

The Justice-Involved Tobacco Cessation Project
Q1 Newsletter: July 2017 - September 2017



Maricopa County
Department of Public Health



ARIZONA DEPARTMENT
OF HEALTH SERVICES



Announcing our first webinar:

**Tobacco Cessation:
Opportunities for
Maricopa County**

October 30

12:00 - 1:00 p.m.

More information below

A Note From The Maricopa County Department of Public Health

October 2, 2017

Welcome to the Justice-Involved Tobacco Cessation Newsletter! After our kickoff event last month, we received feedback that many of you would like to be kept up-to-date on what is going on with the project as we move forward. We also heard that you would like to learn more about programming and efforts in other jurisdictions to address tobacco cessation among those involved in the justice system.

We sincerely appreciate your interest and want to make sure that we get information out to you regularly in ways that are easily accessible to you. With our team at the University of Colorado's Behavioral Health and Wellness Program, we have created this newsletter which we plan to send out quarterly. We also will be hosting several webinars throughout the year to provide project updates and to present information about the programs that the University of Colorado offers to address tobacco cessation among those involved in the justice system. Additionally, our team is creating a website that will host archived newsletters and webinars as well as other information on the project.

We would love to hear from you! Please let us know if there is additional information that you would like to receive related to this project or if you have any feedback/questions as we move forward. You can reach me at TracyCruickshank@mail.maricopa.gov or at 602-526-0678.

We cannot thank you enough for all of your support in making the Justice-Involved Tobacco Cessation Project in Maricopa County happen. We could not do this without you.

Best wishes,
Tracy Cruickshank
Office of Healthcare Innovation
Maricopa County Department of Public Health

UPCOMING EVENTS

Tobacco Cessation: Opportunities for Maricopa County October 30, 12:00 p.m.

Link: <https://ucdenver.zoom.us/j/852542225>

As a follow-up to our project Kick-Off Meeting in August, the University of Colorado is going to offer a webinar that will cover opportunities for tobacco cessation for justice-involved individuals in Maricopa County. This webinar will:

- Expand on the evidence-base for tobacco cessation in justice-involved populations
- Review results from the *Maricopa County Staff Knowledge & Behavior Survey*
- Discuss opportunities identified during pilot site visits
- Provide an overview of the relevant tobacco programming offered by the University of Colorado
- Review project next-steps

The webinar will be presented live with an opportunity for questions and answers. In addition, a recorded version of the webinar will be made available to allow project partners to review the information at their convenience.

Please use [this link](#) to access the webinar at the designated date/time.

DIMENSIONS: Tobacco Free Advanced Techniques Training February/March 2018 - Date TBD

DIMENSIONS: Tobacco-Free Advanced Techniques is the first of a series of trainings that will be offered by the University of Colorado Behavioral Health and Wellness Program to promote successful tobacco cessation in Maricopa County. Tobacco-Free Advanced Techniques is an evidence-based, 1.5-day training that provides an overview of tobacco fundamentals, promoting health for priority populations (such as justice-involved individuals), motivational intervention, and facilitating the DIMENSIONS: Tobacco-Free Group.

The first day of the Tobacco-Free Advanced Techniques training focuses on understanding tobacco addiction, tobacco cessation strategies, and motivational intervention for tobacco cessation. The second, half-day of the training teaches trainees to facilitate the Tobacco-Free Group. Once individuals have completed the Tobacco-Free Advanced Techniques training, they are qualified to offer the DIMENSIONS: Tobacco-Free Group.

The **DIMENSIONS: Tobacco-Free Group** is a six-week, onsite group for tobacco cessation. The group curriculum

Project Website Coming Soon

The Justice-Involved Tobacco Cessation Project will be getting its own webpage. Make sure to check the website to access:

- Powerpoint slides from the Kick-Off Meeting
- Archived newsletters
- Project timelines
- Upcoming event information
- Important tools and resources

The webpage will be available in October, so stay tuned!

covers topics such as tobacco-free goals, change exercises, healthy living planning, what is in cigarette smoke, how tobacco harms you, triggers for tobacco use, and tobacco cessation medication.

DIMENSIONS: Tobacco-Free Advanced Techniques is a train-the-trainer model, so participants will be able to train others at their organization to facilitate the Tobacco-Free Group.

We encourage site supervisors to begin to consider which of your staff members should attend this training. We recommend that individuals who will be facilitating tobacco-free groups or who will be training others to facilitate tobacco-free groups attend this training.

More information will be available soon!

Keep an eye out for future newsletters to get project updates, partner profiles, overviews of recent research, and event announcements.