

February 14, 2024

» Oregon Nicotine Treatment and Recovery:

Expert Panel Meeting

A SOCIAL IMPACT COMPANY
»redegroup

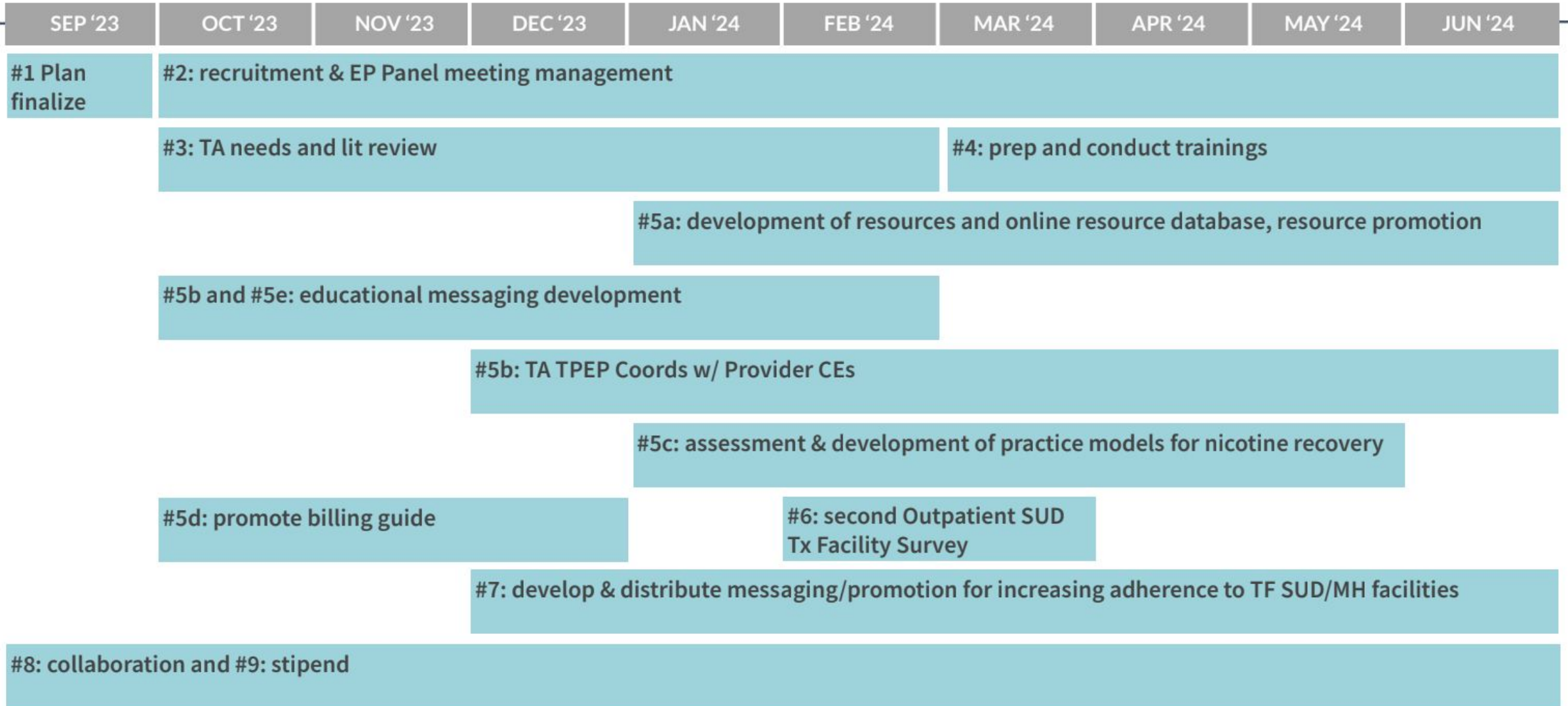
» Introductions - New EP Members!

- Name
- Pronouns (optional)
- Your organization and what you do
- Icebreaker question: What is your favorite type of sandwich?



