

OUTPACE Tobacco Newsletter

May 2025

Welcome Back to Our Quarterly Newsletter!

OUTPACE Tobacco (Opioid Use Treatment Programs Advancing Cessation Efforts) is a comprehensive and evidence-based tobacco-free workplace program partnering with opioid use treatment programs and centers in Texas. In this newsletter, you will find updates on our partner centers, an upcoming tobacco treatment specialist training, and more!

Partner Updates

Life's Second Chance Treatment Center

Life's Second Chance Treatment Center (LSCTC) is making great strides toward providing staff and patients with a healthier environment by finalizing its new tobacco-free policy. With the support of our dedicated Program Champion, Kisha Nelson, LSCTC is now working to set a launch date for their tobacco-free transition!



Our Health Education Specialist, Mikal Zere, and Program Coordinator, Kamira Glover, have been working closely with Kisha to establish a secure process for referring both patients and staff to the MD Anderson Quitline*. In February, Mikal provided LSCTC staff with a virtual tobacco dependence training to learn more about the harms of tobacco use and brief interventions to support patient quit attempts. In April, Kamira and Mikal teamed up to lead a hands-on training session for the LSCTC staff. The session offered a refresher on the resources available at LSCTC and guided team members through the process of referring patients, as well as self-referral options, to the MD Anderson Quitline for free tobacco cessation support.

We're excited to support LSCTC as they put these referrals into action!

*The MD Anderson Quitline is exclusively available to OUTPACE Tobacco partners. However, all Texans can receive free support to quit tobacco use from the [Texas Tobacco Quitline](#). Patients and staff who use tobacco can call 1-877-YES-QUIT (937-7848) to get started. Opioid treatment providers can make referrals for patients through [multiple options](#), including an online portal, fax, health record integration, or the "Texas Quitline" app, available on both iOS and Android.

North Texas Addiction Counseling and Education

North Texas Addiction Counseling and Education

(NTACE) is making impressive progress in supporting both staff and patients on their journey to becoming tobacco-free. Nearly one-third of NTACE staff have taken the important first step in their quit journeys by self-referring to the MD Anderson Quitline. To support staff in offering tobacco use cessation resources to their patients, our Program Coordinator, Kamira Glover, led a hands-on training session for the NTACE team in March. The session offered a helpful refresher on the resources available at NTACE and guided team members through the process of referring patients to the MD Anderson Quitline for free tobacco use cessation support. To further boost awareness, NTACE also received Quitline reminder cards, which are now displayed throughout the center and shared with patients—serving as a timely and encouraging prompt to take that next step toward quitting tobacco use.



Stay tuned for more updates on NTACE's efforts in our next newsletter!

Join MD Anderson's Tele-Mentoring Program, Project TEACH!

Project TEACH (Tobacco Education And Cessation in the Health System) is an ECHO (Extension for Community Healthcare Outcomes)-based tele-mentoring program facilitated by MD Anderson. The aim of this program is to provide tobacco use education, consultation, and treatment strategies to clinical providers and health professionals.

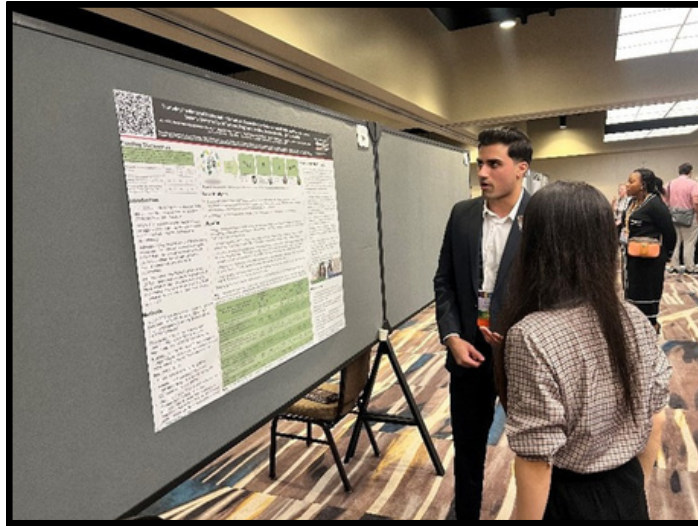
Sessions are held virtually twice per month on Tuesdays from 12pm-1pm CT. The meeting link is sent via email the week of each session.



To join the sessions, please email Echo-Tobacco@MDAnderson.org for registration details. Free Continuing Education and Tobacco Treatment Specialist credits are offered. Visit the Project TEACH website for more information.

