

**Summary of Tobacco and Health Trust Funded Contracts  
As of November 1, 2017**

**Infrastructure, Administration, and Management**

BEST PRACTICES DESCRIPTION OF ADMINISTRATION AND MANAGEMENT:

A comprehensive tobacco control program requires considerable funding to implement; therefore, a fully functioning infrastructure must be in place in order to achieve the capacity to implement effective interventions.<sup>1-6</sup> Sufficient capacity is essential for program sustainability, efficacy, and efficiency, and enables programs to plan their strategic efforts, provide strong leadership, and foster collaboration among the state and local tobacco control communities. An adequate number of skilled staff is also necessary to provide or facilitate program oversight, technical assistance, and training.

*Funded under 2015 and 2016 Board Disbursements*

**Hispanic Health Council (HHC)** \$ 214,896

Contract Log #2015-0081-2 was amended March 17, 2017 for the period of 9/1/2014-3/31/2019

The Hispanic Health Council has drafted the retrospective report requested by the Board, which has included reviewing past evaluation reports, national and other state data as well as program data, to ensure accuracy in reporting.

HHC has reviewed how Connecticut compares to the rest of the nation in terms of adult smoking and how Connecticut has been able to implement the CDC's Best Practices for Tobacco Control Programs. HHC has also reviewed different strategies and recommendations provided by the CDC and the Surgeon General for recommendations for future Trust Fund projects.

**State and Community Interventions**

BEST PRACTICES DESCRIPTION OF STATE AND COMMUNITY INTERVENTIONS:

These interventions target social norms in order to influence behavior change, using coordinated and combined societal and community resources. Interventions can focus on building community capacity, awareness, engagement, and mobilization; coordination of state efforts, policies, laws, and regulations; and influencing people in their daily environment. These interventions cover a wide range of areas, and a multi-faceted range of interventions is desirable for this solicitation.

*Funded under FY 2015 Board Recommended Disbursement  
(Funded under RFP 2015-0904)*

**Community Mental Health Affiliates (CMHA)** \$ 194,000

Contract #2016-0122-1 Executed 10/19/2016 for the period of 12/1/2015-12/31/2018

Service Area – Berlin, Bristol, New Britain, Plainville, Southington and Plymouth

*CMHA will oversee the development of a 'Photovoice' Project involving youth in their service area who will use photography as a means for portraying youth tobacco use in their community, for developing*

*messages to prevent the onset of tobacco use among their peers, and for identifying policies and laws in their community that need to change to further reduce youth initiation of tobacco use. They will also develop an anti-tobacco community media campaign that will create public service messages to discourage youth tobacco use and publicizing where to get help to stop smoking, and conduct outreach to tobacco merchants who may be selling tobacco products to minors.*

The Photovoice Project Coordinator left CMHA in August. New staff within CMHA has been identified to oversee the project. They have met with adult advisors from all six local groups and are in the process of planning a workshop for January 2018 which will bring the youth and adult team members from all of the groups together. This will build upon the first workshop that was held in May 2017. The teams continue to recruit new students, and Photovoice teams are continuing to promote the project within their schools.

**Connecticut Alliance of Boys and Girls Clubs** \$ 472,218

Contract Log #2016-0123-1 was executed 12/12/16 and will run until 1/31/2019

Service Area – Communities served by the 18 local Boys and Girls Clubs statewide (complete list on attachment). The program is currently being implemented in 16 Boys and Girls Clubs statewide, and one of the clubs provides programs in two communities: Bridgeport and Southport. Due to the uncertainty of the CT Juvenile Training School in Middletown, participation by that club remains on hold.

