

# OUTPACE Tobacco Newsletter

**August 2024**

## **Welcome back to our quarterly newsletter!**

OUTPACE Tobacco (Opioid Use Treatment Programs Advancing Cessation Efforts) is a comprehensive and evidence-based tobacco-free workplace program partnering with opioid use treatment programs and centers in Texas. In this newsletter, you will find updates on our partner centers and team, new educational resources on tobacco and opioid use, and more!

## **Partner Updates**

### **North Texas Addiction Counseling and Education**

#### North Texas Addiction Counseling and Education

(NTACE) Program Champion, Dr. Kim Scales, has been working hard to cross the finish line on program implementation, and we are so close! NTACE recently received window clings to communicate their tobacco-free policy, which will go into effect September 1. Later this month, Health Education Specialist, Mikal Zere, and Program Coordinator, Kamira Glover, will co-present a practical training with Dr. Scales to educate NTACE staff on the resources available at their center to direct both employees and patients to tobacco cessation resources provided by the MD Anderson Quitline. Stay tuned for our next newsletter for more updates from NTACE!



### **Life Second Chance Treatment Center**

In June, we provided Life's Second Chance Treatment Center with an in-person tobacco dependence training where their staff learned more about the harms of tobacco use and brief interventions to support patient quit attempts. Program Champion, Kisha Henderson, is drafting their tobacco-free workplace policy and deciding on the types of workplace signage they want to promote awareness and enforcement of the policy. Kisha has been making great progress and we can't wait for the next steps!



## Meet Our New Health Education Specialist!

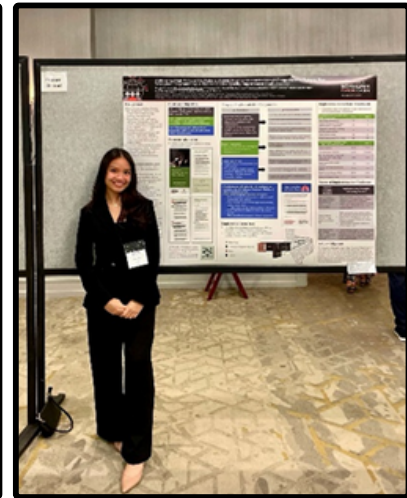
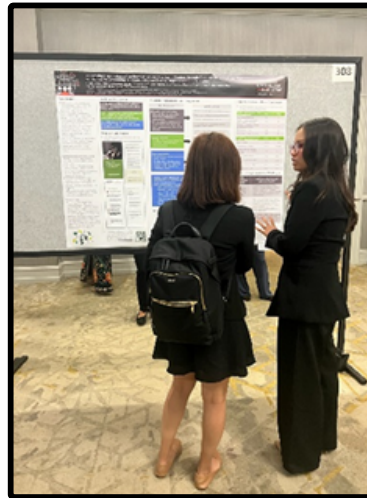
**Mikal Zere, MPH** is a Health Education Specialist at MD Anderson Cancer Center who works closely with OUTPACE Tobacco's partnering centers, providing education to employees and ensuring that our program implementation strategies are ideal to create sustainable changes in centers' ability to address tobacco use with their patients.



## Research Team Presents on OUTPACE Tobacco Program

In April, the OUTPACE Tobacco team attended the American Academy of Health Behavior 2024 Scientific Meeting in Savannah, Georgia. Cameron Le (Undergraduate Research Assistant) gave a poster presentation to speak with attendees about the need for OUTPACE Tobacco, our program goals, and the work conducted to date!

Pictured: Cameron Le (Undergraduate Research Assistant) speaking with health behavior professionals about OUTPACE Tobacco (left) and standing in front of her poster (right).



## New Resources Now Available on Our Website!

### Provider Training Video and Presentation

We have created trainings slides and a corresponding recorded presentation on addressing tobacco dependence and opioid use disorder at opioid treatment centers to assist employees at these centers with helping their patients quit tobacco use! The slides and presentation have been uploaded to our resources website for providers anywhere to download and to watch!



# Patient Education Materials

We developed a suite of posters now available on our [resources website](#)! These posters (select ones pictured below) are tailored to opioid treatment centers, and can be printed for use in community settings, doctor's offices, or anywhere where people with opioid use disorders are treated to remind people about the dangers of tobacco use and to provide resources for quitting. Additionally, we developed two new patient education materials (pictured below) on the effects of tobacco and opioid use among women over 50 and women in general.

**Explore the resources available on our website!**

Click on the image to open the PDF.

