

Addressing Tobacco Use and Exposure

Resources for Behavioral Health Agencies

As overall smoking rates have declined, the prevalence of smoking among people with behavioral health conditions (mental and/or substance use disorders) has remained high. Quitting smoking can improve mental health and substance use disorder treatment outcomes.

The MaineHealth Center for Tobacco Independence (CTI) offers a variety of services to assist you, including:

- Treatment Training for Staff
- Policy Change Support
- Treatment through the Maine Tobacco HelpLine

TO LEARN MORE, VISIT: CTIMaine.org



MaineHealth
Center for Tobacco
Independence



Building Screening and Treatment Capacity

CTI offers multiple training opportunities for behavioral health professionals related to building the knowledge and skills to successfully engage clients with proven tobacco treatment and intervention strategies.

Provider Outreach Education

Training is available to help engage clients who use tobacco through the use of evidence-based interventions. Trainings can be tailored to meet the unique needs of the provider and the practice team through a menu of training options including: instructor-led in-services, webinars, self-directed learning modules, and videos.

Basic Skills Training

A one-day training to learn more about nicotine addiction and how to integrate brief, evidence-based tobacco treatment interventions into current practice.

Intensive Skills Training

A two-day skills-focused training building on knowledge gained in the Tobacco Intervention: Basic Skills Training and on common counseling skills used in intensive tobacco treatment such as motivational interviewing and cognitive behavioral therapy.

MaineHealth CTI's Tobacco Treatment Education and Training Program is a nationally accredited provider of the core training requirements necessary to apply for a National Certificate in Tobacco Treatment Practice, one of only 18 training programs across North America.

Learn more: CTIMaine.org/Events



Creating a Tobacco-Free Environment

Smoke and tobacco-free policies protect everyone from the dangers of secondhand smoke and promote healthy social norms around tobacco use.

Policy Implementation Assistance: A local community health coalition can provide technical assistance on policy adoption and implementation and provide tips on creating tobacco-free environments.

Find your local partner: CTIMaine.org/DTPP

Be Celebrated for your Tobacco-Free Policy: Breathe Easy conducts the Gold Star Standards of Excellence recognition program annually to encourage and support Maine's behavioral health organizations in addressing smoking and tobacco use by creating and maintaining smoke and tobacco-free policies. The ten evidence-based standards provide a road map to support behavioral health agencies to create sustainable change through the adoption of written policies and procedures.

Learn more at BreatheEasyMaine.org/GSSE

BREATHE EASY
REDUCING SMOKE EXPOSURE IN MAINE

Supporting Tobacco-Free Living

Research shows that counseling tobacco users improves quit rates, and that tobacco counseling provided over the phone is as effective as counseling provided in person. Tobacco users who receive support through the Maine Tobacco Helpline are two to three times more likely to successfully quit long term than those who try to quit on their own.

Connect Clients to the Maine Tobacco Helpline

- Individuals can enroll for services

Call 1-800-207-1230 or visit theQuitLink.com

- Discuss how your organization can proactively refer clients to the Helpline

Contact CTI at 207-662-7154 or visit CTIMaine.org

Eligible Maine Tobacco Helpline multi-call program participants may receive up to 8 weeks of Nicotine Replacement Therapy, such as patches, gum or lozenges, at no charge every 6 months.

1-800-207-1230
MAINE TOBACCO HELPLINE

THEQUITLINK.COM