*The Connecticut Alliance of Boys and Girls Clubs works with 50,000 youth, ages 6 to 18 in 37 towns and cities across Connecticut during after school and summer hours. This youth prevention program will include developing a total of 350 teen youth leaders led by a Program Coordinator and a Teen Youth Advisor in each Club to be ambassadors for healthy living and to impact policy in their communities. Participating youth will conduct activities in their community that assess youth access to tobacco retailers and merchants, decrease tobacco industry advertising, messaging and sponsorship, as well as identify tobacco use in movies and entertainment. Youth will develop anti-tobacco industry messaging and organize events that bring community, state and local partners together to raise awareness.*

Trainings were conducted in June and October for Club staff on reporting their activities for outcomes measurement. All 17 youth leadership groups conducted public opinion surveys in their communities; over 440 surveys were collected and submitted to RESCUE. Training was provided to local club staff in August on conducting store assessments and the youth leadership group members are in the process of conducting store assessment in their communities. Most of the clubs have continued to meet over the summer and conduct community events. Examples of some of the events conducted include: 1) 28 teens helped to plan and run a ‘Healthy Habits Day’ event for 150 day camp members; 2) 16 teens hosted a community car wash with a table set up to talk to customers about the dangers of tobacco; 3) 15 teen leaders planned and implemented an activity at the Leaders in Training Summer Camp called “Big Bucks”, which illustrated the personal financial impact of smoking and tobacco use; 4) 10 teens identified tobacco signage and marketing examples during a field trip and held a discussion about how corporations target youth and minorities; 5) 10 teens planned and participated in a National Night Out event in August by providing information and having attendees sign pledges to be tobacco free; 6) 24 youth participated in the DEFY camp (Drug Education for Youth) and gathered input from other campers to help plan future projects; 7) teen leaders from several of the clubs worked with their summer baseball leagues and their local police departments to provide information and presentations on tobacco prevention.

**EdAdvance****\$ 269,759**

Contract Log Number 2016-0117-1 was executed on November 21, 2016; Contract Period is 12/1/2015-12/31/2018

Service Area –Barkhamsted, Canaan, Colebrook, Cornwall, Goshen, Hartland, Kent, Litchfield, Morris, New Hartford, Norfolk, North Canaan, Salisbury, Sharon, Torrington, Warren, Winchester; Northwestern Connecticut Community College

*EdAdvance (formerly Education Connection) will provide leadership and training of youth and teen advocates to implement digital and social media and marketing tobacco use prevention campaigns. They will collaborate with community-based coalitions, elected officials, and key community stakeholders to develop policies to restrict access to tobacco products by youth and to achieve voluntary adoption of policies that limit or ban tobacco product advertisements in merchant store fronts and at check-out counters, as well as eliminating tobacco sponsorship of youth events, equipment and programs. EdAdvance will lead its partners to build student/young adult advocacy capacity, develop an infrastructure of support with campus administrators and decision makers, and promote campus-wide tobacco-free messaging and systemic policy change to advocate for tobacco free living.*

EdAdvance has convened an Advisory Council, the Northwest CT Partnership and Advisory Council, that consists of partner agencies that provide youth-based services in the northwest area of the state. The Advisory Council will assist in the fulfillment of activities of the contract by providing guidance on activities, including process and outcome evaluation activities for continuous project improvement.

During October, EdAdvance youth clubs attended a Tobacco Free Advocacy training co-sponsored by Truth and the Health Occupations Student Association (HOSA). There were nearly 160 youth in attendance for the three (3) hour workshop. In November 2017, EdAdvance partnered with HOSA to convene a Student Leadership Conference which 140 students and 20 teachers attended. The conference contained a tobacco component with a keynote speaker from Tobacco Free Rhode Island and a film industry professional who presented on tobacco messaging in films.

**Southern CT State University (SCSU)****\$ 235,496**

MOA Log 2016-0118-1 was executed on October 12, 2016 for the period of 12/1/2015-12/31/2018

*SCSU will train, support and empower anti-tobacco advocates (Tobacco-Free Ambassadors, or TFAs). These TFA's will engage and mobilize their peers through campus community outreach and education, conducting demonstrations and events with a focus on preventing the initiation of tobacco use among non-smokers and peer-referrals to on campus cessation services for current tobacco users. They will also conduct exchange events where incentives will be provided to students for handing in tobacco products to promote and enforce the tobacco free campus policy. SCSU will provide technical assistance and training to four other colleges and universities within Connecticut to assist them in developing and implementing tobacco free campus policies. The Health and Wellness Center will offer enhanced onsite cessation services for both students and staff.*

The third Tobacco-Free Campus Partners conference is being planned and is scheduled for January 11, 2018 at Central Connecticut State University. The planning is progressing, and both the presenters and the conference format have been finalized. There will be a panel discussion with the campus Tobacco Free Ambassadors on their experience, successes and challenges for implementing the Tobacco Free

campus policy; and two researchers and a doctor from Yale New-Haven Hospital will present on alternative tobacco use.

