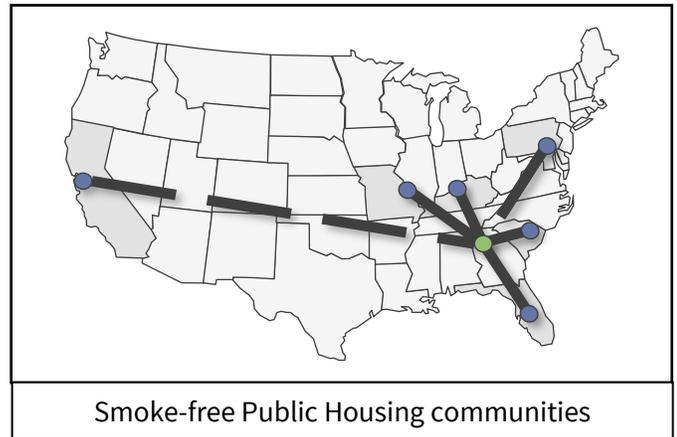


# Smoke-free Public Housing: HELPING SMOKERS QUIT

## Newsletter #3: Doing the Work

We're 6 months into our project work in 6 nationwide locations to support community health centers (CHCs), public housing agencies (PHAs), and state quitlines to better connect public housing residents to smoking cessation services to help them quit smoking for good. Since our [inaugural](#) and [second](#) newsletters, we've delved deeper into this two-tiered work: a) each community has begun local collaborative work to ensure public housing residents (and all other patients at their health center) know about and can access evidence-based tobacco cessation services; and b) our Smoke-free Public Housing [ECHO sessions](#) continue every 2 weeks with expert-led didactic presentations and case-based learning.

In the coming months we'll share early experiences and best practices (stay tuned for details). In the meantime, if you would like a high-level look at the project and what we've compiled thus far, please check out the [poster](#) and [related one-pager](#) we put together for the [metaECHO conference](#) in March. Visit [smokefreePHA.org](http://smokefreePHA.org) or contact [Becky Slemons](#) for more information.



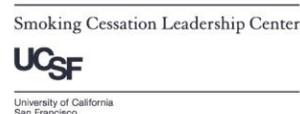
## Tailored Technical Assistance Available

Even if your organization isn't participating in this project, you can still have access to technical assistance to help your efforts in smoking cessation for residents of public housing. Options include:

- Joining the Smoking Cessation Leadership Center (SCLC)'s listserv, which includes invitations to webinars for free CE, announcements of new grant opportunities, and additional expert discussion regarding tobacco cessation nationwide
- Receiving the North American Quitline Consortium (NAQC)'s monthly eNewsletter for the latest information about quitlines and tobacco cessation practices
- Access to recorded case-based discussions and didactic presentations from Smoke-free Public Housing ECHO sessions
- Access to printed tobacco cessation resources for patients and clinicians
- Being among the first to access best practices for tobacco cessation in residents of public housing in Spring 2020
- Potential additional discussions with experts from SCLC for clinical consultation and/or NAQC to facilitate expedited quitline referral



For more information, contact [Becky Slemons](#).



# Smoke-free Public Housing: HELPING SMOKERS QUIT

## Resources/Upcoming Events

### Teleconference for PHA Staff and Other Interested Parties

Join the Smoking Cessation Leadership Center for a [Tobacco Free Policies and Interventions in Behavioral Health Care Settings webinar](#), Tuesday, June 18, at 2-3:30 pm E.T. Speakers include Chad D. Morris, PhD, Professor of Psychiatry, University of Colorado; and Timothy Stacey, LPC-S, Integrated Care Systems Program Manager, Integral Care. Webinar Objectives:

- Identify proven steps toward bringing your agency tobacco free
- Discuss how to effectively enforce a tobacco free grounds policy
- Describe how to implement tobacco cessation interventions into clinical practice.
- Identify and overcome common barriers experienced during tobacco free policy implementation

One hour of FREE credit can be earned for participants who join the LIVE session.