How does use of opioids and tobacco affect women over 50?

**Did you know?**  
Older women have the highest rates of long-term opioid use compared with any other group.

- Opioid-related hospital stays for women increase with age.
- Opioid misuse among women ≥65 years old is higher when compared with men of the same age.

**Women over 50 years old with opioid use disorder who smoke also experience:**

- Many chronic pain conditions
- High pain severity
- Falls, constipation, breathing problems, accidental overdose and side-effects from using multiple medications

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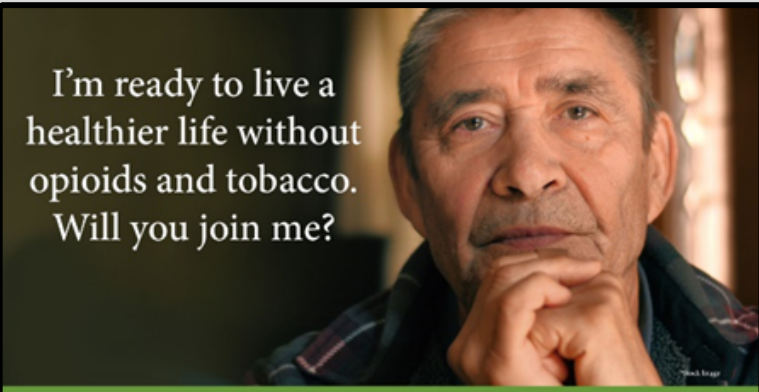


Are you a woman using opioids and tobacco?

Opioid misuse and tobacco use are leading preventable causes of death and disease in America.

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I'm ready to live a healthier life without opioids and tobacco. Will you join me?

Your counselor can help. Ask them about your options or call 1-800-QUIT-NOW.

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Ending my addiction to opioids was just the beginning. Now, it's time to quit smoking for good.

Your counselor can help. Ask them about your options or call 1-800-QUIT-NOW.

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**We are in the process of translating our posters and patient education materials to Spanish. Check back in for more resources in the coming months!**

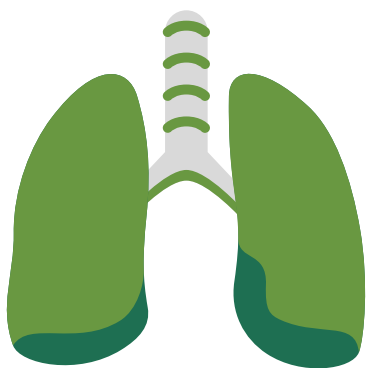
# Scholarships Available to Become a Tobacco Treatment Specialist!

Roswell Park Comprehensive Cancer Center offers scholarships for healthcare professionals, educators, and community workers seeking to attend a Certified Tobacco Treatment Specialist Training Program. In-person attendance in Buffalo, N.Y. includes a week-long series of evidence-based workshops held **7:30 a.m. to 5:30 p.m. daily**. Upcoming workshops are being offered **October 14-18, 2024** and **May 12-16, 2025**.

**For registration and to apply for scholarships, please visit [www.roswellpark.org/tts](http://www.roswellpark.org/tts) or call 716-845-5974.**

The workshop fee includes all training and course materials, as well as breakfast, lunch, beverages, and snacks each day of training.

For more tobacco dependence treatment resources, please visit [www.nysmokefree.com](http://www.nysmokefree.com).



A flyer for the Tobacco Treatment Specialist Training Program. The top features the Roswell Park Comprehensive Cancer Center logo and the ACTTTP logo. Below is a photograph of the Roswell Park building with three circular insets showing people in training sessions. The main title is "Tobacco Treatment Specialist Training Program". Below the title, it states: "The Roswell Park Tobacco Treatment Specialist Training Program prepares health professionals and community members of all levels to provide effective, evidence-based treatment for tobacco use." It also mentions accreditation by the Council for Tobacco Treatment Training Programs. A yellow button says "REGISTER TODAY" with the phone number (716) 845-5974 and a QR code. The "Upcoming Dates" are October 14-18, 2024 and May 12-16, 2025, from 7:30 a.m. to 5:30 p.m. daily. The "Location" is Roswell Park Comprehensive Cancer Center, Elm &amp; Carlton, Buffalo, NY 14263. A yellow banner at the bottom says "SCHOLARSHIPS OFFERED".

*The OUTPACE Tobacco program is funded by the Cancer Prevention and Research Institute of Texas (CPRIT) award PP230078.*