



Addressing Caregiver Nicotine Use

Deborah Hudson Buckles,
RRT NCTTP

Program Director

IU Simon Comprehensive
Cancer Center

Tobacco Treatment Program

dhudson@iupui.edu

www.RethinkTobaccoIndiana.org

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Nothing to Disclose

Learning Objectives

- Discuss the impact a caregiver's nicotine use can have on adolescents
- Overview the CEASE program
- Identify recourses for caregiver's

Parents as role models

- It is well established that parental smoking is associated with adolescent smoking initiation and regular tobacco use.
- Adolescents with nicotine-dependent parents are susceptible to more intense smoking patterns, this risk increases with longer duration of exposure
- Cumulative exposure to parental smoking may be a clearer indicator of risk
- Parental smoking cessation early in their children's life is critical to prevent smoking in families.

UCSF Study Says Strict Household Rules Are Best Way to Prevent Tobacco Use

- 23,000 participants aged 12 to 17 years old
- Parents or guardians were substantially less likely to report knowing or suspecting that their child had used tobacco if the child used only e-cigarettes, non-cigarette combustible products or smokeless tobacco, compared to smoking cigarettes or using multiple tobacco products
- Teens/Tweens living in homes with strong household rules prohibiting tobacco use by all residents were 20-26% less likely to start using tobacco

Suggestions for parents:

- Don't smoke
- Create tobacco-free homes
- Establish strict rules against all tobacco use for all household members
- Have high-quality, clear communication with youth about not using tobacco

CLINICAL EFFORT AGAINST SECONDHAND SMOKE EXPOSURE (CEASE)



CEASE supports existing child healthcare systems to routinely assess and treat parental tobacco use at every clinical encounter through screening for tobacco use and exposure



Proactive referral to the free state Quitline and Smokefreetxt



Pharmacologic management of tobacco dependence (NRT patch and gum)



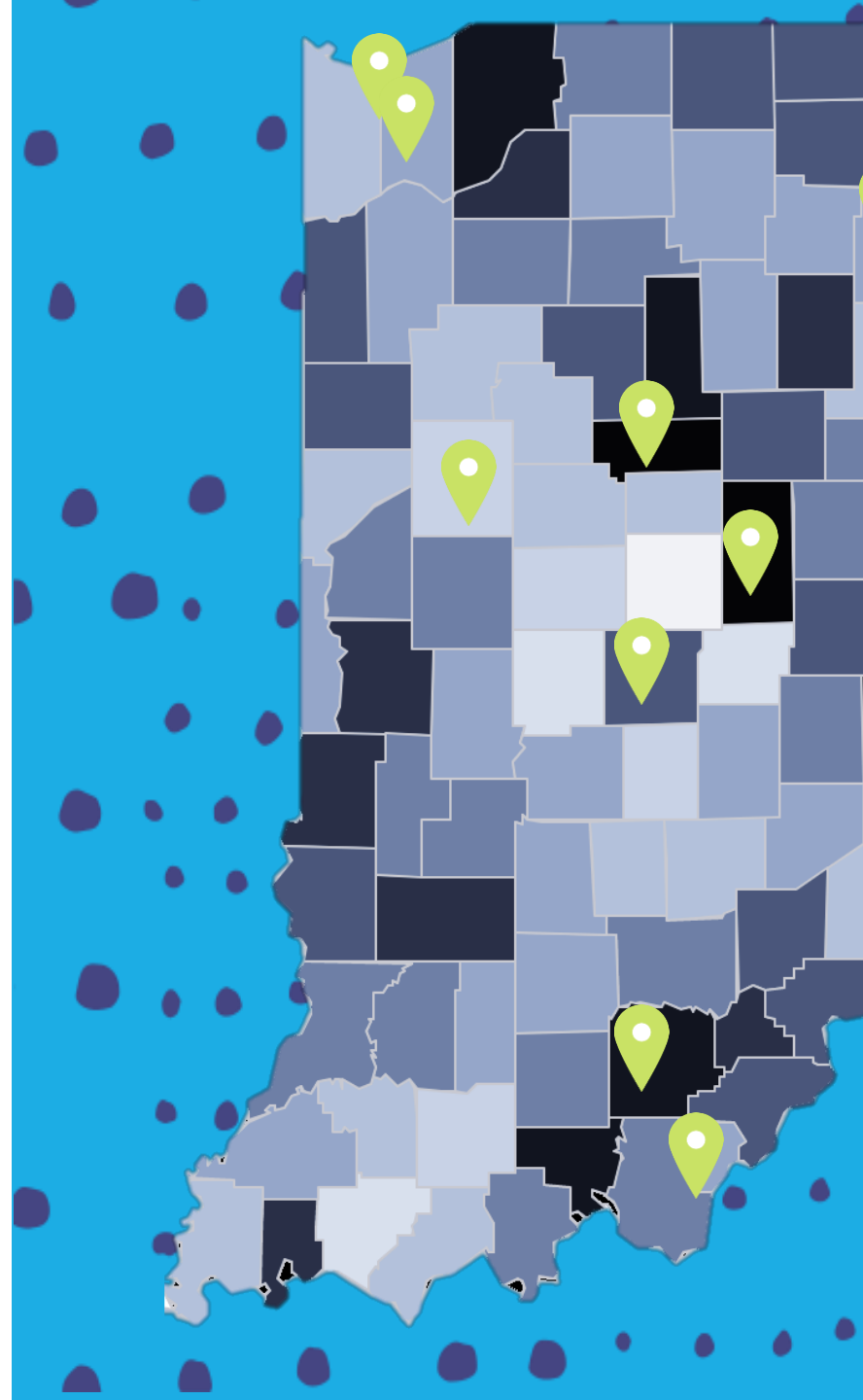
Follow-up with parents regarding their tobacco cessation using a disease registry



