

OUTPACE Tobacco Newsletter

November 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

Life's Second Chance Treatment Center

Staff at Life's Second Chance Treatment Center (LSCTC) have recently completed a comprehensive 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 Nelson, is leading the center's efforts in creating a tobacco-free environment.



She is drafting her tobacco-free policy and collaborating with us on how to refer both patients and staff to the MD Anderson Quitline for free tobacco cessation services. To support this initiative, Kisha worked with us to design tobacco-free signage to place at her center. She also ordered health education materials with information about the dangers of opioid and tobacco use, and additional resources for quitting. We are so proud of the progress LSCTC is making. Stay tuned for what's next!

North Texas Addiction Counseling and Education

We are excited to announce that, as of September 1st, North Texas Addiction Counseling and Education (NTACE) officially implemented their tobacco-free workplace policy! This is a significant milestone in their commitment to fostering a healthier environment for their staff and patients. To further support their efforts and educate their staff and patients about the dangers of opioid use and smoking, they have placed printed health education materials throughout their center. Additionally, this quarter, our Health Education

Specialist, Mikal Zere, and Program Coordinator, Kamira Glover, teamed up with Dr. Scales, our Program Champion, to deliver a hands-on training session to NTACE team members. This training equipped them with knowledge about resources available at NTACE to refer employees and patients to the MD Anderson Quitline for free tobacco cessation services. We're thrilled to report that many employees and patients have already been referred for services.

Please join us in congratulating NTACE on these outstanding efforts and their commitment to fostering a healthier workplace for their staff and patients!



Pictured: Printed health education materials (left); NTACE employees and Program Champion, Dr. Kim Scales (center of group), with our Program Coordinator, Kamira Glover (left of Dr. Scales) and Health Education Specialist, Mikal Zere (right of Dr. Scales) (center photo); Quitline referral resources (right photo).

New Resources in Spanish Now Available on Our Website! Provider Training Video and Presentation

We are excited to announce the launch of a new suite of posters in Spanish now available on our resources website! These posters, designed for opioid treatment centers, serve as important reminders about the dangers of tobacco use, while also providing valuable resources for quitting. They are perfect for display in community settings, doctor's offices, or anywhere where people with opioid use disorders are treated. Additionally, we've created an educational handout in Spanish focused on the risks of opioid and tobacco use while pregnant. Be sure to check out these new materials on our website and share them with anyone who may benefit from this important information!

Patient Education Materials

Click on the image to open the PDF.

¿Embarazada y usando opioides y tabaco?

¿Sabía que...?

Las mujeres con problemas por uso de opioides que fuman durante el embarazo también tienen lo siguiente:

- Aumento de una complicación grave del embarazo que puede hacer que el bebé no reciba los nutrientes y oxígeno
- Parto prematuro
- Bajo peso al nacer
- Parto de un feto muerto

Otros riesgos comunes en niños de madres con problemas de consumo de tabaco y opioides son:

- Problemas de conexión entre la madre y el bebé
- Mayor riesgo de síndrome de muerte súbita del bebé
- Desarrollo de problemas emocionales y de comportamiento
- Mayor riesgo de desarrollar problemas de consumo de tabaco y otras sustancias en el futuro
- Mayor riesgo de que los bebés nazcan con síndrome de abstinencia neonatal si las mujeres embarazadas fuman mientras reciben tratamiento asistido con medicación para el consumo de opioides
 - El síndrome de abstinencia neonatal significa que el bebé sufre dependencia a los opioides y puede necesitar hospitalización más largas o tratamiento intensivos neonatales.

Dejar el tabaco es una de las mejores cosas que puede hacer para proteger su salud y la de su bebé.

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El tratamiento conjunto de los problemas por uso de tabaco y opioides favorece una recuperación exitosa de los opioides.

- Dejar de fumar está relacionado con una recuperación más larga del uso de opioides.
- Dejar de fumar reduce el estrés y la ansiedad y aumenta el bienestar físico, lo que favorece la recuperación del uso de opioides.

Obtenga ayuda para dejar el tabaco hoy mismo. La mejor manera de dejarlo es con medicamentos y terapia.

Cómo conseguir ayuda:

- Llame al 1-800-784-8669 (QUIT-NOW) para obtener ayuda gratuita de la línea telefónica para dejar de fumar de su estado.
- Envíe QUIT al 47848 para participar en un programa de mensajes de texto para mantenerse libre del tabaco.
- Visite WomenSmokeFree.Gov para obtener más recursos para mujeres.

Esta bibliografía se ha elaborado con el apoyo del Cancer Prevention & Research Institute of Texas (Instituto de Investigación y Prevención del Cáncer de Texas).

Mira hacia un futuro mejor sin opioides ni tabaco.

Tu consejero puede ayudarte. Pregúntale sobre tus opciones o llama al 1-855-DÉJELO-YA (1-855-335-3569).



Liberarme de los opioides fue difícil, pero ahora tengo las herramientas para enfrentarme al tabaco. Estoy listo para ser más sano.

Tu consejero puede ayudarte. Pregúntale sobre tus opciones o llama al 1-855-DÉJELO-YA (1-855-335-3569).



Pictured: Spanish language educational handout on tobacco and opioid use during pregnancy (top); Spanish language posters focused on the dangers of tobacco use and resources for quitting (bottom).

Celebrate the Great American Smokeout® on November 21, 2024!

