

# Maryland TCRC's 17<sup>th</sup> Annual Best Practices Conference

**January 25, 2023**

# MDQUIT & TCRC Conferences – Topics

cessation  
This Free Life

anxiety and smoking  
tailoring tobacco treatment

tobacco cessation products & services  
electronic nicotine delivery systems  
banning menthol public health & regulatory challenges  
youth engagement changing culture around tobacco use  
smokeless tobacco tobacco prevention in Maryland schools  
cessation in behavioral health settings  
tobacco legislation Prevention  
strategies for inpatients and outpatients  
e-cigarettes trends among middle and high school youth  
engaging youth in education

African American smokers  
regulation of tobacco products  
smoking & severe mental illness  
managing stress and anxiety  
reaching LGBTQ+ smokers  
nicotine replacement therapy  
local health department initiatives  
tobacco dependence treatment  
public education campaigns

youth prevention & cessation  
vaping prevention best practices

trauma-informed approaches  
youth use and appeal of e-cigarettes  
Maryland Tobacco Quitline

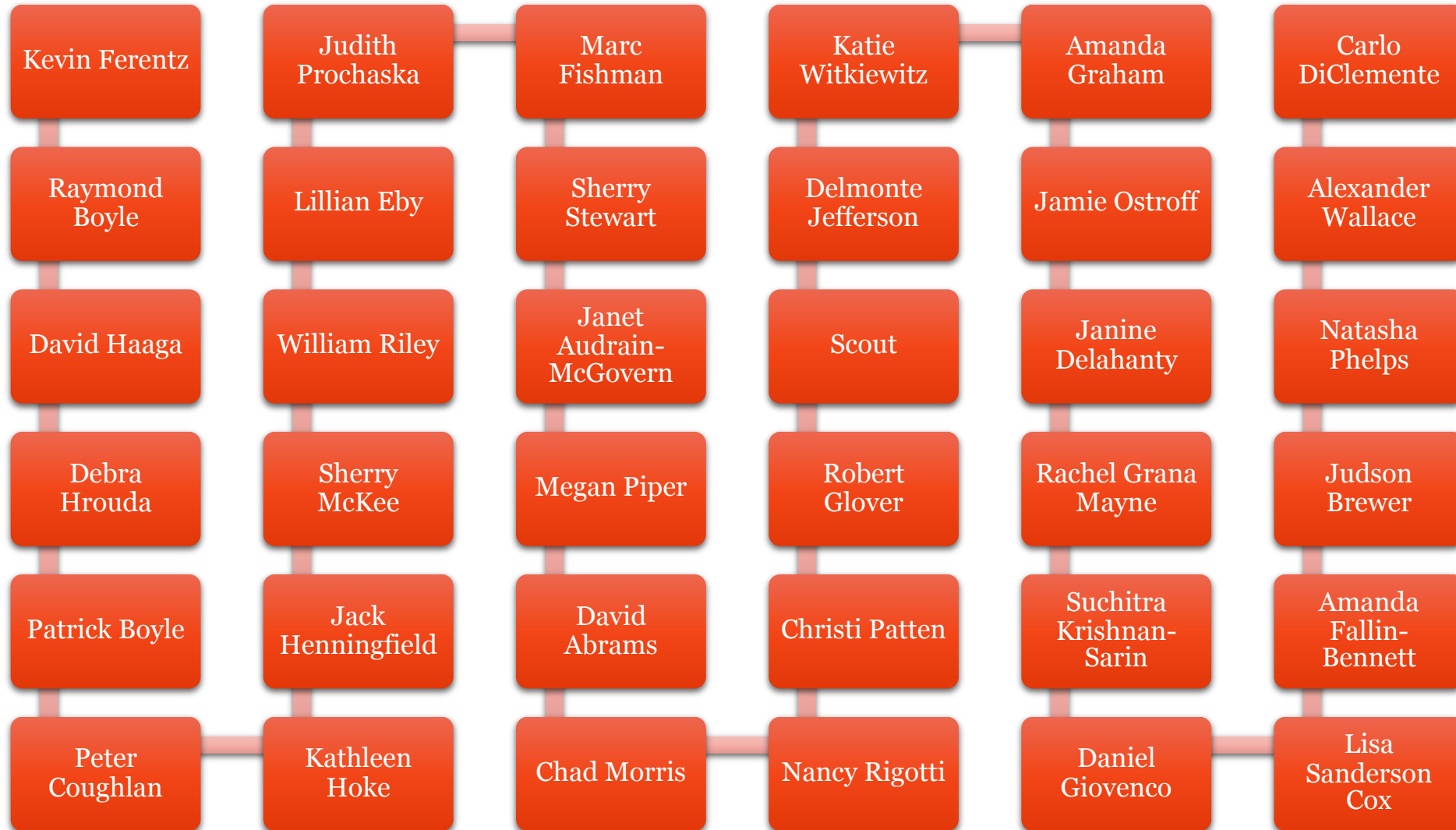
tobacco landscape maximizing what you can do with fewer resources  
themes in tobacco use e-cigarettes, COVID-19, and behavioral health  
increasing consumer demand for smoking cessation  
LGBTQ+ tobacco use  
cessation in LGBTQ+ policy approaches to prevent initiation in youth  
depression and smoking engaging youth in policy change initiatives  
tobacco use smokers living with serious mental illness  
tobacco & alcohol use continuing challenges in tobacco control  
leveraging technology statewide initiatives  
skillssets for family members and friends