CEASE Practices

- IU Health Arnett
- Community Anderson Pediatrics
- Parkview
- Meadows Medical Center
- People's Healthnet
- All IN Pediatrics- 2 sites
- Associated Pediatricians- 2 sites
- Fort Wayne Pediatrics

For more information contact:
Lisa Wegner
lw@inaap.org



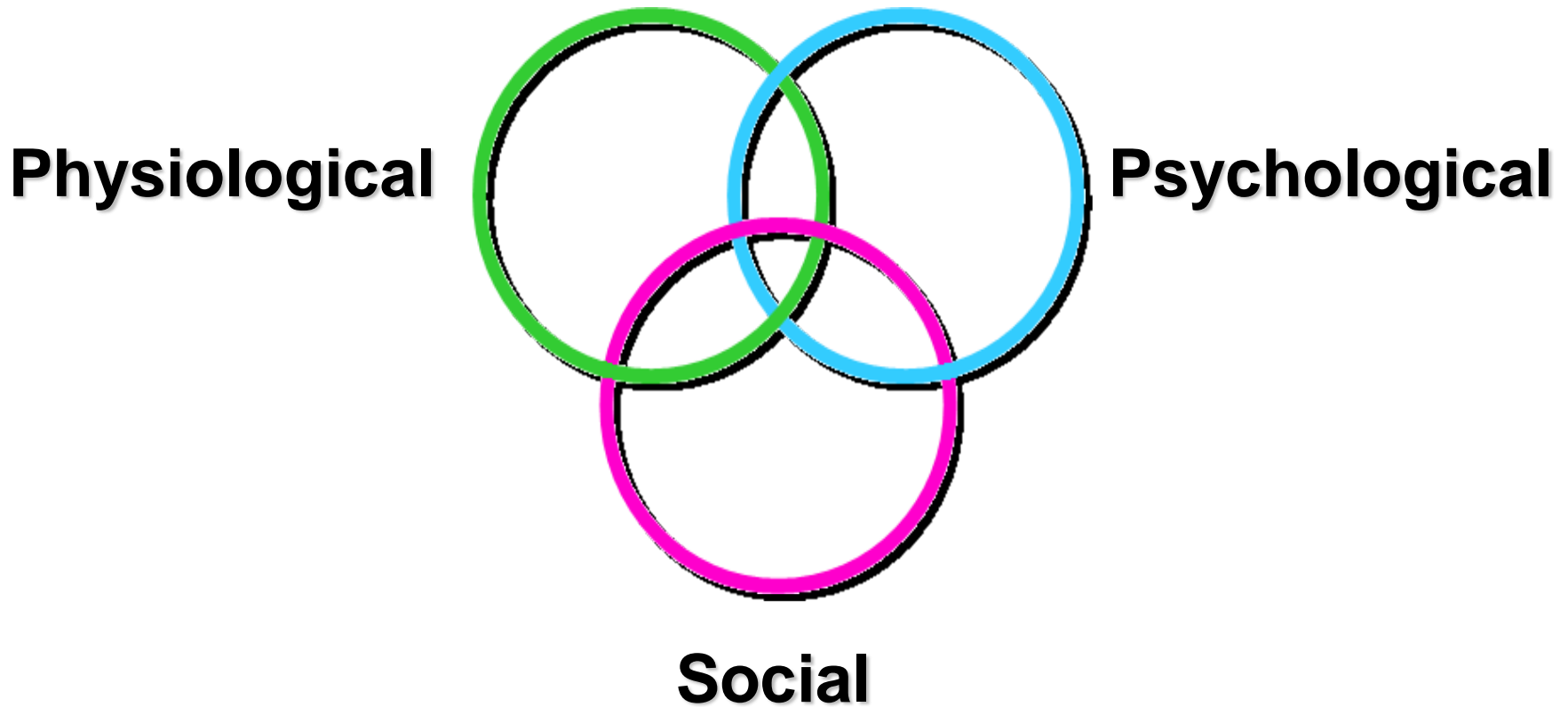


Resources for Caregivers

Intervening With A Tobacco or Nicotine User



The "Biopsychosocial" Model of Tobacco Dependence



Treatment should address each aspect of dependence.



**MAKE
SOME
TODAY**

**Quit Now Indiana
Indiana Tobacco**

The Indiana Quitline Program



QUIT COACH®

Specialized
Training



MEDICATION

Nicotine Gum, Patches
or Lozenges



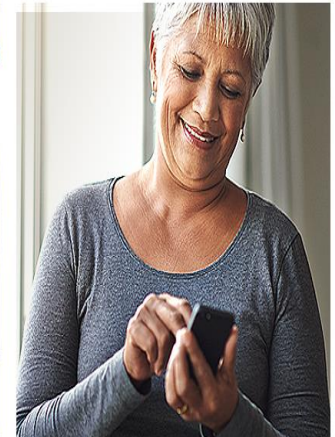
WEB COACH®

Fully
Integrated



QUIT GUIDES

Stage
Based



TEXT2QUIT®

Messages
and Tips

The Participant Experience

Registration

- Demographics collected
- Descriptions of service provided
- Ship stage-based Quit Guide
- Direct transfer to Quit Coach



Quit Guides

- Mail within 24 hours direct
- Stage-based materials
- Low literacy level
- Includes Ally Guide

Initial Intervention

- Tobacco use history
- Develop personal profile
- Develop Quit Plan
- Set Quit Date
- Decision support for medication



NRT/Medication

- Enrollment in Multiple Call Program
- Sent Directly to Eligible Participants

Follow Up Sessions

- Proactive session scheduled near quit date & after to prevent slips & relapse
- Medication use support
- Unlimited inbound support



End of Program Call

- Outbound call 7 months post-enrollment by non-quit coach to assess quit status and satisfaction with program

