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

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

**Next Teleconference: Wednesday, March 5, 2025 @ 1-2 PM EST.**

**Teleconference Summary**

1. **NEEDs Assessment:** Dr. Naima Javaid from the Cundill Centre – NEEDs study presentation to inform future resources and care pathways (**see attached flyer!**) - <https://edc.camhx.ca/redcap/surveys/?s=3DPPPA9TDR3DHA3J>
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. **STOP Program Updates:** The paper versions of the registration survey have been updated to add back in some of the questions. These documents are available on the STOP Portal.
4. [**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.
5. **TEACH Updates:** TEACH specialty course - [E-cigarette and Vaping – Approached to Address Use with Adults and Youth](https://teach.camhx.ca/moodle/course/view.php?id=131) (register by Feb 18th)

# Land Acknowledgment:

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

**NEEDs Assessment**

*We at the Cundill Centre for Child and Youth Depression at the Centre for Addiction and Mental Health are conducting a study to identify needs of health care providers in primary care settings across Ontario regarding care of children and youth ages 5-25 with mental health concerns.*

*We are conducting this survey for the following reasons:*

* *Health care providers in primary care settings across Ontario have seen a substantial increase in child and youth mental health-related outpatient visits since/during the COVID-19 pandemic*
* *Evidence suggests that models supporting collaborative care/enhancing education and capacity can help support primary care providers to address their child/youth patients’ needs*
* *We need your help in identifying needs specific to your care setting so that this information can guide development of education and collaborative care models.*

*Below is a link to more information about our study and the survey. We estimate this will take 5-10 minutes of your time. Following survey completion, you can optionally enter your contact information to be contacted by our research team to participate in a virtual focus group or interview (30 minutes – 1 hour). Upon completion of the survey and a focus group or interview, you will be eligible for compensation via an e-giftcard.*

[**https://edc.camhx.ca/redcap/surveys/?s=3DPPPA9TDR3DHA3J**](https://edc.camhx.ca/redcap/surveys/?s=3DPPPA9TDR3DHA3J)

*We appreciate your participation in completing the survey! Your help is critical to developing initiatives to support primary care providers.*

*The Primary Care NEEDs for Child and Youth Mental Health Study Team*

[*needsstudy@camh.ca*](mailto:needsstudy@camh.ca)

*On behalf of Dr. Stephanie Ameis, Principal Investigator*

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

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 and vaping use, substance use, problem gambling and technology use.**
* Self/physician/hospital/community agency/school referral based program: click [this link](https://redcapsurveys.camh.ca/redcap/surveys/?s=39KKPAXKXWHDTENC) to book an appointment.
* Offered at CAMH – 1025 Queen Street West + virtual treatment also available.
* Types of treatment: Assessment, Individual treatment, Group treatment

**Q: Do you need an OHIP card to access Youth-VAST?**

A: Since Youth-VAST is a CAMH service, OHIP cards are required. However, we encourage you to submit an appointment request form even if someone does not have an OHIP card, because it may be possible to use other forms of insurance.

**Q: Are youth that are pregnant eligible to participate in the program?**

A: Yes, youth can still book an appointment and our Care Coordinators will assess them. Youth that are pregnant will be seen and directed to a physician. They will then decide what the most appropriate treatment would be.

**Q: Will NRT be mailed to youth who are receiving their care virtually?**

A: Yes, youth can receive cost-free NRT in the mail if deemed appropriate from their provider. Note that it is not guaranteed youth will receive NRT upon joining; Clinicians will conduct assessments to determine the right course of treatment on a case by case basis and treatment may include pharmacotherapy and/or counselling.

**Q: Do the CAMH physicians see patients virtually if they need NRT?**

A: Yes, virtual care is available across Ontario.

**Q: What types of free NRT will be provided – patches, combination therapy, etc.?**

A: It could be either option – whatever the physician determines is appropriate for the client.

**Q: Will there be promotional material shared with Public Health Units? Are sites able to create something we can share on our own?**

A: We will produce a number of promotional materials that will be shared with PHUs, directly with schools, and online. We will share when available and we can also mail them directly to all PHUs. If you have suggestions for specific promotional products that would work best in your setting, please let us know by emailing [youth.vast@camh.ca](mailto:youth.vast@camh.ca). We would love to hear from you!

**Q: Are Youth-VAST materials and services available in French?**

A: Not as of right now, but materials will be available in French and we are in the process of hiring bilingual staff.