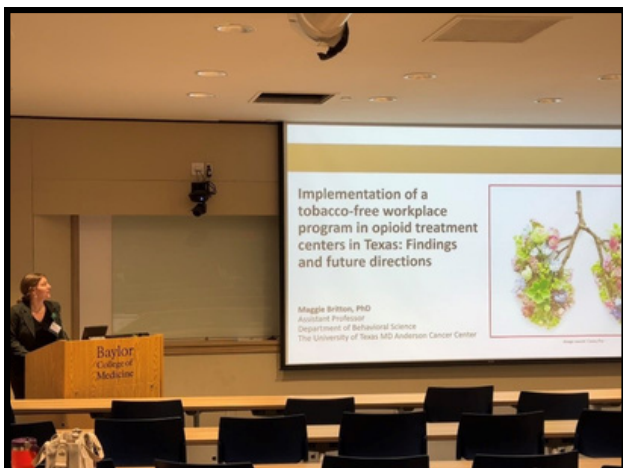
OUTPACE Tobacco Team Shares Work with Scientists and Treatment Professionals

Our Dissemination Coordinator, Asfand Moosa, recently presented at the 2025 Annual Meeting hosted by the Society for Research on Nicotine and Tobacco in New Orleans, Louisiana! He shared insights with scientists from across the country on how providers' beliefs about addressing tobacco use, their confidence in offering tobacco use cessation counseling, and their understanding of its role in opioid use care related to how acceptable, appropriate, and feasible it would be to implement OUTPACE Tobacco.



Pictured (from left to right): Health Education Specialist, Mikal Zere (left), and Dissemination Coordinator, Asfand Moosa (right) in front of the poster; Asfand talking with a conference attendee about our work (right).

Dr. Maggie Britton, our Co-Program Director, recently attended Baylor College of Medicine's 3rd Annual Opioid Use Disorder Conference. She presented on our team's successes and lessons learned through implementing tobacco-free workplace programs in opioid treatment centers across Texas, emphasizing the urgent need for this work.



Pictured: Co-Program Director, Dr. Maggie Britton, presenting on our work with opioid treatment centers across Texas.

Registration Now Open for MD Anderson's Tobacco Treatment Training Program!

Become a credentialed Tobacco Treatment Specialist through **MD Anderson's Tobacco Treatment Training Program (TTTP)**. The program is a five-day virtual course focused on the skills needed to effectively deliver tobacco use cessation treatment in both a clinic and community setting. Participants are eligible to receive up to 32.25 Continuing Education hours.

Their next session will be held from June 9-13, 2025. Registration is open from now until May 9 and can be accessed [here](#).

If you have any questions related to the program, please visit the TTTP [website](#) or email CTTS@MDAnderson.org. Please see the flyer above for more details.

New Asynchronous Course with Free Credits: Tobacco Dependence - Education and Training

In collaboration with **MD Anderson's Continuing Professional Education** office, our team has developed **Tobacco Dependence: Education and Training**—a 60-minute, asynchronous course designed to empower healthcare professionals with the tools to deliver effective, evidence-based tobacco use cessation interventions, including referrals to state quitlines. Open to all specialties and professions, the training addresses the chronic and relapsing nature of tobacco use, explores related health disparities, and introduces practical models like Ask-Advise-Refer. Participants earn 1.00 hour of CME, AAPA, CNE, or MOC credit.

Become a Tobacco Treatment Specialist

Tobacco Treatment Training Program

June 9-13, 2025

Virtual training facilitated by
The University of Texas MD Anderson Cancer Center

For registration and more information:
www.mdanderson.org/tobaccotraining

Questions: ctts@mdanderson.org

One-day Prescriber Track available
Thursday, Jun. 12th

Attendees will only get the below core competencies:

- Treatment Planning
- Pharmacotherapy
- Relapse Prevention

This will NOT be credentialled like those that stay for the week long training.

MD Anderson will offer continuing education hours from the Accreditation Council for Continuing Medical Education (ACCME), National Commission for Health Education Credentialing (NCHEC), CE's for LPCs also available.
For further information on MD Anderson's End Tobacco Program:
www.mdanderson.org/EndTobacco

THE UNIVERSITY OF TEXAS
MD Anderson Cancer Center
Making Cancer History®



Check Out the EX Program by the Truth Initiative!

EX Program is a text message program developed by Truth Initiative with the Mayo Clinic Nicotine Dependence Center. Designed to help people aged 13 and older quit nicotine and tobacco use, Ex Program is tailored to provide a personalized experience based on age, enrollment date or quit date, and tobacco product type.