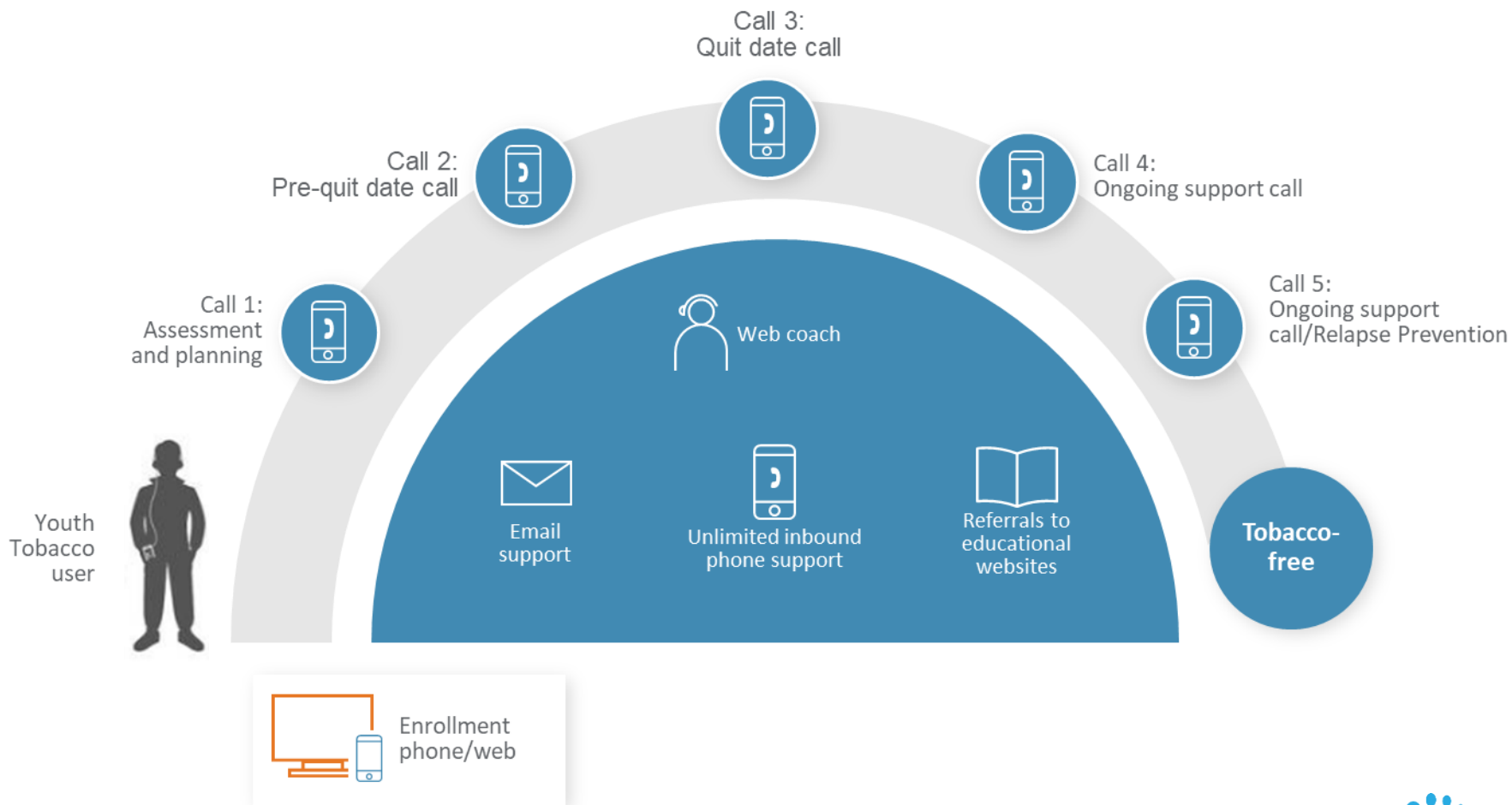
Programs by Population	PLUS the Follow
<u>4</u> Prearranged calls for Adults	<ul style="list-style-type: none"> ▪ Unlimited call-ins to the ITQL ▪ Text messages to connect with Quit Coach ▪ Access to online tools, videos, and educational www.QuitNowIndiana.com ▪ Two weeks of free nicotine replacement therapy (patch or lozenge), if eligible.
<u>5</u> Prearranged calls for Youth	
<u>10</u> Prearranged calls for Pregnant Women	
<u>7</u> Prearranged calls with Quit Coach for Behavioral Health consumers Quit Coaches have received additional training on mental illness and tobacco cessation.	<ul style="list-style-type: none"> ▪ Unlimited call-ins to the ITQL ▪ Text messages to connect with Quit Coach ▪ Access to online tools, videos, and educational www.QuitNowIndiana.com ▪ Free 12-week regimen of combination therapy ▪ Letter sent to provider informing of quit attempt

