**STOP/INTREPID Teleconference**: Wednesday, March 5, 2025 @ 1-2 PM EST.

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

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

**Teleconference Summary**

1. **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)
2. [**STOP on the Net Updates**](#_STOP_on_the)**:** Program optimizations are now live. Changes to NRT kits offered (6 weeks of treatment), andopportunity for patients to complete an assessment to determine suitability for varenicline and buproprion.
3. **TECCT1D3 Study:** Currently recruiting 60 young adults to participate in a research study to test a new virtual model of care for type-1 diabetes and mental health concerns. Email [TECC.T1D@camh.ca](mailto:TECC.T1D@camh.ca)
4. **BlueSky –** INTREPID Lab is now on BlueSky, follow us today @IntrepidLab.ca
5. **Dr. Peter Selby’s Podcast Episode with ASAM –** Click here to listen[Tackling Tobacco Use Disorder: Challenges, Innovations, and E-Cigarettes | ASAM Practice Pearls](https://asampracticepearls.podbean.com/e/tackling-tobacco-use-disorder-challenges-innovations-and-e-cigarettes/)

# Land Acknowledgment:

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

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

Youth, Vaping, Substance Use and Technology Dependence Program

* 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.

Needs Assessment – Interest in TEACH Course focused on addressing vaping/nicotine use in youth.

* Youth-VAST is collaborating with TEACH to develop a new course focused on how to address vaping/nicotine dependence in youth. We hope to provide subsidized spots for this course when it’s ready (timeline TBD).
* In anticipation of this, we want to get a sense of how many people may be interested in taking this course if available. Please fill out this poll [insert link] to indicate your interest. (74 attendees participated in the voting)

# STOP Program updates:

* The paper versions of the registration surveys have been updated to add back in some of the questions. These documents are available and can be downloaded on the STOP portal (Log in to STOP Portal 🡪 Download Forms 🡪 Registration Form PDF 🡪 Print).
* The re-enrollment button has been introduced. Participants are able to re-enroll through the portal account.

# TEACH updates:

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

* TEACH offers a selection of additional [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)

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

# STOP on the Net (SOTN):

# Program Update (NOW LIVE) – In an effort to expand our reach and connect more people to care, and based on analyses of the program, we have made the following changes to SOTN:

# New NRT kits:

* + **Combination Kit:** Includes 6 boxes of NRT patches and 3 boxes of NRT gum **OR** 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.**
* New 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 (E-Squared) 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.

# To join STOP on the Net, visit <https://intrepidlab.ca/en/stop/stop-on-the-net>

### 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](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!​​​

Q&A:

*Type 1 Diabetes Research Study with young adults*

**Q: Why it is important for young adults with type 1 diabetes to get support with mental health and well-being issues?**

A: People living with diabetes type 1, experience higher than typical mental health challenges. Mental health issues not unique to young adults with this health condition but it may make other transitions and events they are experiencing feel overwhelming. We see mental health challenges at all ages among patients with type-1 diabetes; we see lot of exacerbation because of other life events at these ages.

*Youth-VAST Program*

**Q: When should I direct a youth to join Youth-VAST instead of the STOP Program?**

A:Some scenarios for when you may want to direct a youth to Youth-VAST include:

* Your site does not have the capacity to support vaping treatment, for example:
  + You do not have the authority or do not work under a medical directive that allows you to provide treatment (i.e. NRT) for youth who are vaping
  + Your organization or staff have limited familiarity with how to support youth who are vaping and/or using other substances
* Youth is unable to come to your site and is looking for virtual services
* Youth is seeking supports for multiple substances (not just tobacco or vaping)
* Youth is seeking supports for excessive technology use

**Q: Would the treatment that is offered as part of the Youth-VAST program be focused on Cessation?**

A: It will focus on number of different treatment strategies addressing what the youth is presenting with. These strategies can include both harm reduction and cessation, based on the needs of the youth.

**Q: Are there any resources about vaping/nicotine use that we can share with youth?**

A: We are in the process of developing a number of resources focused on youths.

**Q: If Youth is on the STOP program, are they also able to access Youth-VAST?**

A: Yes. If you are only able to support the tobacco use through the STOP program and youth need support for vaping and/or other substances, you can direct them to Youth Vast. Please note, youth may receive cost-free NRT through the Youth-VAST Program if deemed appropriate by the Youth-VAST physician. It is not guaranteed youth will receive NRT upon joining. Youth-VAST clinicians will conduct assessments to determine the right course of treatment on a case-by-case basis and treatment may include counselling and/or pharmacotherapy.

**Q: If under the age of 18, is NRT available free for them through this program if vaping?**

A: This program is for youth between 12 and 21. If NRT is determined to be an appropriate treatment for this youth, they will be provided with cost-free NRT that is mailed directly to their home. Please note it is not guaranteed youth will receive NRT upon joining. Youth-VAST clinicians will conduct assessments to determine the right course of treatment on a case-by-case basis and treatment may include counselling and/or pharmacotherapy.

