last week of April 2025
* **What to expect:**
	+ **Simple Login:** Existing users (practitioner or participant) can log in with a username and password on the homepage. Password field will show up once you hit “Next.”
	+ **Easier Enrollment for participants:** Users are automatically directed to the right program and site based on the link they use (i.e. self-enrollment for STOP and STOP on the Net) and their email.
* **STOP on the Net Patient Dashboard:** For STOP on the Net users, there is a new option to create a Portal account to access helpful resources and program details.
* **The URL for STOP patients will continue to be** [**www.**joinstopprogram.ca](http://www.joinstopprogram.ca).

**Re-Enrollment Button**

* The re-enrollment button has temporarily been removed from the portal due to some performance issues that occurred when we launched. We apologize for any confusion. Please continue to re-enroll patients who are eligible according to current conventions.

[Youth-VAST](https://www.camh.ca/en/your-care/programs-and-services/youth-vast) Program

Youth, Vaping, Substance Use and Technology Dependence Program – new at CAMH

* Offers targeted support to help youth ages 12-21 across Ontario develop healthy coping strategies, access specialized treatment, and foster resilience in managing: **nicotine/ vaping use, substance use, and technology use.**
* Offered both virtually and in-person at CAMH (1025 Queen Street West)
* Types of treatment: Assessment, Individual treatment, Group treatment
* If you have youth who are interested, you can direct them to [www.youthvast.ca](http://www.youthvast.ca) to book an appointment.

Youth Focus Group

**Deadline:** April 11, 2025

Do you know someone who is **16-19 years old** **and looking to cut back on smoking or vaping?**

We’re recruiting participants for a **2-hour** **virtual group discussion** about digital tools to support quitting or cutting back on smoking or vaping, to be held in April 2025. The compensation for participation is $100 for sharing their views in a virtual discussion.

If this applies to someone you know, please share [this link to a brief application form](https://bit.ly/apr2025fg) with more details. Note, this application form is hosted on a secure platform by Cathexis Consulting, the Ontario-based vendor conducting this focus group on behalf of CAMH.

# TEACH updates:

[Self-study courses](https://teach.camhx.ca/moodle/)

* TEACH offers a selection of Continuing Education [modules](https://teach.camhx.ca/moodle/enrol/index.php?id=100) focused on specific populations or topics (e.g., tobacco interventions with: youth and young adults; cannabis; cancer care settings) that can enhance your clinical practice and deepen content knowledge in these areas.

**For any questions about the above TEACH courses, workshops, and Educational Rounds, please reach out to** **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 sharing​​ and discussing current events, innovative 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 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!​​​

Q&A:

**Q: With the new portal updates, will practitioners have to enter the patient’s email address in order for the patient to self-enroll?**

A: No, the self-enrollment process remains the same (patients enroll on their own).

**Q: Will the new portal updates change the instructions in the email invites for patients that are self-enrolling?**

A: We will review the email template before the update to the STOP portal launches to ensure the communication reflects the new process for enrolling.

**Q: Why are STOP on the Net participants only eligible for 6 weeks of NRT treatment?**

A: Internal research suggests that 6 weeks is the optimal number and that most participants only use up to 4 weeks in the STOP on the Net program, based on self-report outcomes. We continually optimize the program to reflect best practices with evidence based decisions and are now offering new kit types within the program, also ensuring we can expand our program reach.

**Q: Does Youth-VAST provide NRT?**

A: Youth-VAST clients will meet with a Care Coordinator and, depending on their needs, the youth maybe referred to a Youth-VAST physician/nurse.If the nurse/physician decides NRT is an appropriate treatment and prescribe NRT to the youth, this NRT will be provided cost-free and shipped directly to the youth’s home. Please note, there is no guarantee that a youth will receive free NRT by joining Youth-VASt.

**Q: Has Youth-VAST been promoted to school board mental health leads?**

A: Not yet, but we are in the process of reaching out to school boards and looking for other ways to promote the program.

