

## **Commercial Tobacco Cessation Supports**

As part of the planned revitalization of our Tobacco Program, Grey Bruce Public Health (GBPH) is looking to restart the Community of Practice (CoP) for Tobacco Cessation.

The purpose of this CoP is to build capacity of its members to offer cessation services, create supportive relationships across member organizations, support knowledge exchange, and provide training opportunities. Meetings will generally be held once per year and all updates/communications will take place via e-mail.

If you or your organization would like to be a part of this CoP, please register by calling the Tobacco Program at 519-376-9420 ext. 7 or emailing our Cessation Nurse, Kaila Radan, at [k.radan@publichealthgreybruce.on.ca](mailto:k.radan@publichealthgreybruce.on.ca).

### **RESOURCES FOR HCPs**

There are several resources available to Health Care Providers in Grey-Bruce who are looking to support patients with commercial tobacco cessation. These include:

- [Health Connect Ontario](#), which provides free, confidential phone support with a quit coach.
- [Smoker's Helpline](#), which offers support and information for help with quitting.
- [Talk Tobacco](#), which provides culturally tailored support and information on quitting for First Nations, Inuit, Metis, and urban Indigenous residents.
- [Lung Health Line](#) from the Lung Health Foundation, which has certified respiratory educators who offer free information and guidance on lung health and cessation counselling.

There are also a number of options available related to cessation medications. If your client is a member of a Family Health Team or Community Health Centre, they may have access to the [STOP Program](#), which offers Ontario residents up to 26 weeks of free nicotine replacement therapy (NRT). NRT includes nicotine patches, gum, lozenges, and more. [SOAHAC](#) is also able to offer this service to individuals who identify as First Nations, Inuit, and Metis, regardless of whether they are a rostered patient.

### **STOP PROGRAM**

Grey Bruce Public Health is also offering the STOP Program, which means that individuals who do not qualify for the above options can receive NRT through their local Health Unit free of charge. Please call 519-376-9420 ext. 7 to refer a client to the Tobacco Program.

### **ADDITIONAL SUPPORTS**

Finally, for those clients who are unable to access the above services:

- [Ottawa Model for Smoking Cessation Community Program](#) offers up to 6 weeks of free NRT in the mail.
- [STOP on the Net](#) offers up to 8 weeks of free NRT in the mail. (Note that once someone registers for STOP on the NET, they must wait 12 months before registering for the STOP program and vice versa)
- [OHIP+](#) provides help for prescription medications if you are aged 24 and under. (Champix/Zyban and generics – Nicotine Replacement Therapy is not explicitly covered).
- [Ontario Drug Benefit Program](#) covers some quit smoking prescription medications.
- [Non-Insured Health Benefits Program for First Nations and Inuit](#) will cover prescriptions for quitting medications for Indigenous clients.