Programs by Population

Adult tobacco cessation program



Youth tobacco cessation program



Behavioral Health Program Eligibility

Question #1: *“Do you currently have any mental health conditions, such as:”*

- **Bi-Polar Disorder** – *automatically offered*
- **Schizophrenia** – *automatically offered*
- Drug or Alcohol Use Disorder (SUD)
- Generalized Anxiety Disorder
- Post Traumatic Stress Disorder (PTSD)
- Depression
- Attention Deficit Hyperactivity Disorder

Question 2: *“Do you think that your current health conditions or emotional state interfere with your ability to quit?”*

- If “yes”, then caller is offered enrollment



Beh
Hea
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pro

What is Individual Services?

New!
Effective
August 2020



Four stand-alone services:

Text2Quit + email messaging + materials + NRT starter kit with 1 follow-up call



Enrollment online or phone



Flexibility: Participants can pick any service they want and add more services at a later date through a dashboard



Intake data: Questions asked during enrollment differ from integrated and web only

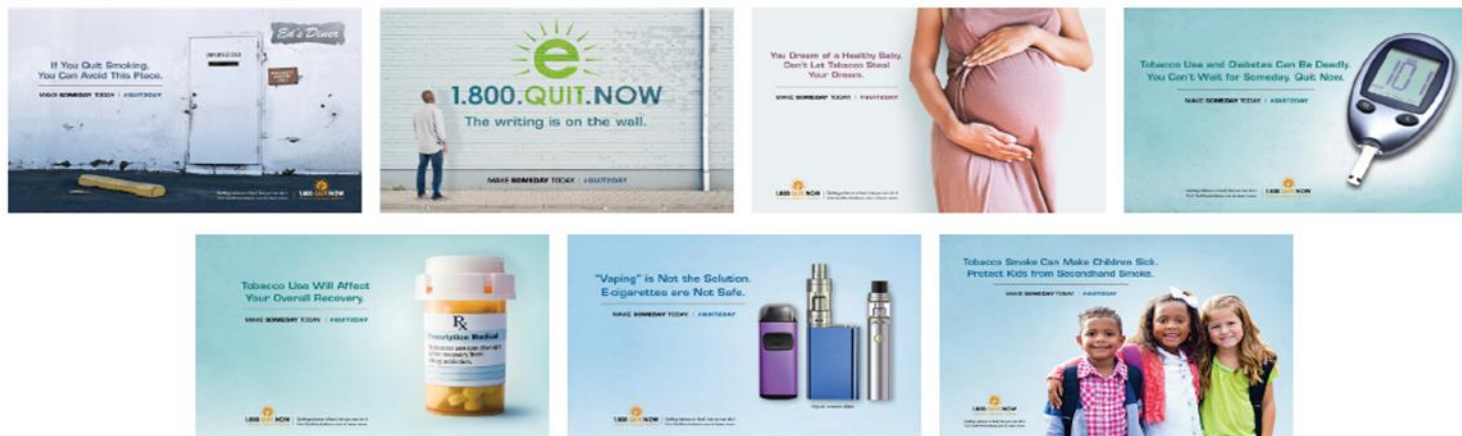


Goal: Reduce barriers, increase quit attempts, and increase reach

Free Promotional Materials Available



Make Someday Today Palm Cards



Make Someday Today Posters



QUESTIONS FOUND ON
QUITNOWINDIANA
WEBSITE UNDER THE
QUITAPEDIA TAB

Indiana To
Quitline (
FAQ



Digital Applications

Free Evidence-based Applications/Websites

- Common Features:
 - Track # of cigarettes not smoked
 - Challenge Tracker
 - Complete missions & earn badges
 - Track # of smoke free days
 - Track money saved
 - Record cravings
 - Charts to measure progress



- **Smoke Free**
- **Kwit**
- **quitSTART**
- **QuitGuide**
- **LIVESTRONG MyQuit Coach**
- **Smokefree.gov**

QUESTIONS



Contact Info



Debi Hudson Buckles, RRT, NCTTP

Program Director

dhudson@iupui.edu

317-278-3736

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