SCSU has had a major success on a particular section of the campus called “The Wall”, where smokers would congregate to smoke. They succeeded in positively re-enforcing the Tobacco Free campus policy so that smokers/vapers have now vacated “The Wall” area which greatly diminished the social norm and behavior of tobacco use on campus.

*Funded under 2016 Board Recommended Disbursement  
(Funded under RFP 2016-0905)*

**EdAdvance** **\$ 284,615**

Contract Log No. 2018-0097 was executed on 11/1/2017 and will be in place for the period through 12/31/2019.

*This award provides funding for EdAdvance to expand their current efforts and activities into an additional six towns in Northwest Connecticut: Bethel, Brookfield, Danbury, New Fairfield, New Milford, and Newtown. These six towns will be doing activities similar to the current contract in place for the Northwest Initiative.*

**Rescue Agency** **\$ 210,000**

Contract Log No. 2018-0004 will be for the period of 12/31/2017-12/31/2019

*The RESCUE Agency will host events that incorporate role models and spokespersons with Alternative teens in Connecticut at various venues and concerts. Alternative teens will be recruited and trained to support the Blacklist anti-industry and cessation support messaging and will be onsite for additional events and promotions. These teens will also share information through social media that will include Facebook, Twitter and Instagram. This is years two and three of the Blacklist Campaign that began in Year 1 as a portion of the Mass Reach Health Communications campaign funded under RFP 2015-0904.*

### **Mass Reach Health Communications**

Best Practices description of Mass-Reach Health Communication Interventions:

These interventions include the various means by which public health information reaches large numbers of people to make meaningful changes in population-level awareness, knowledge, attitudes, and behaviors. These interventions promote and facilitate cessation, prevent tobacco use initiation and shape social norms related to tobacco use, but go beyond a traditional mass media placement.

*Funded under 2015 Board Recommended Disbursement  
(Funded under RFP 2015-0904)*

**Rescue Agency** **\$385,650**

The contractor received their executed contract 2016-0119 in June 2016; the contract period is being extended from 12/1/2015-06/30/2018.

RESCUE has developed the new ‘brand’ for the CT Quitline and cessation services called “Commit to Quit”, and developed a landing page for all cessation services that will include linking over to the CT

Quitline as well as providing other options. The website and campaign materials and videos are available on [www.committoquitct.com](http://www.committoquitct.com)

This will help to simplify the Quitline application process and cut down on the extraneous steps that residents need to go through at the current time to register online, in an effort to better promote all services available through the CT Quitline. “Live Better”, the second ad campaign launched Thanksgiving week and includes a digital media buy and social media components; this will play through February of 2018. In addition, companion materials are being developed along with focus days that will incorporate this campaign and all of the community programs.

The Blacklist Initiative is an online and events-based youth prevention initiative designed exclusively for teens who continue to smoke. The Blacklist campaign specifically targets Alternative teens. For the 2016-2017 calendar years, there have been three message packages launched on social media: “Just the Facts” played December 9 2016-January 5, 2017; “The Remains” played from April 7, 2017 to May 13, 2017; and “Know the Issues” played from July 3, 2017–August 7, 2017. In-person events have been attended as follows:

<b>Event On-Site</b>	<b>Like Moths To Flames</b> <i>March 17, 2017 Webster Underground</i>	<b>Wage War</b> <i>August 17, 2017 Webster Underground</i>	<b>I PREVAIL</b> <i>October 21, 2017 Webster Theater</i>	<b>Events 4-6 (TBD)</b>	<b>Total To Date</b>
<b>Event Attendance</b>	202	300	1,100	-	1,602
<b>Contact Cards Collected</b>	25	29	31	-	85
<b>Email List Growth</b>	7	10	19	-	36
<b>Mailing List Growth</b>	7	11	14	-	32
<b>Social Media Promotion Reach</b>	16,800	4,870	6,077	-	27,747

RESCUE continues to provide technical assistance to community program contractors and is developing messages for the Connecticut Tobacco 21 campaign, a policy change that would increase the legal age for the sale of tobacco products from 18 to 21 years old. This campaign topic was selected after the community programs collected public opinion surveys about a variety of tobacco policies that could be developed to help reduce youth initiation in Connecticut. The Tobacco 21 Workgroup has met and discussed the strategic planning for this activity.

