



December 19, 2023

We hope you enjoy the **Winter 2023 edition** of the quarterly newsletter from the Training & Education Program at the MaineHealth Center for Tobacco Independence. CTI provides education and training on evidence-based tobacco treatment to healthcare and behavioral health professionals in Maine on behalf of the Maine Center for Disease Control and Prevention, Department of Health and Human Services. Our goal is to improve access to high quality, best practice tobacco treatment and create a network of tobacco treatment specialists across the state.

Tobacco Treatment Specialist Program

**Registration is OPEN for the
*Accelerated Tobacco Treatment Specialist Program***



Do you want to complete the training requirement for Certification in less amount of time? JOIN US in March 2024 for our inaugural **Tobacco Treatment Specialist Program!**

Participate in two action-packed weeks of interactive, virtual sessions and online self-paced training which will fulfill the training requirement for the Tobacco Treatment Specialist Certification. Please visit the [NAADAC website](#) for additional information about the certificate.

Earn up to 24.75 CME and CEU credits

[Learn More](#)

[Register Now](#)

The Foundations of Client-Centered Tobacco Treatment: A Training for Youth Providers

January 24th, 2024; 10:30am - 12pm



Join other health professionals in this **FREE** virtual training to learn more about tobacco use disorder and evidence-based tobacco treatment interventions for youth.

In this training, participants will learn about nicotine addiction, the adolescent brain and why evidence-based treatment is part of usual care, the landscape and impact of e-cigarettes, including patterns of use among youth, and the evolution of products as well as treatment and prevention strategies that individuals can incorporate into their various settings.

1.25 CHES and CME Credit available

[Register Now](#)

Upcoming Webinar Presentations



Mindfulness and Empathy: Pathways to Healing

Keith Walker; LCSW, TTS-C

Explore the practice of mindfulness and empathy as useful means in treating Tobacco Use and other Substance Use Disorders.



Products on the Shelves: An Overview of the Tobacco & Nicotine Products Available Today

Bonnie Carleton; MCHES

Learn about the popular tobacco & nicotine products that are available to consumers today, as well as the known and potential health risks that they cause.



Brief Solution-Focused Therapy: Applications for Tobacco Use Disorder Treatment

Edward J. Perka, Jr.; CASAC, NCTTP

Discover the tenets of Brief Solution-Focused Therapy, a short-term therapy that focuses on setting goals and working out how to achieve them



Smoking from afar: The Dangers of Secondhand and Thirdhand Smoke

Derek Bowen, MCHES

Understand what secondhand and thirdhand smoke is, how to prevent it, and the impacts it has on our health - including pets

Register Now

Each Webinar offers 1.0 CME Credit and 1.0 CHES Credit to those who attend the full presentation live.

Upcoming Classic Pathway Trainings



Essential Skills Training

Participants will learn about tobacco prevalence, products and burden, e-cigarettes and vaping, motivational interviewing, how to integrate brief, evidence-based tobacco treatment interventions into current practice, tobacco treatment medications and relapse prevention and recovery.

- January 9, 2024 (Virtual with Pre-Work)
- February 6, 7, and 8, 2024 (Virtual)

Earn up to 6.0 CME and CEU credits

Register Now

Intensive Skills Training

Participants will build on common counseling skills used in intensive tobacco treatment, explore the value of a comprehensive tobacco use assessment, learn to develop effective treatment plans, discuss considerations for medication management, and review relapse prevention strategies.

- February 20-23, 2024 (Virtual)

Earn up to 13.5 CME and CEU credits

Register Now

Tobacco Treatment Services Guide

Are you offering tobacco treatment services in Maine? Would you like to be added to our Tobacco Treatment Services Guide? If so, fill out the form below!

Input Information Here

CTI continues to develop a list of local tobacco treatment services across the state of Maine. The programs listed are for information purposes only. As we look to continually update our list, we ask organizations and individuals who do provide tobacco treatment services in the state of Maine fill out the form below if they are interested in being added to our guide.

What's The Research?

Results from the Annual National Youth Tobacco Survey

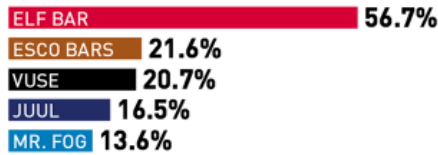
Among youth who reported current use of e-cigarettes:

More than **1 in 4**



use e-cigarettes daily

The most popular brands include disposable and cartridge-based products, and the most commonly reported products were:



Almost **9 out of 10**



use flavored e-cigarettes

Current Use

- 7.7% of students (2.13 million) reported current use of e-cigarettes
- 10.0% (1.56 million) high school students and 4.6% (550,000) middle school students reported current use of e-cigarettes

Frequency of Use

- More than 1 in 4 (25.2%) of current youth e-cigarette users use an e-cigarette product every day
- More than 1 in 3 (34.7%) youth e-cigarette users report using e-cigarettes at least 20 of the last 30 day

Flavored E-Cigarette Use

- Almost 9 out of 10 current e-cigarette users (89.4%) used flavored e-cigarettes, with fruit flavors being the most popular, followed by candy, desserts, or other sweets; mint; and menthol
- Over half (57.9%) of students currently using e-cigarettes reported using flavors with “ice” or “iced” in the name

Type of Device

- The most commonly used device among current e-cigarette users was disposables (60.7%), followed by prefilled/refillable pods or cartridges (16.1%)

Commonly Used Brands

- The most commonly reported brands reported among current e-cigarette users were: Elf Bar (56.7%), Esco Bars (21.6%), Vuse (20.7%), JUUL (16.5%), and Mr. Fog (13.6%)

[Learn More](#)

Selected Resource

ADDRESSING TOBACCO USE IN THE BEHAVIORAL HEALTH POPULATION



1 IN 3

adults with a **behavioral health diagnosis** are currently **using tobacco**.



3 IN 5

adults with a **substance use disorder** are currently **using tobacco**.



People with a behavioral health or substance use disorder will die, on average, **5 years earlier** than those without these diagnoses.

OVER HALF

of all deaths among people with behavioral health or substance use disorders were a result of **tobacco-related causes**. This is **2x** the rate found in the general public.



Surveys of individuals in substance use disorder treatment show that **over half are interested in quitting** their tobacco use.

25%

Treating tobacco use of clients **improved** their alcohol and other substance use **recovery success outcomes** by an average of 25%.

Behavioral health organizations play a key role in supporting those living with mental illness or substance use disorders by:

- Creating a tobacco-free policy
- Referring those who are quitting to evidence-based treatment such as the Maine QuitLink.
- Screening clients for tobacco use



Learn more at CTIMaine.org/Behavioral-Health

[Access CTI's Materials Database Here](#)

ctimaine.org

The MaineHealth Center for Tobacco Independence (CTI) Tobacco Treatment Training and Education Program

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