

Tobacco Free
for
Recovery

NATIONAL MENTAL HEALTH PARTNERSHIP FOR WELLNESS & SMOKING CESSATION

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Issue 9

RX FOR CHANGE

The Long-Awaited Curriculum Is Here!

We are pleased to announce that **RX FOR CHANGE: WELLNESS**, a new tobacco cessation curriculum for peer counselors is now available online at <http://rxforchange.ucsf.edu>. Thanks to the Partnership's emphasis on the value of consumer-driven education and health promotion, this peer counselor- mental health curriculum was designed with consumers and staff in mind.



With input from consumers, mental health professionals, advocates, and leaders, this 3-hour curriculum entitled *Tobacco-Free for Recovery: Assisting Mental Health Consumers with Tobacco Cessation* was created to equip mental health peer counselors with the necessary knowledge and skills to assist and support other mental health consumers with quitting smoking. A smoke-free lifestyle is viewed as a vital element on the path toward wellness and recovery.

Visit <http://rxforchange.ucsf.edu> and log-in to find free PowerPoint slides, audience handouts, and correspondence video segments that are relevant to the mental health peer counselor curriculum. Another *Rx for Change* curriculum coming soon is *Rx for Change: Psychiatry*. Dr. Jodi Prochaska and colleagues at the University of California,

San Francisco, have created a 4-hour curriculum that is specific to psychiatry and has shown very promising results in changing the knowledge, attitudes, confidence, and clinical practices of psychiatry residents in treating tobacco use and dependence in their patients.

Rx for Change: Clinician-Assisted Tobacco Cessation, which draws heavily from the [Clinical Practice Guideline for Treating Tobacco Use and Dependence](#), is a comprehensive, turn-key program for training students and licensed clinicians in virtually any health professional field. All materials have been externally reviewed and are updated continuously to reflect current science for the treatment of tobacco use and dependence. For more information contact Reason Reyes at Reason.Reyes@ucsf.edu.



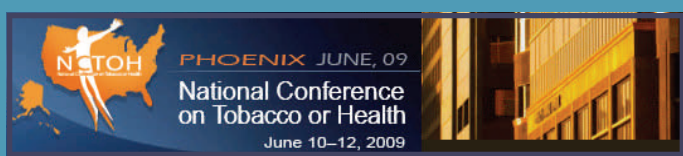
The Great American Smokeout is November 20

What Will You Do to Mark the Occasion?

This month the American Cancer Society marks the 32nd annual Great American Smokeout (GASO). Nationally recognized as a platform to educate the public on the dangers associated with tobacco use, GASO encourages smokers to quit for a lifetime by starting with just one day. The Partnership encourages each of *you* to get involved. Include a mention of GASO in your next newsletter, post a link to GASO on your website, and or take the occasion to encourage someone you know to quit smoking! Ads in PDF format are available for all to download at http://acsf2f.com/gaso/pressroom_psa.html. For more ideas and information about how to get involved in the Great American Smokeout or to learn about tobacco cessation strategies, call 1-800-ACS-2345 or visit <http://acsf2f.com/gaso/index.html>.

CALL FOR ABSTRACTS!

National Conference on Tobacco or Health (NCTOH)



NCTOH is accepting abstracts online for presentation at the 2009 National Conference on Tobacco or Health, June 10–12, in Phoenix, AZ! Submission deadline is Friday, November 14, 2008. The purpose of the National Conference on Tobacco or Health is to

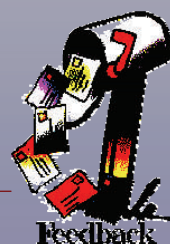
improve and sustain the effectiveness and reach of tobacco control programs and activities in the United States. **This is a perfect opportunity to share all the progress we are making with tobacco cessation in the behavioral health field.** Whether you are a student, program manager, researcher, or seasoned advocate; or whether you work at the local, state, or national level, the 2009 National Conference welcomes your abstract submissions. For details visit: http://www.tobaccocontrolconference.org/2009/Call_Abstracts.html

Mental Health America (MHA)

MHA is accepting proposals for the Centennial Conference, "Celebrating the Legacy, Forging the Future." June 10-13, 2009, Washington D.C. **Presentation submissions are due November 28, 2008.** [Download the Call for Presentations \(PDF\)](#) The conference brings together advocates, educators, researchers, business and community leaders, and health professionals from across the country to explore cutting-edge information and disseminate innovative and effective strategies and initiatives relevant to mental health and wellness. For more Information on MHA or the conference contact Danielle Fritze at dfritze@mentalhealthamerica.net or visit <http://www.nmha.org>.



Please continue to [send in your updates](#) (i.e. newsletter articles, provider trainings, presentations, etc.). We will collect all the information, send out regular updates, and continue to update and post information on our website. Thank you!



Questions or comments? Email us at csaucedo@medicine.ucsf.edu.