# 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).

# 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)

Ongoing TEACH Specialty Courses

* [E-cigarette and Vaping – Approached to Address Use with Adults and Youth](https://teach.camhx.ca/moodle/course/view.php?id=131) (Feb 19 – March 26, 2025)
  + Course fee: $400
  + Registration closes February 18th, 2025
  + 13.5-hour online course will provide learners with the opportunity to increase their knowledge about e-cigarette use to help guide clinical decision-making. Learners will be able to screen and assess for e-cigarette use and use disorder, and design treatment plans using a client-centered and biopsychosocial approach.

TEACH Educational Rounds

* [The Expand Project: Smoking and Vaping Cessation for Queer and Trans Young Adults](https://urldefense.com/v3/__https:/redcap.link/FebTER__;!!FxkXuJIC!enPqLFGfJvWVmFCmzQ4CD6G1XRAqHgZBQ6GtsrXGQc750dJKyxOaErHxEr6LROAkV7szXUSsKxVUwcp7rvRMCHk$)
  + Registration closes Tuesday, February 25th, 2025 at 11:59 PM EST

**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 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!​​​

INTREPID updates:

* Visit our website to learn about INTREPID Lab updates: [www.intrepidlab.ca](http://www.intrepidlab.ca/)
  + To learn more about our research studies that are currently recruiting new participants, visit this page: <https://www.nicotinedependenceclinic.com/en/Pages/Patient-Research.aspx>
* [INTREPID Newsletter](https://camh1.createsend.com/campaigns/reports/viewCampaign.aspx?d=y&c=8D25CB519045E210&ID=DEAB3974EF6B4E5C2540EF23F30FEDED&temp=False&tx=0&source=Report): In volume 4, learn about the expanded STOP on the Net program, the E-Squared Vaping Cessation Program; TEACH courses, and new research studies. This edition also shares details of new initiatives, including STOP with AHACs Evaluation and Youth-VAST, a new clinical program at CAMH addressing youth vaping substance use, and technology dependence. Take a sneak peek below!



Want to read the full newsletter? [Click here to read on](https://camh1.createsend.com/campaigns/reports/viewCampaign.aspx?d=y&c=8D25CB519045E210&ID=DEAB3974EF6B4E5C2540EF23F30FEDED&temp=False&tx=0&source=Report).

# 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>

Q&A:

**Q: If our inventory is accurate, is it safe to assume we were not affected by the visit form glitch?**

A: In our last session, we shared some information about a few sites that were affected by a glitch with the visit form. If any issues do arise, please email STOP staff.

**Q: Does CAMH/STOP have any resources and/or strategies to assess and address potential addiction to NRT?**

A: Suggestions from practitioners are as follows:

* Motivational interviewing
* Gradual reduction or replace patches with tape.
  + Continue with appointments during tapering of NRT and for a few appointments when no longer using NRT to help with maintaining change.
  + Some clients find it helpful to go from 7mg to half patch at a time (3.5mg) then stop.
* In cases of difficulty tapering off nicotine gum, switch to regular sugar free gum, nicotine patch and lozenges. Start by tapering off lozenges first then taper off patch. This worked well for one client and is now nicotine free.
* We don’t know the actual duration of NRT treatment people need to stay off cigarettes. If they are helping someone come off NRT, then need to think about the risk of relapse to cigarettes.
* We can use varenicline and buproprion to help people quit. Cytisine can also be used.

**Q: Some of the printable forms do not match the online STOP registration survey – Some questions are missing when enrolling a new client.**

A**:** As of February 1st, 2025, the printable registration survey has been updated to include the missing questions. If your organization uses physical copies, please download and print new copies from the STOP portal (Log in to STOP Portal 🡪 Download Forms 🡪 Registration Form PDF 🡪 Print).

News:

**Move More, Age Well: Prescribing Physical Activity for Older Adults:**

**(article:** [**https://www.cmaj.ca/content/197/3/E59**](https://www.cmaj.ca/content/197/3/E59) **radio episode:** [**https://www.cbc.ca/listen/live-radio/1-193-fresh-air/clip/16125402-new-study-recommends-exercise-seniors-reduce-risk-death**](https://www.cbc.ca/listen/live-radio/1-193-fresh-air/clip/16125402-new-study-recommends-exercise-seniors-reduce-risk-death)**)**

* Physical activity is a modifiable risk factor for more than 30 chronic conditions relevant to the older adult; 150 minutes per week of moderate physical activity can reduce all-cause mortality by 31% compared with no physical activity.
* Higher levels of physical activity in older age are associated with improvements in cognition, mental health, and quality of life.
* Age, frailty, or existing functional impairments should not be viewed as an absolute contraindication to physical activity but considering the benefits of physical activity interventions for older adults, a key reason to prescribe exercise.

