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

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

# Land Acknowledgment:

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

# Summary of Sep 4 meeting:

* STOP Portal updates: NRT expiry date field + **enable** patient dashboard button/link

**Menstrual Cycle-NRT research study**

* This study aims to investigate how menstrual cycle phases (follicular and luteal) affect quitting; research shows that it is harder for women to quit smoking compared to men
* Eligible participants receive a free 6-week kit containing 6 boxes of nicotine patches and 2 boxes of nicotine gum or lozenges, mailed directly to their address
* To enroll, interested individuals need to complete an informed consent and screening form on our website: [**www.nicotinedependenceclinic.com/en/Pages/MC-NRT-Study.aspx**](https://urldefense.com/v3/__http%3A/www.nicotinedependenceclinic.com/en/Pages/MC-NRT-Study.aspx__;!!FxkXuJIC!fqBLoLXYFUqjZOcbEEoHp2-2G8ONiFEVuDekuzsadpm4NNdepY8caHiraRSxHW1psa40L6Q26wZG-k5KZtgdUXA$)

# TEACH updates:

* [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**

### 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 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>

# New research study presentation: Assessing perspectives, acceptability, and attitudes towards Repetitive Transcranial Magnetic Stimulation as an alternative treatment for Smoking Cessation

# Thank you to all practitioners who heard this study presentation and participated by completing the practitioner survey

# We will be launching the patient survey in the future – stay tuned for more information

# STOP on the Net (SOTN):

* 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, 2024** 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.

# We will be discussing this further at an initial webinar for STOP with AHACs Program Implementers scheduled for November 12, 2024 (11-12:00 pm EST) – a formal invitation & agenda will be sent out shortly.

General Q&A:

 **Q: How long does a client have to wait to enroll in STOP on the Net after finishing the regular STOP Program?**

A: The STOP Program is a 12-month program, so clients would need to wait until this 12-month period has elapsed before trying to enroll in STOP on the Net (SOTN). For example, if someone enrolled in STOP on March 31, 2024, they would need to wait until March 31, 2025 before they could enroll in either SOTN or STOP.

**Q: If people have previously enrolled in SOTN, instead of blocking their registration in the STOP Program, can the system be changed to automatically allow 16 weeks only?**

A: At this time, this is not possible. If this scenario is applicable to you, please email stop.program@camh.ca.