2023-24 Project plan

Visual calendar of activities



» NiTR Expert Panel Agenda: 2.14.2024

Topic	Details	Time
Welcome/ Introductions	Everyone shares their name, pronouns, and organization, optional icebreaker question	12:00-12:15
Project fliers drafts	Rede team screenshare fliers of SUD Facility Survey and TTS training + EP discuss and provide feedback	12:15-12:30
TTS Training recruitment	Rede share TTS recruitment plan, EP provide guidance on value-add and accountability for participants	12:30 - 1:00
Nicotine Recovery Programs research findings	Rede team provide initial findings, EP provide guidance on best ways to present and disseminate the information	1:00 - 1:15

» Project Fliers

Review the drafts for content, our designer will make them pretty!

SUD Facility survey flier

TTS Training flier



» TTS Training Recruitment Plan

With training being free to attendees, how can we make folks feel invested and accountable to attend/ add-value to the trainings beyond recruitment language?

- Idea: Application to sign-up
 - What information should we collect in a screener/ sign-up survey?
- Post training learning community / TA for change implementation



» Nicotine Recovery Programs Research

- Identify recovery programs, if any, that utilize SUD/MH step approaches and/or celebration of milestones to treat nicotine addiction and support recovery
- Develop recommendations (and a promotion plan for disseminating recommendations) for how Oregon BH/MH providers can adopt/create such programs



» Research findings (1/5)

Smartphone apps - Individual use, not integrated into treatment

- **SmokeFree (iPhone only)**
 - Cost associated
 - Gives users basic stats + personal stats based on how long they have been without smoking. Shows a running clock of how long (hours, minutes, seconds) users have been smoke-free, and the health improvements that are associated with quitting, money saved, a diary to track and analyze triggers
 - Virtual group meeting access



» Research findings (2/5)

Smartphone apps - Individual use, not integrated into treatment

- **QuitGuide by Smokefree (iPhone and Android)**
 - Free
 - Identifies reasons for quitting, monitor progress toward achievement of smoke-free milestones, gives tips and distractions for dealing with cravings and mood fluctuations, track cravings by time of day and location (and support through motivational messaging for each craving tracked), and records journal entries.



» Research findings (3/5)

Internet programs - Individual use, not integrated into treatment

- **Smokefree (general)**
 - Create custom Quit Plan - complete with suggestions, download and print option available
 - Numerous articles available: Benefits of Quitting, How to Manage Cravings, Coping with Stress Without Smoking, Tips for Slips, Using Nicotine Replacement Therapy (how-to), Smokefree Apps, Smokefree text messaging programs.



» Research findings (3/5)

Internet programs - Individual use, not integrated into treatment

- **Smokefree Oregon** - Provides resources for nicotine users, health care providers, public health promotion professionals. Quit programs for consumers are links to other resources
- **Nicotine Anonymous (NicA)** - Based on the same concepts as AA - Nonprofit, 12-step, serves those interested in or curious about quitting smoking (intent to quit/quitting is not required to join).



» Research findings (4/5)

SUD Facility - Integrated into practice

Local Example:

- **Adapt Integrated Health Care** - Facilities in Douglas and Coos County, youth and adult outpatient services for tobacco and nicotine dependence offering assessment, individual treatment plan, individual counseling, Mayo Clinic quit guide (My Path to a Smokefree Future), info about approved medications, relapse prevention and education, referrals for additional support services.



» Research findings (5/5)

SUD Facility - Integrated into practice

- General guidance
 - 5 As (Ask, Advise, Assess, Assist, and Arrange) - provider go through 5 As with client. Any provider, not specific to MH/BH. *"Assist" is where a specific program (counseling + medication) would go
- Contingency Management - Reward-based behavior change
- Toolkits
 - OHA
 - SAMHSA
 - Million Hearts - CDC



» What do we do with this information?

Options we have been considering...

- Would it be useful to provide information on the apps and internet resources? (individual non-integrated programming) - In what format?
- Provide one-pagers summarizing information from toolkits
- What else could be done with this info?



» Next steps

- Disseminate fliers for Tobacco Treatment Specialist trainings and get folks signed up
- Program outpatient SUD facility survey

