

From: Rick Cagan [<mailto:rcagan@namikansas.org>]
Sent: Friday, July 24, 2020 11:02 AM
To: Rick Cagan <rcagan@namikansas.org>
Subject: July Update - Behavioral Health Tobacco Project

July Update from the Behavioral Health Tobacco Project

Colleagues:

This communication provides information on:

- Training Opportunities
- Vaping Resources
- Tobacco Treatment Provider Survey

Creating and Enhancing Tobacco-Free Facilities and Treatment Services Training – August 6th and August 12th

Are you interested in supporting your behavioral health organization in going tobacco-free, or enhancing your current policy and cessation supports? Need assistance in how to engage leadership, staff and clients around next steps?

The National Council's [National Behavioral Health Network](#) (NBHN) funded by the Centers for Disease Control and Prevention and SAMHSA's National Center of Excellence for Tobacco Free Recovery (SAMHSA-CTFR) operated by UCSF's Smoking Cessation Leadership Center are pleased to offer two *free* virtual trainings this summer on creating and enhancing tobacco-free facilities to address the needs of individuals with behavioral health conditions. 4.75 units of FREE credit can be earned through UCSF for participants who join either LIVE session, on August 6, 2020 *or* August 12, 2020 (see registration pages for specific guidance). You will receive instructions on how to claim credit via the post training email.

Join national subject matter experts for this new virtual training to support your efforts in establishing tobacco-free behavioral health facilities and grounds, integrating evidence-based cessation support for individuals with

behavioral health conditions, optimizing nicotine replacement therapies and other pharmacological supports and more.

Training Details - Please register for one of either of the following sessions - Please note, limited capacity is anticipated and you are encouraged to register as soon as possible. Available spots will be assigned on a first come, first served basis. If you have any questions about the training and/or registration, please contact KC Wu at KCW@TheNationalCouncil.org for additional information.

- Training #1: Creating and Enhancing Tobacco-Free Facilities to Address the Needs of Individuals with Behavioral Health Conditions
 - Date: Thursday, August 6, 2020
 - Time: 1 – 6 p.m. ET
 - [Register here](#)
- Training #2: Creating and Enhancing Tobacco-Free Facilities to Address the Needs of Individuals with Behavioral Health Conditions
 - Date: Wednesday, August 12, 2020
 - Time: 12 – 5:15 p.m. ET
 - [Register here](#)

DIMENSIONS: Advanced Techniques Tobacco Free Training – August 10-11

The Behavioral Health & Wellness Program at the University of Colorado School of Medicine is offering this upcoming training which will address the skills and resources to promote positive behavior change in individuals interested in living tobacco-free.

The DIMENSIONS Tobacco Free Program is an evidence-based tobacco cessation program designed to teach providers and peers the necessary information and skills to promote successful tobacco cessation within their organizations. Trainees learn motivational engagement strategies, community referrals, educational activities, individual and group treatments, and policy change strategies.

This one and a half day training covers tobacco fundamentals, tobacco addiction, tobacco cessation strategies, and a motivational intervention for tobacco cessation. Trainees will also be trained to facilitate the DIMENSIONS: Tobacco Free Group curriculum—a 6-week tobacco cessation group. The Advanced Techniques training is a train-the-trainer model, meaning participants will leave the training with the materials and knowledge to train others at their organization.

Participants will learn to:

- Promote tobacco cessation for persons with behavioral health conditions
- Conduct 30-minute motivational intervention
- Facilitate the Tobacco Free group
- Build awareness around tobacco dependence
- Make referrals to community resources

[Click here](#) for more information..

SAMHSA Vaping Guide

New from SAMHSA: [Reducing Vaping Among Youth and Young Adults](#). This new guide provides:

- An overview of current approaches and challenges
- Current evidence on effectiveness of specific interventions
- Practical information to consider when selecting and implementing programs and policies
- Examples of programs and policies including lessons learned
- Resources for evaluation and quality improvement

Download the Guide at <https://store.samhsa.gov/product/Reducing-Vaping-Among-Youth-and-Young-Adults/PEP20-06-01-003>.

Tobacco Treatment Provider Survey

We would appreciate your participation in a short survey (estimated to take 8 minutes to complete) which can be accessed at the following link:

<https://www.surveymonkey.com/r/TobaccoProjectMailingList>

This survey is designed to collect essential information about the capacity of health care practitioners to provide evidence-based tobacco dependence treatment. Survey responses will be used in part to publish a directory of providers for those who wish to be included. The Kansas Tobacco Quitline, KanCare MCOs, and other entities may use the directory to provide referrals for tobacco treatment. *We would appreciate your participating in the survey regardless of your level of tobacco treatment services and/or desire to be included in the directory.*

While quitting tobacco has been a critical issue for the behavioral health population for some time given high rates of smoking compared to the general population, it's importance is heightened during the COVID pandemic since smokers are at higher risk of complications resulting from the coronavirus.

Thanks for your consideration and participation.

Thank you for your review. Please let us know if we can be of assistance in your efforts. Additional resources can be found on our Tobacco Dependence web page at <https://namikansas.org/resources/smoking-cessation-information/>. This project continues through April 2022 with support of the Kansas Health Foundation. The Behavioral Health Tobacco Working Group meets next on August 4th and every other month throughout the year. Please let us know if you would like to be included in those communications.

Rick Cagan

Rick Cagan, Director
Behavioral Health Tobacco Project
National Alliance on Mental Illness- NAMI Kansas
1801 SW Wanamaker Ave, Suite G6
Box 14

Topeka, KS 66604
(785) 221-9101

rcagan@namikansas.org

[Facebook](#) | [Twitter](#) | www.namikansas.org | [Behavioral Health Tobacco Project](#)

[Subscribe to our e-mail list](#) *and stay in touch with us about upcoming events.*

[Join NAMI](#) *and make a donation to support our work on peer support, education, and advocacy*