The Great American Smokeout® is organized by the American Cancer Society to support individuals in their journey toward a smoke-free life. Quitting smoking significantly decreases the risk of cancer and other diseases, enhances lung function, and extends life expectancy. Every year, thousands of people begin their journey toward a smoke-free life on the third Thursday of

November—this year on November 21. You can participate in this event by making a quit attempt, talking with your patients about quitting smoking, supporting efforts that help others quit, and/or spreading awareness about the dangers of smoking and resources available to quit. Check out the [event webpage](#) for tools and resources to support quitting smoking.



Watch the “Vapes Down” Media Campaign!

The [Texas Department of State Health Services’ Tobacco Prevention & Control Program](#) launched a media campaign called “Vapes Down.” This campaign aims to raise awareness about the dangers of vaping among youth and young adults. Consider sharing these videos with members of your community!

- [Sampling Vape’s 31+ Ingredients](#) (pictured right)

To view the additional videos, click the links below:

- [Vaping Can Cause Brain Fog, Making It Hard to Think and Achieve Your Goals](#)
- [Are You in a Toxic Relationship with Your Vape? Break Up with Nic](#)
- [Vaping Hurts Your Athletic Performance](#)



Join Project TEACH: MD Anderson Cancer Center’s Tele-Mentoring Program

[Project TEACH](#) (Tobacco Education and Cessation in the Health System) is an ECHO (Extension for Community Healthcare Outcomes)-based tele-mentoring program facilitated by [The University of Texas MD Anderson Cancer Center](#). The aim of this program is to provide tobacco education, consulting, and treatment strategies to clinical providers and health professionals.

Sessions are held virtually twice per month on Tuesdays from 12pm-1pm CT. The meeting link is sent via email the week of each session. To join the sessions, please email Echo-Tobacco@MDAnderson.org for registration details. Free Continuing Education and Tobacco Treatment Specialist

credits are offered. Visit the [Project TEACH website](#) for more information.



Registration Now Open for MD Anderson Cancer Center’s Tobacco Treatment Training Program: Scholarships and Discounted Rates Available!

Become a Tobacco Treatment Specialist

Tobacco Treatment Training Program

January 13 -17, 2025

Virtual training facilitated by
The University of Texas MD Anderson Cancer Center

For registration and more information:
www.mdanderson.org/tobaccotraining
Questions: ctts@mdanderson.org

One-day Prescriber Track available

Thursday, Jan. 16th

Attendees will only get the below core competencies:

- Treatment Planning
- Pharmacotherapy
- Relapse Prevention

This will NOT be credentialed like those that stay for the week long training.

MD Anderson will offer continuing education hours from the Accreditation Council for Continuing Medical Education (ACCME), National Commission for Health Education Credentialing (NCHEC). CEs for LPCs also available.
For further information on MD Anderson’s End Tobacco Program:
www.mdanderson.org/EndTobacco

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Become a credentialed Tobacco Treatment Specialist through The University of Texas MD Anderson Cancer Center’s Tobacco Treatment Training Program (TTTP). The program is a five-day virtual course focused on the skills needed to effectively deliver tobacco cessation treatment in both a clinic and community setting. Participants are eligible for **up to 32.25 Continuing**

Education hours. Their next session will be held from January 13-17, 2025. Registration is open now until December 10th and can be accessed [here](#).

Scholarships are available to employees of Veterans Affairs Medical Centers who provide tobacco and nicotine cessation services, as well as discounted rates for employees of Federally Qualified Health Centers, nonprofits or clinics that serve patients who are uninsured or reside in low-resource settings. Please email ctts@mdanderson.org to inquire about eligibility for scholarships and/or discounted rates.

Please see the [TTTP website](#) and flyer above for more details.

Want to Stay Informed About Free Training Opportunities? We Have You Covered!

Our team compiles and shares information twice a month about tobacco-related trainings being offered virtually from across the nation that often offer free Continuing or Medical Education credits. If you or someone you know would like to be added to our distribution list, please do not hesitate to reach out to us at TakingTexasTobaccoFree@gmail.com or [click here](#) for a pre-populated email template.

TAKEING TEXAS TOBACCO FREE

Upcoming Virtual Educational Opportunities

List Compiled by Taking Texas Tobacco Free

Educational Opportunities Earn Free CME/CEUs

NOVEMBER 5

Impact of Smoking Cessation on Other Medications

- 12:00-1:00 PM CDT
- 1.00 CME/CEU available
- MD Anderson's Project TEACH (ECHO Clinic) aims to provide tobacco education, consulting, and cessation strategies to clinical providers
- Sign up by emailing endtobacco@mdanderson.org

NOVEMBER 14

Tobacco Use Treatment and Coaching

- 12:00-1:30 PM CDT
- 1.5 CME/CEUs available
- The Maryland Tobacco Control Resource Center is dedicated to connecting professionals with evidence-based resources for tobacco prevention and treatment
- Register [here!](#)

NOVEMBER 15

Flavored E-cigarette Sales Restrictions and Young Adult Tobacco Use in the United States

- 1:00-2:00 PM CDT
- No CME/CEUs available
- The goal of the Tobacco Online Policy Seminar series is to disseminate research focused on developing effective tobacco policies for the improvement of population health
- Register [here!](#)

Taking Texas Tobacco Free has a suite of resources focused on tobacco use among individuals in opioid use recovery! Check out our latest rack cards on how opioid and tobacco use affect pregnant women, available in both English & Spanish, featured below!

Pregnant and using opioids and tobacco!

¿Embarazada y usando opioides y tabaco?

Visit our website www.TakingTexasTobaccoFree.com for more resources and sign up for our newsletter [here!](#)

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