Individuals in Texas can enroll by texting **VAPEFREETX** to **88709**.

Those **outside of Texas** can text **EXPROGRAM** to **88709** to enroll.

- People using EX Program can also receive mental health support including mindfulness training and self-care prompts, breathing training, and access to a text-based mental health support and a crisis intervention program called Crisis Text Line.
- A study published in the Journal of the American Medical Association showed that their youth and young adult-focused text message program, formerly known as This is Quitting and now part of EX Program, can increase odds of quitting by up to 40%.
- Download the latest free print materials from the online store: proforma.com/exprogram.

For more information, explore the EX Program website [here](#) and watch the campaign video below!



Click the image to watch the campaign video!





Why Choose EX Program


24/7 support Get free, confidential 24/7 access to advice from experts and experienced quitters.	40% Research shows using EX Program can increase your odds of quitting by up to 40%.	2 million+ EX Program has helped 2M+ members and counting.	96% 96% of EX Program members find it helpful.
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How EX Program Helps You Quit

Kicking nicotine is complex and deeply personal. EX Program isn't a one-size-fits-all solution—it's a flexible program that evolves with you. We want you to know: You're not in this alone and you can do hard things. We're here to support you at every turn.


**Change your patterns**
To quit, you need to break a physical addiction. EX Program's daily texts and resources help you identify triggers, cope with cravings, and replace old routines with new, healthier ones.

**Find support**
Support is proven to help you quit, whether it's from a friend, a family member, or a community. The EX Community is free, anonymous, 24/7 support—a safe space to engage (or just lurk) and learn.

**Explore nicotine replacement therapy**
Quit medication like nicotine gum, lozenges, or patches can double your chances of quitting, and make you more comfortable along the way. Learn about your options and access the information you need to make the best choice for you.

Want to Stay Informed About Free Training Opportunities? We Have You Covered!

Our team compiles and shares information twice a month about tobacco-related trainings being offered virtually from across the nation that often offer free Continuing or Medical Education credits. If you or someone you know would like to be added to our distribution list, please do not hesitate to reach out to us at TakingTexasTobaccoFree@gmail.com or [click here](#) for a pre-populated email template.

TAKING

AS
TOBACCO FREE

Upcoming Virtual Educational Opportunities

List Compiled by Taking Texas Tobacco Free

Educational Opportunities

Earn Free CME/CEUs

APRIL
17

APRIL
23

MAY
6

Products on the Shelves – Part 2: Tobacco & Nicotine Products

- 12:00-1:00 PM CDT
- 1.00 CHES/CME available
- The [MaineHealth Center for Tobacco Independence](#) seeks to address tobacco use and exposure through education, prevention, policy, treatment, and training initiatives
- Register [here!](#)

The Foundations of Client-Centered Tobacco Treatment: Training for Behavioral Health Providers

- 11:00 AM-12:30 PM CDT
- 1.25 CME/CEUs available
- The [MaineHealth Center for Tobacco Independence](#) seeks to address tobacco use and exposure through education, prevention, policy, treatment, and training initiatives
- Register [here!](#)

First Line Smoking Cessation Medications: Recognizing and Managing Side Effects

- 12:00-1:00 PM CDT
- 1.00 CME/CEU available
- MD Anderson's Project TEACH (ECHO Clinic) aims to provide tobacco education, consulting, and cessation strategies to clinical providers
- Sign up by emailing endtobacco@mdanderson.org

Check out the "Conversations for Change: Motivational Interviewing for Tobacco Cessation" video and worksheet created by the Behavioral Health and Wellness Program at the University of Colorado Anschutz Medical Campus.

Conversations for Change MI Worksheet

This worksheet is designed to help you prepare for and conduct a motivational interview. It includes sections for identifying barriers to change, exploring pros and cons, and setting goals. Please complete this worksheet before your session.

Participant Information:

Name: _____ Date: _____

Phone: _____ Email: _____

Barriers to Change:

What are the barriers to change? List them below.

Pros and Cons:

What are the pros and cons of changing? List them below.

Pros	Cons

Goal Setting:

What specific goal do you want to set? Write it down.

Notes:

Use this space for additional notes during or after your session.

Visit our website www.TakingTexasTobaccoFree.com for more resources and sign up for our newsletter [here!](#)

The OUTPACE Tobacco program is funded by the Cancer Prevention and Research Institute of Texas (CPRIT) award PP230078.