*Funded under 2016 Board Recommended Disbursement  
(Funded under RFP 2016-0905)*

**Rescue Agency** **\$ 130,717**

Contract Log No. 2018-0004 will be in place for the period of 12/31/2017-12/31/2019. *This award will extend the contract work of Rescue Agency for an additional two years. The contractor will continue to develop and place cessation campaign messaging through traditional and non-traditional vehicles as well as assist in message development and support for local contractors.*

## Cessation Interventions

Best Practices description of Cessation Interventions: These interventions provide treatment services, such as directly delivering cessation counseling and medications through population-based services such as a telephone Quitline; as well as population-level strategic efforts to reconfigure policies and systems in order to normalize quitting, support tobacco free lifestyles, and ensure ongoing tobacco use screening and intervention are part of ongoing medical care.

*Funded under 2014 Board Recommended Disbursement  
(Funded under RFP 2014-0902)*

### **Optum/Alere Wellbeing - CT Quitline** **\$ 1,611,984**

Contract Number 2015-0113-1 is executed for the period of 7/1/2014-6/30/2019.

Call volume has continued at a higher level due to the CDC's TIPS from Former Smokers campaign and the Commit to Quit Campaign. The total number of enrollments through October 2017 (4,801) exceeds the total number of enrollments for all of 2016 (3,608.) The average number of registration calls per month has increased overall since last calendar year. The average number of registrations per month in 2016 was 301 and as of October 2017 the average number of registrations per month is 408.

*Funded under 2015 Board Recommended Disbursement  
(Funded under RFP 2015-0904)*

### **Hartford Community Mental Health Center, dba Hartford Behavioral Health (HBH)** **\$140,920**

Contract 2016-0116-1 was executed 1/12/2017 and will be for the period from 12/31/2015-12/31/2018

Service Area - Andover, Avon, Berlin, Bloomfield, Bolton, Bristol, Burlington, Canton, East Granby, East Hartford, East Windsor, Ellington, Enfield, Farmington, Glastonbury, Granby, Hartford, Hebron, Kensington, Manchester, Marlborough, New Britain, Newington, Plainville, Plymouth, Rocky Hill, Simsbury, Somers, South Windsor, Southington, Stafford, Suffield, Tolland, Vernon, West Hartford, Wethersfield, Windsor, Windsor Locks

*HBH is providing tobacco use cessation treatment services including group and individual counseling programs, relapse prevention and cessation medications. All participants receive an initial 30 minute intensive counseling session and can then choose to participate in either individual or group counseling programs or both. HBH will perform outreach to area health care providers, train providers and partners, and collaborate with four community agencies to conduct tobacco cessation programming.*

The Program has served 39 clients to date for cessation services. HBH is providing ongoing technical assistance to the Hartford Housing Authority (HHA) on implementation of a smoke free housing policy. They developed a survey in English and Spanish which the HHA administered to residents and staff and are in the process of planning on-site cessation programs for residents and staff. During August HBH presented at a meeting of community leaders from all HHA Sites on the cessation services that will be offered. They also attended on-site community meetings at each of the 16 HHA sites and administrative offices to promote the cessation services. These on-site cessation programs will be an

important component in helping the HHA to successfully implement their smoke free housing policy. HBH has also been assisting the Wilson Grey YMCA on implementing their smoke free campus policy and has been providing training on tobacco screening and referral to cessation services.

**Meriden Department of Health and Human Services** \$ 163,178

Contract 2016-0120 is for the contract period of 12/1/2015-12/31/2017

Service Area - Meriden, Plainville, Southington, and Wallingford

*Meriden is providing tobacco cessation treatment services including group and individual counseling programs, relapse prevention and cessation medications. All participants receive an initial 30-minute intensive counseling session and can then choose to participate in either individual or group counseling programs or both. Services are being provided to residents of Meriden, as well as Plainville, Southington, and Wallingford. Health systems change programming, including trainings for medical providers to encourage individuals to quit smoking, QUIT Clinics (Quick Useful Information about Tobacco) at businesses, housing complexes, and private clubs as well as using text apps, such as Remind 101, to remind program participants of upcoming appointments.*

Meriden's has served 183 clients to date with cessation services. The Program worked with City administration to develop a tobacco free municipal property ordinance. The Meriden City Council voted unanimously on July 19<sup>th</sup>, approving an ordinance which prohibits the use of any tobacco product within 25' of doors, windows and air intakes of any city building. Signage was posted at all city buildings and the ordinance became effective in August.

