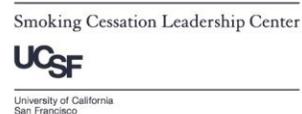


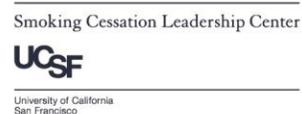
Smoke-free Public Housing: HELPING SMOKERS QUIT

Didactic Topic	Didactic Content/Objectives	Didactic Presenter	Collaborative Action Plan Progress Report	Date
ABCs of Tobacco	Learn more about the background of the tobacco industry to better understand how the tobacco epidemic emerged, as well as more about the ingredients of tobacco smoke and how smoking causes harm.	Dr. Steve Schroeder	N/A	1/22/19
ABCs of Tobacco	Understand the benefits of quitting smoking. This session will review tobacco control policies that reduce smoking rates. This includes taxation, smoke-free ordinances, counter-marking and cessation.	Dr. Steve Schroeder	CA	2/5/19
Epidemiology of Smoking	Smoking rates are at a modern low, and those who continue to smoke are smoking fewer cigarettes than they did in the past. However, smoking has become concentrated among vulnerable populations. This session will examine the prevalence rates among these groups, including those with mental health and substance use disorders, and other vulnerable populations (homeless, incarcerated, LGBTQ).	Dr. Steve Schroeder	FL	2/19/19
Smoking Cessation Interventions: The 5As	The classic approach to smoking cessation, this session will look at clinicians performing the 5As: <ul style="list-style-type: none"> • Ask about smoking • Advise about quitting • Assess readiness to quit • Assist in quitting • Arrange follow-up 	Dr. Steve Schroeder	KY	3/5/19
Smoking Cessation Interventions: Overview of the Services, Treatment, and Effectiveness of Telephone Quitlines	Learn more about the services and treatment offered by quitlines, how they can be used to effectively help smokers quit and how they partner with community and clinical organizations.	Linda Bailey, JD, MHS	MO	3/19/19
Smoking Cessation Interventions: Counseling/ Motivational Interviewing	Counseling smokers about how to quit is an essential part of smoking cessation. This session will provide key counseling pointers, including how to motivate smokers who are hesitant about quitting and special populations.	Frank Vitale, M.A.	PA	4/2/19
Smoking Cessation Interventions: Pharmacotherapy/ 7 FDA-approved medications	Solid evidence shows the chances of quitting smoking are greatly improved by combining counseling with smoking cessation medications. We'll review the 7 FDA-approved medications that help smokers quit, including how to use them and potential side effects.	Karen Hudmon, DrPH, MS, RPH, and Robin Corelli, PharmD	SC	4/16/19



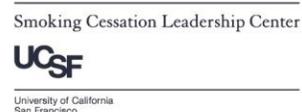
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Special Topics: E-cigarettes and Vaping	Several alternative nicotine products, such as e-cigarettes, have recently emerged. This session will discuss the controversy over the use of these products concerning whether or not they are harmful, whether or not they help smokers quit, and whether or not they are dangerous for young people.	Cliff Douglas, JD	CA	4/30/19
Vulnerable Populations: Behavioral Health	This session will highlight the smoking disparity among those with behavioral health conditions, the difficulty of getting inpatient treatment settings to focus on cessation, evidence-based cessation practices tailored to this population, and health and recovery outcomes related to quitting.	Amy Skora	FL	5/14/19
Vulnerable Populations: Who's Still Smoking	Despite the overall substantial decrease in the prevalence of cigarette smoking in the United States in the last 50 years, there remain persistent disparities in cigarette smoking prevalence and secondhand smoke exposure among certain groups, including individuals in lower education and/or socioeconomic groups; from certain racial/ethnic groups; in the lesbian, gay, bisexual, and transgender community; with mental illness; and in the military, particularly among those in the lowest pay grades.	Jeffrey Drope, PhD	KY	5/28/19
Special Topics: Effective Messaging to Current Smokers	Most smokers understand that smoking is bad for them, but many are resistant to quitting. This session will examine which messages work – and which don't – to motivate smokers to try to quit.	Robin Scala, Office on Smoking and Health, CDC	MO	6/11/19
Special Topics: Plan Effective Cessation Events/Great American Smokeout	Get tips and tools to make your cessation events, including the Great American Smokeout, inviting for those who are considering quitting smoking and their loved ones.	Tonya Phillips, ACS	PA	6/25/19
Special Topics: Reimbursement and Billing	Smoking cessation counseling is a billable activity for most health insurers, including Medicaid programs. Learn how to ensure everything is captured and discuss coding.	Anne DiGiulio, American Lung Association	SC	7/9/19