# STOP needs assessment:

* ***We want to know how we can improve our services. Therefore, we asked some questions about this during the teleconference, which are summarized below. We have regular quality improvement meetings so that we can review this feedback and make changes where possible - thank you for all of your suggestions! If you think of any other ways we can improve, please contact us at*** ***stop.program@camh.ca***
	+ **What specific trainings are of interest to you? Any specific talks you would like to attend?**
		- *Free training opportunities*
		- *Open Q&A with Dr. Selby*
		- *Existing trainings (operational training, teleconferences, and TEACH webinars) are all very helpful*
	+ **Did you have enough support when starting the program? How else can we provide support to you?**
		- *Buddy system would be helpful for new STOP implementers or a mentor to shadow the first few visits*
			* *Some sites pair experienced STOP providers with new implementers*
		- *How to involve peer staff in collaboratively providing smoking cessation counselling treatment*
		- *More training and support on how to get clients involved and how to start first few visits*
		- *Videos showing how a visit might look*
		- *Follow-up training after practitioners have completed their initial visits*
	+ **How can we improve our website (INTREPID.ca as well as the STOP implementer page)?**
		- *A vault for teleconference minutes dating back a year or more*
		- *Access to list of all STOP providers and their contact information/location*
		- *STOP Portal Suggestions*
			* *Increase character count on visit forms*
			* *Improve B26W documentation (e.g., ability to complete visit form in the portal, then email STOP regarding what NRT was provided, instead of waiting for a secure link)*
			* *“Action Plan” tool that can be reviewed at each visit*
			* *Allow for distribution of more than one kind of short-acting NRT and/or more than 4 weeks of NRT at one visit*
			* *Extend STOP Program beyond 26 weeks for clients still smoking after 6 months*
	+ **How can we improve use of the TEACH Listserv?**
		- *When people provide responses to the questions asked, it usually isn’t sent to everyone*
			* *Would be helpful to see responses, even if they are not the practitioner asking the question*
		- *For some sites, TEACH emails are blocked*
	+ **Do you want more paper/digital resources? If so, for what topics?**
		- *Brief summaries of status of research evidence and treatment guidelines on various smoking cessation treatment within different communities (ex. youth, concurrent disorders, cannabis, multi-substance use, electronic cigarettes) that we can review quickly if a question comes up during a client encounter*
		- *Quick reference guide for forms of tobacco use that are not cigarettes or vapes (e.g., water pipes)*
		- *Additional research and resources on cannabis and tobacco*
		- *Additional guidelines/resources on vaping (to help clients estimate their nicotine intake)*
		- *Videos for clients who prefer visuals instead of reading*
		- *One-Pager Suggestions*
			* *Handout available for clients on the STOP Portal and covers topics such as NRT, oral medication options, possible side effects, withdrawal symptoms, recommendations for withdrawal management, etc.*
				+ *Also Quit Tips, quitting smoking FAQ, suggestions for distractions*
			* *Handout for clients about medication interactions (ex. Smoking and drinking, nicotine and other drugs, evidence-based results regarding these interactions)*
			* *Handout from a credible source to assure clients it is safe to use the patch while smoking (for those that choose to reduce/quit over time)*
			* *One large document that has most, if not all, client resources and handouts (easy to search up something if everything is in one place)*
		- *General Suggestions about Resources*
			* *Consent form and handouts should be at a lower grade reading level, especially for self-enrollment*
			* *Available in French for French-speaking clients*
	+ **How can we improve STOP self-enrollment?**
		- Send email notifications when clients self-enroll

* **Other**
* Getting additional suggestions/comments through a feedback form may be helpful for STOP

News:

# [Vaping Is Linked to Teen Mental Health Issues: Study](https://people.com/vaping-is-linked-to-teen-mental-health-issues-study-8705452)

# *Over 5,000 students from New South Wales, Queensland and Western Australia between the ages of 12 and 14 participated in this 2023 study, answering questions related to mental health, drug use, vaping and overall well-being*

# *Students with higher amounts of stress were more likely to use vapes or have tried them (roughly 8.3% of the participants said they used vapes)*

# *20% of students who participated demonstrated symptoms of moderate to severe depression*

# *Students with moderate levels of stress were 74% more likely to take up vaping; students with severe stress levels were 64% more likely to start using e-cigarettes*

# *Though there was a correlation between vaping and teenager's mental health, there was no evidence to denote a causal link between the two*

# *“If we want to try to improve mental health and we want to try to prevent vaping, clearly we’ve got to do these two things together.”*

# [When parents are on their phones a lot, here’s what happens to their kids](https://www.cnn.com/2024/09/12/health/phones-screens-kids-language-development/index.html)

* *Parents who stare at their screens instead of talking to their kids aren’t just modeling poor behaviour — they could be hindering their children’s language development*
* *Parents who used screens more had children who used screens more — and those children had lower aptitude in grammar and vocabulary, according to a survey of parents of 421 Estonian children between the ages of 2 ½ and 4 years old*
* *The findings, published in the academic journal Frontiers in Developmental Psychology, make sense because, as the study noted, verbal interactions with parents are one of the critical ways children learn language*
* *When kids watched screens with their parents, the study found it didn’t help their language skills – this finding backs up other research that suggests younger children don’t learn well from screens*
* *Data was collected in 2019 before the height of the Covid-19 pandemic*
* *The American Academy of Pediatrics offers advice on how to calm kids of different ages without screens on its*[*website*](http://www.aap.org/5cs)
	+ *For example, with toddlers, the AAP advises parents to try to stay calm themselves, acknowledge the emotion the children seem to be feeling and then help them calm down*

