



Features

Idaho Becomes 24th Leadership Academy State

Release the balloons! The Gem State has completed a statewide summit to become the 24th SAMHSA leadership academy state committed to reducing tobacco prevalence among individuals with behavioral health conditions. Accepting proxy measures for both mental health and substance abuse, summit attendees pledged to lower the smoking prevalence of both groups by 10 percentage points each, equating to **nearly 35,000 Idahoans** who smoke.

There actually *were* hot air balloons in the skies over Boise for the kick-off of the 31st annual Spirit of Boise, and as for the spirit of the summit, recognition was a common theme in most speakers' presentations. From **Cas Adams'** opening land acknowledgment, encouraging participants to recognize the often unnoticed contributions that the land, its plants and animals make to our quality of life, to **Jason Coombs**, who, in his Call to Action address reminded participants how much change is required in recovery and what a monumental shift it is for someone to quit using commercial tobacco products, the emphasis was on celebrating each step that leads to something better. Similarly on the second day, Cas reminded attendees that there are many things that affect an



individual's access to health and wellness, so that even "little things" can have a big effect. The group heard from **Shawna Forsmann**, a peer speaker, who asked everyone to picture a target and noted that, yes, the center is important, but every ring leading to it is a layer of support-- "like arms wrapped around you." She was met with significant support from the audience including former smoker, **Chris**, who noted that he still wants a cigarette sometimes, but reminds himself that he's just "a puff away from a pack a day." There is power in little things. Finally, confirming that the group is on the right track, the closing speaker **Teresa I. Shackelford**, commended the planning committee and conveyed her gratitude for the summit, recognizing that "this issue often doesn't get enough attention" and expressed her excitement about seeing how quickly and effectively this group can make meaningful change across Idaho.

[Read more about Leadership Academy states](#)

[Access webinars presented by other Academy states, most recently New York and North Carolina](#)

Learning Opportunities



Back to School Collections

It's that time of the year again! SCLC is offering **FREE CMEs** when you go...back to school!

- **Collection C:** This Collection of recorded webinars from SCLC includes 11 webinars, for a total of 11.5 CE credits. Topics include the stigma of smoking, the homeless population and tobacco use, assisting clients to quit smoking, taking campuses tobacco-free, the harms of menthol, leveraging quitlines to help behavioral health patients quit, smoke-free public housing, systems change, adding tobacco cessation services to treatment plans, tobacco and cancer research, and re-framing tobacco in the behavioral health population. [Read more and register for this collection](#)
- **Collection D:** This Collection of recorded webinars from SCLC includes seven webinars, for a total of 12.0 CE credits. Topics include COVID-19 and the effects of tobacco use, I COVID Quit - personal stories, IQOS, digital cessation, recovery-oriented tobacco interventions in addiction services, tobacco cessation with adult inpatient psychiatric clients, and e-cigarettes and smoking cessation. [Read more and register for this collection](#)

Please use the **discount code SAMHSA23** to waive the registration fee.

Physicians, Pharmacists, Nurse Practitioners, Psychologists, LMFTs, LCSWs, Addiction Counselors and more!

Questions? Contact Jennifer Matekuare, SCLC Operations Manager, at jennifer.matekuare@ucsf.edu or call toll-free (877) 509-3786.

[Register Here](#)

Upcoming ASAM Webinar

September is [National Recovery Month](#). Did you know that

smoking cessation doesn't detract from but actually enhances an individual's recovery and [improves](#) the likelihood of long-term sobriety by up to 25%?

You are invited to attend “**Tobacco Cessation During Addiction Treatment**” hosted by the **American Society of Addiction Medicine (ASAM)** on **Wednesday, Sept. 28 from 2:30 pm – 4:45 pm ET**.

**RECOVERY
IS
SUPPORTED
BY PEERS
AND ALLIES.**

This is a highly interactive workshop that will focus on the importance of integrating tobacco cessation treatment either simultaneously or sequentially during addiction treatment. Learners will explore how to provide effective nicotine withdrawal management when patients are admitted to withdrawal management and intensive inpatient centers.

The skills include assessing levels of dependence, matching evidence based pharmacological and behavioral support to help patients achieve lasting remission without compromising their recovery journey and possibly enhancing recovery. Special focus on the integration in ambulatory OAT programs will be explored.

[Register Here](#)

Resources

- [Order FREE Quit Cards](#) 85% percent of groups who purchased it found that the card helped streamline their organization’s ability to provide tobacco cessation assistance to patients, and 80% said it has increased the number of patients in their organization who receive advice on quitting.
- Have you seen our new Tobacco-Free Toolkit? [Download](#) it on our website under Behavioral Health-Toolkits
- [Visit TobaccoFreeRecovery.org](#) for more resources, including materials created by Leadership Academy States

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