emerging tobacco products  
tobacco treatment in cancer care  
tobacco prevention in Maryland communities leveraging social support  
pregnancy & tobacco cessation help (PATCH) peer mentors & cessation targeted advertising  
alcohol, nicotine, and substance use disorders successes and challenges in tobacco use  
smoking cessation: a report of the surgeon general treating anxiety sensitivity  
Quitline evaluations smoking cessation in mental health vaping among youth  
challenges and barriers in behavioral health smoking pharmacological options  
engaging underserved smokers in tobacco treatment national lessons learned  
cessation services for African American smokers treating light smokers  
community-based health system and social service agency partnerships FDA regulations

disparities in tobacco use  
youth cessation programs  
novel targets for prevention  
promoting smoking cessation  
motivational enhancement  
evolving tobacco marketplace  
tobacco control in Maryland  
black health without menthol  
nicotine & the adolescent brain  
navigating medication options  
quit journeys: stories of success  
enforcing smoke-free policies  
engaging smokers in treatment  
pregnancy and second-hand smoke  
cancer prevention & screening  
childhood adversity & tobacco  
implementing smoke-free policies  
linking data, policy, and programs  
implementing smoking cessation  
best practices in medical settings  
legislative and policy impacts  
tobacco cessation in health care  
mindfulness-based interventions  
characterizing ENDS, flavors, and use  
tobacco awareness program for teens  
media relations best practices  
motivating smokers to seek treatment  
outreach to vulnerable populations  
disparities in advertising

# MDQUIT & TCRC Conferences – Keynote Presenters

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# Healthy People 2030 Goals

## ADULTS

**Reduce current tobacco use in adults to 16.2%**

↓ from 21.3% in 2019 to 19.3% in 2021

**Reduce current cigarette smoking in adults to 5%**

↓ from 14.2% in 2019 to 11.7% in 2021

**Reduce current cigarette, cigar, and pipe smoking in adults**

↓ from 17.0% in 2019 to 14.8% in 2021

## ADOLESCENTS

**Reduce current tobacco use in adolescents to 11.3%**

↓ from 18.3% in 2018 to 11.3% in 2022

**Reduce current use of flavored tobacco products in adolescents who use tobacco to 59.2%** (*baseline: 77.5% of students in grades 6 -12 in 2020*)

- 80.2% of high school students in 2021
- 74.6% of middle school students in 2021

**Reduce current e-cigarette use in adolescents to 10.5%** (*baseline: 13.8% of students in grades 6 -12 in 2018*)

↓ from 19.6% in 2020 to 14.1% in 2022 among high school students

↓ from 4.7% in 2020 to 3.3 % in 2022 among middle school students

# Website & Online Trainings

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# Website

## MarylandTCRC.org

- TCRC Conference presentation materials
- *Items of Interest and Spotlights*
- Other Resources
  - Informational pages for providers
  - Informational pages about special populations
  - Peer recovery specialist videos
  - List of upcoming and archived webinars



# Online Trainings

- Fax to Assist Training
  - See F2A training page on our website for other training and referral options
- Tobacco Cessation Training for Medicaid Providers
- Behavioral Health Smoking Cessation Administrators and Staff Trainings

**Tobacco Cessation Trainings for Medicaid Providers**

**Having the right advice-giver is often as important as having the right advice**

As a healthcare provider, your words matter.  
Your patients trust you.  
Advise patients to quit with respect.  
They will listen.

