**STOP in LTC Homes/INTREPID Teleconference: Monday, March 4, 1:00-2:00 pm**

# Land Acknowledgment:

* Identify the land you are joining us from today ([**https://www.whose.land/en/**](https://www.whose.land/en/))
* Video: [Bringing meaning and purpose to land acknowledgements](https://www.facebook.com/CentreforAddictionandMentalHealth/videos/bringing-meaning-and-purpose-to-land-acknowledgements/759567845184040/)

**\*NRT** **Product Updates**:

* Limited offer of mouth spray now available to order
* Nicorette gum (105 pieces per box) will be replaced by Thrive gum (108 pieces per box).
  + Please note that Thrive gum contains pork gelatin.
* The order form has now been updated to include mouth spray

# TEACH Updates:

* Educational rounds: [Geriatric Considerations for Nicotine Dependence Treatment and the Launch of a Free Nicotine Replacement Program for Long-Term Care Homes in Ontario](https://www.nicotinedependenceclinic.com/en/teach/Pages/TEACH-Webinars.aspx) (March 20)
* Educational rounds: [Breaking Through the Cloud: A Panel Discussion on Real World Experiences with Quitting Vaping](https://edc.camhx.ca/redcap/surveys/?s=JPKKJ7K389AY7PHH) (March 25 11 a.m. to 12 p.m.)
* All past recordings can be found on the [TEACH Project’s YouTube channel](https://www.youtube.com/playlist?list=PLmLKlp1R6077gOXIyxwToXAZbVrG7GnZx&si=qFcnoYjnQF6h7e6m)
* [Self-study courses](https://teach.camhx.ca/moodle/)

# INTREPIDLab Updates:

Newsletter:

* Dive into the Latest Updates at STOP with our newest edition of the newsletter**,** [**INTREPID Newsletter Volume 2**](https://camh1.createsend.com/campaigns/reports/viewCampaign.aspx?d=y&c=8D25CB519045E210&ID=D37C8F916089493B2540EF23F30FEDED&temp=False&tx=0&source=Report). It is packed with exciting updates, key achievements, and highlights of our team in 2023. Stay connected & [**Sign up to receive our biannual newsletter**.](https://confirmsubscription.com/h/y/5901866DB84AF1E0)

# Talk on 9-8-8 Suicide Crisis Helpline:

* Health Practitioner-Led STOP Teleconference (other STOP program) will be joined by Emily Johnstone, manager of service operations to talk about about **9-8-8 Suicide Crisis Helpline** ([**https://988.ca/**](https://988.ca/))
  + This **Wednesday March 6th from 1 to 2 p.m.**
  + You can download resources here: <https://988.ca/get-involved>

# To join this Teleconference, please [click here](https://camh.webex.com/camh/j.php?MTID=mc4605326350fc582c07876c20645d918) for the WEBEX link

General Q&A:

# Q: How much mouth spray can be ordered at a time?

A: Please order the product as you need for a one or two month supply, but we will continue to monitor usage.

**Q: A LTCH had a delivery issue with their NRT. What can they do about the issue?**

1. Please contact [**stop.ltc@camh.ca**](mailto:stop.ltc@camh.ca) should any delivery issues occur.

**Q: Are there any concerns with higher dosage of nicotine patch for a client/resident with seizure disorder?**

1. We asked Dr. Peter Selby in our NDC Clinic at CAMH and he responded that there are no concerns.

We’d love to hear from you as well as to how we can make these Community of Practice meetings more meaningful to you and your team. Please let us know what is working and what is not working.

News:

[New graphic health warnings on cigarette packs aim to help smokers kick the habit](https://ca.finance.yahoo.com/news/graphic-health-warnings-cigarette-packs-191051457.html?guccounter=1)

[Unrestricted public coverage is needed for smoking cessation pharmacotherapies](https://www.cmaj.ca/content/196/2/E53)

# [Regular Exercise Is Linked to Larger Brain Volume in Memory And Learning Regions](https://www.sciencealert.com/regular-exercise-is-linked-to-larger-brain-volume-in-memory-and-learning-regions)

Fun stories:

[New study reveals owning a pet may decrease your risk of dementia — especially if you live alone](https://ca.style.yahoo.com/pet-living-alone-dementia-171119925.html)

### Resources:

**STOP Practitioner Resources Webpage**:

[**https://www.nicotinedependenceclinic.com/en/stop/ltc-implementer-resources**](https://www.nicotinedependenceclinic.com/en/stop/ltc-implementer-resources)

# 2023-24 teleconference schedule:

|  |  |  |  |
| --- | --- | --- | --- |
| ~~October 2~~ | ~~November 6~~ | ~~December 4~~ | ~~February 5~~ |
| ~~March 4~~ | ~~April 1~~ (cancelled for Easter Monday) | May 6 | June 3 |
| ~~July 1~~ (Canada Day) | ~~August 5~~ (Stat Holiday) |  |  |

# Attendance

# Baycrest

# Carefree Lodge

# Castleview Wychwood Towers

# Cummer Lodge

# Elmgrove

# Fudger House

# Golden Manor

# Lakeside