*STOP Program updates and General questions*

**Q: Does anyone know any recommendations for quit-smoking tracking apps?**

A:

* My Change Plan (CAMH) <https://play.google.com/store/apps/datasafety?id=com.camh.my_change_plan&hl=en_CA&pli=1> ; <https://apps.apple.com/ca/app/mychangeplan/id1405709545>
* Kwit (Free, no adds)
* Quash (Free)
* Smokefree-Quit Smoking Now (1.29$/Week on one-time payment of 13$)
* QuitNow! (18$/year)
* Craving to quit (25$ per month or one time 139$ lifetime payment)

**Q: Beyond 26 weeks Visit Form questions: Is the maximum number of weeks still 4 weeks?**

A: Yes, the maximum amount of NRT is 4 weeks. If you need to dispense more than 4 weeks, please reach out to the STOP team with your request. .

**Q: When you complete the paper form, does the STOP team enter it into the portal and update the NRT inventory?**

A: Yes, a member of the STOP team will enter the form to the portal within few days of receiving it. This will automatically update your online inventory. If you are seeing that, a visit form that you’ve sent hasn’t been entered yet, please reach out to us as soon as possible.

**Q: Client disclosed Aboriginal Status after completing baseline and registration. How to proceed with this client’s data?**

A: If the client is enrolling through the main STOP Program, they can choose the option to have their responses recorded as “Answer Omitted” if they do not wish to share their data with CAMH. STOP offers a program for Indigenous-Led Health Organizations that follow OCAP Principles around data collection. Practitioners can reach out to Carolyn or stop.ahacs@camh.ca to direct clients to another organization where the program for Indigenous populations is offered (if offered in that community).

**Q: Is NRT from the STOP Program sourced from Canada?**

A: Yes, it’s sourced from Canada

News:

[***Structural racism and the social determinants of health***](https://www.bmj.com/content/387/bmj.q2139)

* Racism shapes social conditions that lead to unequal health outcomes among ethnic groups, making it a social justice issue that must be addressed.
* Three Major Health Disparities: Ethnic differences exist in (1) overall health conditions, (2) maternal and child health, and (3) mental health, with certain groups (Black, Bangladeshi, and Pakistani communities) experiencing significantly worse outcomes.
* Racism affects health directly (e.g., psychological distress and hypertension), indirectly through social determinants (e.g., poverty, education, and employment disparities), and within healthcare systems (e.g., barriers to access and discriminatory treatment).
* The report urges systemic changes in policy and healthcare to combat racism’s direct effects, promote equitable social determinants of health, and improve healthcare access for ethnic minority groups through community trust building.

***How do you in your role as a practitioner, actively address the impact of racism on health disparities, particularly in mental health outcomes for ethnic minority groups?***

* Inclusion and diversity committees;
* Indigenous counselor and health center;
* Providing trainings;
* Providing a safe and inclusive atmosphere;
* Longer appointment times to make connections;
* We have signage all over the building to indicate that we are inclusive and a positive space;
* Staff are also completing mandatory training for anti-racism and indigenous awareness;
* With my public health role, I connect with new families about immunizations but also encourage connecting with community groups and physical activities they are interested in.

# 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:

*This is a fantastic program. Thank you for giving me this opportunity.*

*[…] I no longer need your services thank you so much for your help it was a success is success and will continue to be a* ***non-smoker*** *thank you. All the best to you and your family throughout the whole year and always.*

Attendance:

# Anishnawbe Muskiki AHAC

# Algoma PHU

# Athens FHT

# Bancroft FHT

# Black Creek CHC

# Blue Sky FHT

# Burk’s Falls - FHT

# Carepoint CHC

# Carol Inner City Health

# Central Brampton FHT

# Central Lambton FHT

# Chatham-Kent PHU

# CHIRS

# City of Lakes FHT

# CMHA Durham

# CMHA Windsor

# Dufferin Area FHT

# Durham CHC

# Durham Region Health

# Eastern Ontario PHU

# Espanola FHT

# Fort William FHT

# Georgina NPLC

# Georgian Bay FHT

# Grandview Medical Centre

# Guelph FHT

# Halton ADAPT

# Hamilton PHU

# Hamilton-Niagara CHC - Welland Site

# Happy Valley FHT

# Hastings Prince Edward PH

# Health for All FHT

# KFL&A PHU

# Kingston CHC

# Leeds and Grenville FHT

# London Intercommunity CHC

# London FHT

# Lower Outaouais FHT

# Maitland Valley FHT

# Middlesex-London PHU

# Midtown Kingston Health Home

# Mississauga Halton Central West RCC

# Niagara North FHT

# North Bay NPLC

# North Durham FHT

# North Eastern PHU

# North Lambton CHC

# North Shore FHT

# North York FHT

# Owen Sound FHT

# PAARC AA

# Peterborough FHT

# Peterborough 360 Degree NPLC

# Queen’s Square FHT

# Rainbow Valley CHC

# Rideau CHC

# Sandy Hill CHC

# Sauble FHT

# Scarborough A FHT

# Scarborough Centre CHC

# Simcoe Muskoka RCC

# Smithville FHT

# Southlake Regional Health

# Sundridge Medical Center

# Superior FHT

# Stratford FHT

# St Michael’s Homes

# St. Mary's General Hospital Airway Clinic

# Taddle Creek FHT

# Thunder Bay PHU

# Trent Hills FHT

# Two Rivers FHT

# Upper Canada FHT

# Vaughan CHC

# Vitanova Foundation

# West Champlain FHT

# West Elgin CHC

# York Region PHU