Maryland TCRC has an online training aimed at enhancing healthcare providers' skills at reaching and intervening with Medicaid enrollees who use tobacco.

Access our online training and get started today!  
<https://HABITSLabTraining.litmos.com/self-signup/>  
Code: medicaid

MARYLAND TCRC

MDQuit has changed our name, but our mission as the new Maryland Tobacco Control Resource Center remains the same.

Maryland's 1-800 QUIT NOW  
1.800.784.8669 SmokingStopsHere.com

# Breaking the Habit in Behavioral Health (BH2) Initiatives

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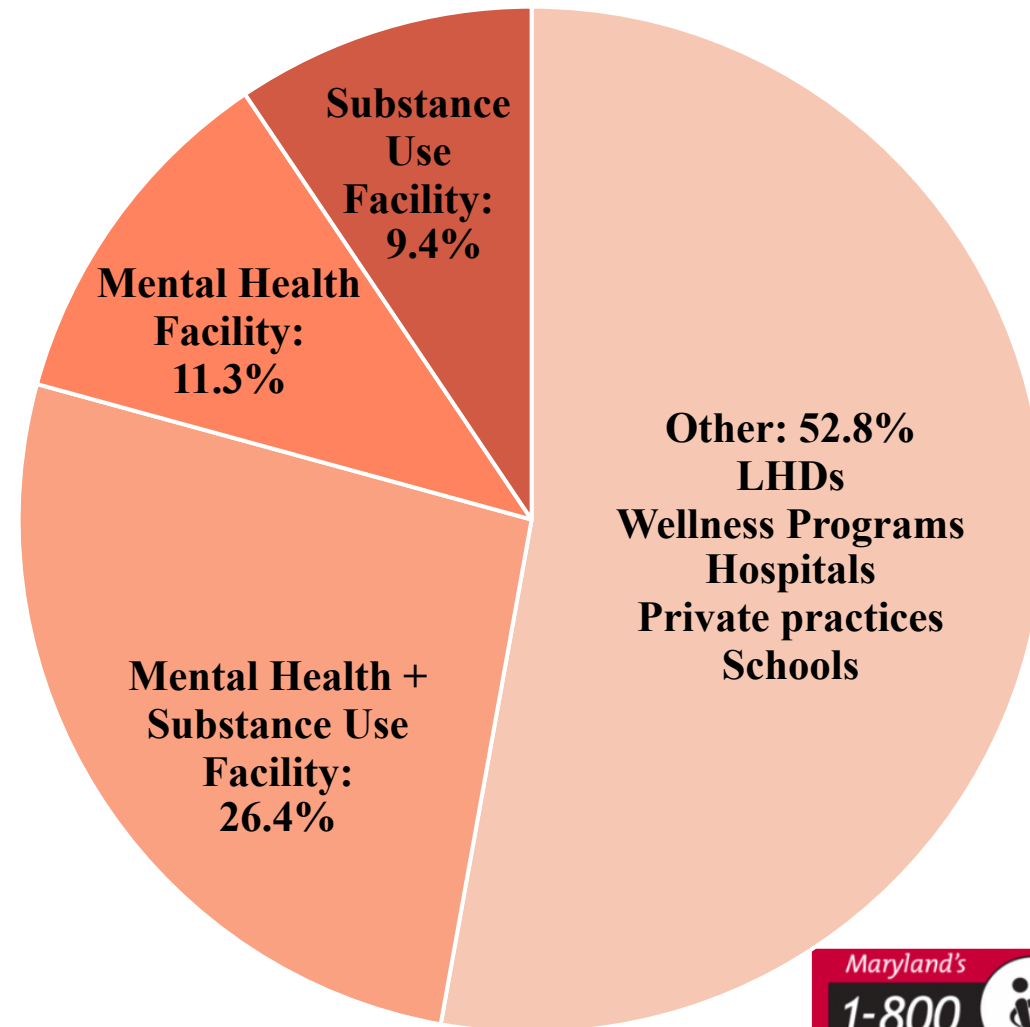
# BH2 Training Updates