### One Year Later: Assessing the Implementation and Lessons Learned from Smoke Free Public Housing Workshop

Are you attending the [National Conference of Tobacco or Health \(NCTOH\)](#) August 27-29? Come a day early and join Live Smoke Free, NAQC, ACS, National Alliance of Resident Services in Affordable and Assisted Housing (NAR-SAAH), American Lung Association, National Housing Law Project, and Public Health Law Center for this ancillary workshop August 26, 9 a.m.-noon. (Continental breakfast will be provided.) This interactive session will provide a brief overview of HUD's Smoke-Free Rule, highlight national efforts currently underway to support PHA staff and residents with smoke-free implementation and cessation, feature a panel of stakeholders who will share lessons learned, and conclude with small group discussion. Attendees will leave being able to:

- Highlight the core components of the HUD Smoke-Free rule
- Explain strategies currently underway to motivate and support PHA staff and residents
- Describe how the rule is progressing from the perspective of stakeholders
- Identify resources to help encourage compliance and support cessation

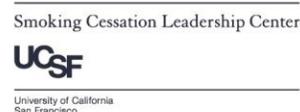
Made possible with a grant from the Robert Wood Johnson Foundation. [Registration is free but required.](#)

### Asian Smokers Quitline (ASQ) Launches Digital Quit Kits

To complement their printed materials, the [ASQ](#) has launched a digital quit kit in four Asian languages (Cantonese, Mandarin, Korean and Vietnamese). Shortly after [enrollment](#) is completed, smokers can access reading materials, customize their individual quitting plans through email, and read the materials anytime at any location. For family members or friends of smokers, ASQ has also made a digital version of "How to Help Someone Quit?" Anyone who wants to help others quit can forward the materials to their smoking friends or family members via email or other digital platforms. Print materials are still available, and ASQ will continue to mail self-help materials to patients, clients, or community members upon request.

### FREE NRT from CDC courtesy of the TIPS from Former Smokers Campaign

Patients can receive free NRT from the CDC as seen on TV ads during specified weeks of the [TIPS from Former Smokers campaign](#). The NRT promotion is currently scheduled to run the weeks of June 3, August 5, September 9, and September 23. The ads will include an offer for help getting free cessation medications if available from their state quitline and medically appropriate by calling 1-800-QUIT-NOW. The ads will run on national English-language cable and network TV on Monday through Thursday, 6 a.m.- 8 p.m.



# Smoke-free Public Housing: HELPING SMOKERS QUIT

## CDC Flyer for Multi-unit Housing Managers and Residents Now Available

CDC's Office on Smoking and Health has developed a cessation resource flyer for Multi-unit Housing Managers and Residents. The flyer – in [English](#) and [Spanish](#) – encourages residents to use smoke-free housing policies as an opportunity to quit smoking. It highlights the following messages:

- The dangers of secondhand smoke and the importance of protecting non-smoking family members, friends and neighbors.
- The benefits of quitting smoking.
- How residents can easily access FREE resources to help quit smoking.

This flyer is a good resource to share with public housing and property managers, asking them to print and hang them in the common areas of their properties. The flyer can also be shared as a handout at meetings, as an insert in newsletters, or included in other communications with residents and staff. The flyer is designed to print on 8 ½ x 11” paper in either color or black and white. It is available online on the CDC *Tips From Former Smokers*® website on the Partner webpage for [Organizations Serving Public Housing Residents](#), along with many other resources we encourage you to explore.

## Tools and Resources for PHA Enforcement of Smoke-free Housing

Clean Air for All recently released their new [Smoke-free Public Housing Compliance and Enforcement toolkit](#) to assist public housing agencies in promoting compliance and enforcement of a smoke-free housing policy.

## New One-Pager to Help Attorneys Location Cessation Services for Clients

Helping residents stay in compliance with the smoke-free rule helps improve health and health equity, but sometimes it's hard to know where to turn to find cessation services. A new Smoke-free Public Housing: Helping Smokers Quit [resource for attorneys working with public housing residents](#) is now available to help them know where to turn to find local cessation help for their clients.

## Other Helpful Information

- SCLC Center of Excellence for Tobacco-Free Recovery is offering FREE accredited webinar bundles to readers of this newsletter— the usual costs are \$45 for 1.5 CME/CE units. Earn up to 19.5 FREE CMEs! **Use code HUD20 to waive the fee.** Topics include engaging health professionals around cessation, state and community approaches to tobacco control, quitlines, behavioral health, cessation efforts in public housing community health centers, smokeless tobacco, online interventions for cessation, pharmacotherapy and tobacco harm reduction. It's online learning at your own pace. For more information and to register for a collection, [click here](#). To learn about upcoming webinars and future promotions, [sign up for the SCLC Communique](#).
- SCLC is also offering FREE Quit Now cards to help promote the national quitline service to smokers, family members, and providers. For clinicians, they provide an easy, fast, and effective way to refer smokers to the plethora of resources available to help smokers quit. [Order your FREE Quit Now cards](#) today.
- Looking for local cessation resources? Live Smoke Free of the Association for Nonsmokers-Minnesota has a [Global Directory of Smoke-Free Housing Programs](#) to assist those working on smoke-free housing worldwide to better connect with each other.