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Systems Change/Workflow: Establishing Formal Referral Programs with Quitlines, CHCs, and PHAs	Learn how quitlines can collaborate with CHCs and PHAs to connect residents to tobacco cessation resources and enable secure information exchange and coordination of services.	Linda Bailey, JD, MHS	CA	7/23/19
Special Topics: How Quitting Improves Wellness	This session will discuss the many important benefits of quitting smoking, including health and wellness, eased financial burdens, potentially more affordable insurance, and more.	Dr. Rich Wender	FL	8/6/19
Special Topics: Legal/Resident Concerns with the Smoke-free Rule	Explore some of the legal questions around the smoke-free rule so you're better able to answer patient and resident inquiries and issues with compliance.	Deborah Thrope, JD	KY	8/20/19
Special Topics: Second- and Third-Hand Smoke	Nonsmokers can be injured by exposure to the smoke exhaled by smokers. This session will examine the effects of exposure to nonsmokers, both through breathing second-hand smoke and through third-hand smoking involving the smoke residues that accumulate on carpets, furniture, curtains, and other environmental objects.	Jonathan Winickoff, MD	MO	9/3/19
Smoke-free Policies	This session will give a refresher on the HUD smoke-free rule and examine where smoke-free policies are heading.	Cliff Douglas, JD	PA	9/17/19
Special Topics: Helping Staff Quit Smoking	Many staff at community health centers and housing projects smoke themselves. Experience has shown that helping staff to quit smoking is an important component of smoking cessation programs. This session will review ways to help staff either quit or refrain from smoking while on the job.	Frank Vitale, M.A.	SC	10/1/19
Systems Change/Workflow: Building Connections Between CHCs, PHAs, and Quitlines	Quitlines, health centers, and housing authorities all have an interest in smoking cessation. However, each group has its own procedures and cultures. This session seeks to better connect these organizations to help smokers quit.	Linda Bailey, JD, MHS	CA	10/15/19
Special Topics: Harm Reduction	Harm reduction refers to switching from combustible tobacco products, like cigarettes, to less harmful products. This session will look at harm reduction in depth.	Cliff Douglas, JD	FL	10/29/19



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Special Topics: Current Landscape of Cessation Efforts in Behavioral Health	This session explores considerations around smokers who have mental illness and/or substance use disorders. Previously, smoking was thought to be less important to address than other conditions, and sometimes even considered to be a part of the treatment itself. Current research indicates that quitting smoking not only improves overall health but is an important component of improving mental health and reducing the risk of substance abuse.	Frank Vitale, M.A.	KY	11/12/19
Systems Change/Workflow: Office Champions	Smoking cessation activities are greatly enhanced when there is a project champion in the office. This session will review how to select such champions, outline their functions, and describe how they can be supported.	Amy Skora	MO	12/3/19
Special Topics: Help with Relapses	Most smokers attempt to quit many times before they're successful. This can be demotivating. This session will review the evidence about smoking relapses, how to address those smokers, and ways to help them quit again.	Frank Vitale, M.A.	PA	12/17/19
Wrap Up			SC	1/7/19
Wrap Up				1/21/19