**Health Canada’s Youth Vaping Campaign:**

Health Canada’s youth vaping campaign [*Consider the Consequences*](https://urldefense.com/v3/__https:/www.canada.ca/en/services/health/campaigns/vaping.html__;!!FxkXuJIC!fdmRUctqoBK4QODwuGPH0CPa9mtL7Ktze2efa8Xo6KyqtCQMiMG90g0rskowsGiG5oh4pFbe6ml3Z57fA_Bzi8r-XJWXzNh9-Q$) recently launched. The campaign focuses on the risks of nicotine addiction for youth, encourages youth not to vape and those who vape to quit. This year’s advertising campaign, which runs until mid-March, features three 15-second cuts of our existing [*Teen vaping and nicotine*](https://urldefense.com/v3/__https:/www.canada.ca/en/health-canada/services/video/teen-vaping-nicotine.html__;!!FxkXuJIC!fdmRUctqoBK4QODwuGPH0CPa9mtL7Ktze2efa8Xo6KyqtCQMiMG90g0rskowsGiG5oh4pFbe6ml3Z57fA_Bzi8r-XJWnfwwQnA$) educational video by using platforms most popular with teens such as Snapchat, YouTube, Spotify, Twitch and other mobile gaming sites. The advertising invites youth to visit the updated content on the campaign website at [Canada.ca/vaping-info](https://urldefense.com/v3/__http:/www.canada.ca/vaping-info__;!!FxkXuJIC!fdmRUctqoBK4QODwuGPH0CPa9mtL7Ktze2efa8Xo6KyqtCQMiMG90g0rskowsGiG5oh4pFbe6ml3Z57fA_Bzi8r-XJWr5pUG-Q$), with the addition of the youth tobacco/vaping cessation [*I quit for me*](https://urldefense.com/v3/__https:/www.canada.ca/en/health-canada/services/publications/healthy-living/i-quit-for-me-guide-youth.html__;!!FxkXuJIC!fdmRUctqoBK4QODwuGPH0CPa9mtL7Ktze2efa8Xo6KyqtCQMiMG90g0rskowsGiG5oh4pFbe6ml3Z57fA_Bzi8r-XJVI-N2q2Q$)program.

# 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

# Algonquin FHT

# AMHS-KFLA

# Athens FHT

# Bancroft FHT

# Barrie FHT

# Black Creek CHC

# Brant County PHU

# Brockton and Area FHT

# Carepoint CHC

# Carlington CHC

# Central Brampton FHT

# Centre of Hope AA

# Chatham-Kent CHC

# Chatham-Kent PHU

# Chigamik CHC

# CHIRS

# City of Lakes FHT

# CMHA Durham

# CMHA Toronto

# CMHA Windsor

# Dufferin Area FHT

# Durham CHC

# Durham Region Health

# Eastern Ontario PHU

# Espanola FHT

# Georgia NPLC

# Georgian Bay FHT

# Good Shepherd Homes

# Grandview Medical Centre

# Great Northern FHT

# Guelph FHT

# Haldimand FHT

# Halton ADAPT

# Hamilton PHU

# Hastings Prince Edward PH

# Health for All FHT

# KFL&A PHU

# Kingston CHC

# Kirkland District FHT

# Leeds and Grenville FHT

# Leeds and Grenville PHU

# London InterCHC

# London FHT

# Lower Outaouais FHT

# Maitland Valley FHT

# Middlesex-London PHU

# Monarch AA

# Niagara North FHT

# Niagara Region PHU

# North Bay NPLC

# North Durham FHT

# North Lambton CHC

# North Muskoka NPLC

# North York FHT

# Northeast RCC

# Northumberland FHT

# Owen Sound FHT

# PAARC AA

# Parkdale CHC

# Peterborough FT

# Pinewood Centre

# Queen’s Square FHT

# Rainbow Valley CHC

# Renascent AA

# Rideau CHC

# Sauble FHT

# Scarborough A FHT

# Scarborough Centre CHC

# Seaway Valley CHC

# Sherbourne Health

# SOAR Community Services

# South Georgian Bay CHC

# Southlake Regional Health

# Southwestern Public Health

# Summerville FHT

# Superior FHT

# Taddle Creek FHT

# Temagami FHT

# The Bridge

# Thunder Bay PHU

# Timiskaming PHU

# Twin Bridges NPLC

# Two Rivers FHT

# Unison CHC

# Upper Canada FHT

# Vaughan CHC

# Vitanova Foundation

# West Champlain FHT

# West Nipissing CHC