**Q: Are there any promotional materials we can post in our offices?**

A: We have flyers, posters, business cards, etc. that we can send to sites interested in promoting. Please email youth.vast@camh.ca to express your interest in promotional materials.

News:

[***Financial Coverage of Smoking Cessation Medications in Canada***](https://urldefense.com/v3/__https%3A/www.partnershipagainstcancer.ca/topics/coverage-smoking-cessation-aids-canada/__;!!FxkXuJIC!c1WadjQrd06q8Y8W0qUYvMISkHlk_K2XJAHvaOTtCW-YXTaCDjri9iJgVWd_UBWFgkA8Gn59pmyNzYuJ8fv5nyFWQqaJZhA04ZFJIC2eKajq$)

The Canadian Partnership Against Cancer is pleased to announce the publication of [*Financial coverage of smoking cessation medications in Canada, 2024*](https://urldefense.com/v3/__https%3A/www.partnershipagainstcancer.ca/topics/coverage-smoking-cessation-aids-canada/__;!!FxkXuJIC!c1WadjQrd06q8Y8W0qUYvMISkHlk_K2XJAHvaOTtCW-YXTaCDjri9iJgVWd_UBWFgkA8Gn59pmyNzYuJ8fv5nyFWQqaJZhA04ZFJIC2eKajq$). This updated resource, now in digital format, summarizes the publicly funded programs that provide financial coverage of smoking cessation medications in Canada. Coverage and access to smoking cessation medications have improved, particularly for people with cancer, since the last update of the resource in 2021.

# 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:

*“I've quit smoking thanks to you guys it feels easier to breathe and now I can run after my grandson and daughter thank you for the products if it wasn't for that I don't think I would have ever quit!”*

Attendance:

Access Alliance CHC

Almaguin Highlands FHT

AMHS-KFLA

Atikokan FHT

Bancroft FHT

Black Creek CHC

Blue Sky FHT

Bridges CHC

Brockton and Area FHT

Carepoint CHC

Carlo Fidani RCC

Central Brampton FHT

Chatham-Kent CHC

Chatham-Kent FHT

Chatham-Kent PHU

CHIRS

City Centre CHC

City of Kawartha Lakes FHT

City of Lakes FHT

Clinton FHT

CMHA Algoma

CMHA Durham

CMHA Toronto

CMHA Windsor

De dwa da dehs nyes AHAC

Dufferin Area FHT

Durham Region Health

East Wellington FHT

Espanola FHT

Essex County NPLC

Fort William FHT

Four Villages CHC

Georgina NPLC

Georgian Bay FHT

Grandview Medical Centre

Group Health Centre

Guelph FHT

Haldimand FHT

Hamilton PHU

Happy Valley FHT

Hastings Prince Edward PH

Health for All FHT

Inner City FHT

KFL&A PHU

Kingston CHC

Kirkland District FHT

Leeds and Grenville FHT

Lower Outaouais FHT

Mackay Manor AA

Maitland Valley FHT

Middlesex-London PHU

Niagara North FHT

North Bay NPLC

North Durham FHT

North Muskoka NPLC

North York FHT

Owen Sound FHT

PAARC AA

Prime Care FHT

Prince Edward FHT

Queen’s FHT

Queen’s Square FHT

Rainbow Valley CHC

Rideau CHC

Sault Area Hospital AA

Scarborough A FHT

Scarborough Centre CHC

Sherbourne Health Toronto

Smithville FHT

Southlake Regional Health

Southwestern PHU

Summerville FHT

Stratford FHT

St Michael’s Homes

Taddle Creek FHT

Témiskaming CHC

Thames Valley FHT

Thunder Bay PHU

Tsi Kanonhkhwatsheri:yo

Two Rivers FHT

Univi Health Centre

Upper Canada FHT

West Durham FHT

West Elgin CHC

West Main Pharmacy

West Nipissing CHC

William Osler Medical