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- Breaking the Habit in Behavioral Health (BH2) training dates in Spring, 2023
  - Registration information will be made available on our website*
  - Friday, March 3: single session
  - Tuesday, April 4: single session
  - Wednesday, May 31: multiple session
- Since the launch of BH2 trainings in 2014, TCRC has conducted 116 trainings and trained 1,593 individuals, including:
  - Behavioral health providers
  - Peer recovery specialists
  - Providers for substance using pregnant women
  - Various public health professionals
- We have also conducted trainings on site for agencies and providers (Helping Up Mission, Chrysalis House, Safe Harbor, etc.)

# BH2 Training Follow-up Survey

- Follow-up survey sent out to participants who attended BH2 trainings over the last two years
- Out of 106 follow-up survey respondents:



# Steps taken to implement smoking cessation interventions in the workplace after participating in training

Implementation Step	Percent
Talking with administrators	19.1
Training others to implement smoking cessation activities	11.4
Working with individual clients	49.5
Conducting group sessions	19.1
Using brief interventions	28.6
Working on smoke-free policies	3.81

## Other:

- Employees became F2A certified
- Disseminating training materials

# Host a Training!

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*Local Health Department tobacco coordinators and Behavioral Health Agency representatives can collaborate to host a training for providers!*

**INTERESTED IN HOSTING A TRAINING?**

Email us: [trainings@MarylandTCRC.org](mailto:trainings@MarylandTCRC.org)

# Other Initiatives

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# Stanford University Trainings Overview

Date	Topic	Audience	Attendees
February 18, 2021	General overview of the tobacco and cannabis toolkits	LHD & other tobacco control personnel	30
February 26, 2021	Teaching vaping and cannabis prevention remotely using the toolkits	School health educators and supervisors	25
December 7, 2022	You and Me, Together Vape-Free, e-cigarette prevention curriculum	School health supervisors and staff	35

# TPT Training for LHD & Tobacco Control Personnel

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- 90-min. virtual training conducted on February 18, 2021
- Topic: General overview of the tobacco and cannabis toolkits
- Attended by 30 LHD and other tobacco control personnel from 16 counties
- Responses to “how do you plan on using the TPT in your work” included:

Conducting small group lessons with youth in the community and training youth organization members

Encouraging community partners, schools, and coalitions to utilize the TPT in their work

Using the TPT website in youth tobacco cessation and education classes



# TPT Training for School Health Educators & Supervisors

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- 90-min. virtual training conducted on February 26, 2021
- Topic: Teaching vaping and cannabis prevention remotely using the toolkits
- Attended by 25 school health educators & supervisors from 16 counties
- Responses to “how do you plan on using the TPT in your work” included:

Using the TPT to support curriculum development for health education classes

Promoting the use of the toolkits by teachers in health education classes

Using the TPT Training Kahoot quiz to engage students in tobacco cessation discussions

# Stanford University Training: School Health

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- 1-hour virtual training conducted on December 7, 2022
- Topic: *You and Me, Together Vape-Free*, e-cigarette prevention curriculum
- Attended by 35 school health supervisors and staff
- Responses to “how do you plan on using the curriculum in your work” included:

Encouraging school nursing staff to utilize the curriculum in their work

Incorporating the curriculum into our ‘Life Skills’ training program at school

Sharing the curriculum with local school system and parents

# Pharmacy Workgroup

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- Initiated by TCRC to discuss relevant tobacco control efforts encouraged by our Advisory Board
  - Smoker access to tobacco cessation aids in pharmacies
  - Legislation that would enable pharmacists to prescribe NRT
- Workgroup includes faculty and students from the UMD School of Pharmacy, Legal Resource Center, and Center for Tobacco Prevention & Control (MDH)
- Seven meetings conducted so far:
  - January 17, 2021
  - March 11, 2021
  - June 10, 2021
  - July 30, 2021
  - October 7, 2021
  - January 4, 2022
  - July 21, 2022

Questions? Need Technical Assistance?  
**Contact Us!**

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