# 2024 teleconference schedule:

|  |  |  |  |
| --- | --- | --- | --- |
| ​~~January 10~~ | ​~~February 7~~ | ~~​March 6~~ | ​~~April 3~~ |
| ​~~May 1~~ | ~~​June 5~~ | ~~​July 3~~ | ​~~August 7~~ |
| ​~~September 4~~ | ​~~October 2~~ | ​November 6 | ​December 4 |

SOTN participant quote:

*Hi there,*

*I signed up for your quit smoking program a while ago (maybe sometime in 2023). I don’t know if you have a way of looking it up.*

*It took me a VERY long time to get started and definitely exceeded the 30 days. I kept Step 1 beside the coffee maker to remind me every morning of my goal and Jan 2024 I started the patches and have been smoke free for 9 months!*

*I don’t know if this information is helpful in your research as it took me a very long time to finally build up the courage to start. I would have never bought patches myself because of the cost and I am surprised at how well they worked for cravings it was way easier for me to stop with patches than I thought it would be. The mints also helped with occasional cravings.*

*I just wanted to thank you for offering this as quitting smoking was something I didn’t think I’d ever be able to do and I don’t think I would have tried the NRT products due to their cost and the unknown of if they would work well or not for me.*

Fun poll:

# Would allowing one swear word per teleconference improve their quality?

# Yes 24/32 = 75%

# No 8/32 = 25%

# Don’t know/prefer not to answer 0/32 = 0%

Attendance:

# Algoma PHU

# Algonquin FHT

# Anishnawbe Muskiki AHAC

# Assiginack FHT

# Athens FHT

# Black Creek CHC

# Blue Sky FHT

# Bridgepoint FHT

# Bridges CHC

# Carlo Fidani RCC

# Central Brampton FHT

# Chatham-Kent FHT

# Chatham-Kent PHU

# CHIRS

# City Centre CHC

# City of Lakes FHT

# CMHA Windsor

# Credit Valley FHT

# De dwa da dehs nyes AHAC

# Dufferin Area FHT

# Durham CHC

# Eastern Ontario PHU

# Fort William FHT

# Four Villages CHC

# Georgian Bay FHT

# Grandview Medical Centre

# Greenstone FHT

# Guelph FHT

# Haldimand FHT

# Halton ADAPT

# Hamilton FHT

# Hamilton-Niagara CHC

# Happy Valley FHT

# Hastings Prince Edward PHU

# Health for All FHT

# Huronia NPLC

# Ingersoll NPLC

# Inner City FHT

# Kawartha Lakes CHC

# KFL&A PHU

# Kingston CHC

# Leeds and Grenville PHU

# Lower Outaouais FHT

# Loyalist FHT

# Mackay Manor AA

# Maitland Valley FHT

# Manitoulin Central FHT

# Middlesex-London PHU

# Niagara Falls CHC

# Niagara North FHT

# North Bay NPLC

# North Bay Parry Sound PHU

# North Cochrane AA

# North Durham FHT

# North Huron FHT

# North Lambton CHC

# North Shore FHT

# North York FHT

# Northeastern Manitoulin FHT

# Northumberland FHT

# Owen Sound FHT

# PAARC AA

# Peterborough FHT

# Prime Care FHT

# Rainbow Valley CHC

# Rama First Nation

# Renascent AA

# Sandy Hill CHC

# Sauble FHT

# Scarborough A FHT

# Scarborouh Centre CHC

# Seaway Valley CHC

# Smithville FHT

# Somerset West CHC

# South East Toronto FHT

# St. Michael’s Homes

# Stratford FHT

# Summerville FHT

# Sundridge Medical Centre

# Superior FHT

# Taddle Creek FHT

# Témiskaming CHC

# The Bridge

# Thunder Bay PHU

# Trent Hills FHT

# Twin Bridges NPLC

# Two Rivers FHT

# University of Ottawa FHT

# Upper Canada FHT

# Vaughan CHC

# Vitanova Foundation

# Wabano AHAC

# West Champlain FHT

# West Durham FHT

# West Elgin CHC

# West Nipissing CHC