An in-service training on tobacco screening and referral was provided for the clinical and case management staff at the Rushford Center's Stonehaven Residential Drug and Alcohol Treatment Facility. Meriden conducted two QUIT clinics, one at the Record Journal newspaper and the other at Stonehaven serving a total of 30 people. They hosted a "Great Stonehaven Smokeout" event in August where 13 residents and 2 staff members signed a contract to commit to being tobacco free. Following the event, staff decided to make the Stonehaven property tobacco free every Tuesday on an ongoing basis.

Meriden continues to maintain relationships with many community organizations and networks. The Program also continues to conduct outreach efforts such as participation in a workshop conducted by the South Central Substance Abuse Council and established a resource table and bulletin board at Gaylord Hospital. Meriden continues its relationship with the Meriden Healthy Youth Coalition, the Midstate Chamber of Commerce Wellness Council, and the Rushford Center.

**Midwestern Connecticut Council of Alcoholism (MCCA)** \$ 425,000

Contract 2016-0121 is for the period of 12/1/2015-12/31/2017

Service area: Bethel, Danbury, Derby, Kent, New Milford, New Haven, Ridgefield, Sharon, Torrington, and Waterbury.

*MCCA is providing tobacco cessation services including group and individual counseling programs, relapse prevention and cessation medications. All participants receive an initial 30-minute intensive counseling session and can then choose to participate in either individual or group counseling programs*

*or both. MCCA will conduct in-person outreach to health care practices and social service organizations to promote screening and referral to program services, and are providing technical assistance to partner agencies including AmeriCares Free Clinics, Family and Children's Aid, Mental Health Transitional Housing, Danbury High School, Naugatuck Community College and CT Institute for Communities.*

MCCA has served 470 clients to date with cessation services. One additional staff member has been trained as a Tobacco Treatment Specialist; MCCA now has Tobacco Treatment Specialists on site at eight of its treatment locations. The MCCA Program Director and Prevention Director continue to participate in Danbury High School's Vaping Task Force and provide expertise on youth vaping and tobacco use. Additionally, 500 "Commit to Quit" post cards were distributed at Danbury High School. MCCA's involvement in Danbury High School has led to new vaping policies, parent education, and student awareness.

The Program Director has assisted Naugatuck Community College in Waterbury in developing a smoke-free campus policy and offering tobacco use cessation services. NVCC became officially smoke free in August 2017. The Program continues to maintain referral systems with partners including Connecticut Institute for Communities, AmeriCares, Family and Children's Aid, Danbury Housing Authority, Good Samaritan Health and Hopeline. MCCA has also developed a new partnership with Butterbrook Housing Association for low-income residents in New Milford. MCCA is helping to create a policy and provide tobacco cessation services to current residents.

*Funded under 2016 Board Recommended Disbursement  
(Funded under RFP 2016-0905)*

**Uncas Health District** **\$ 147,420**

Contract 2018-0006 was executed 6/12/2017 for the period from 7/1/2017-6/30/2019

Service area: Bozrah, Griswold, Lebanon, Lisbon, Montville, Norwich, Salem, Sprague, and Voluntown

*Uncas Health District will provide tobacco use cessation treatment services within their service area. They will also provide: 1) outreach and training to health care providers on how to integrate the Department of Health and Human Services Clinical Practice Guidelines into clinical practice, 2) education to employers about the benefits of offering tobacco cessation services to their employees, providing health insurance coverage for tobacco use treatment services for their employees, and implementing tobacco-free worksites, 3) technical assistance to municipalities in the service area on implementation of policies for tobacco-free spaces and places, and 4) technical assistance to multi-unit housing complexes on the implementation of tobacco-free housing policies.*

Uncas is conducting their first group cessation program, and is marketing their individual and group cessation counseling services. They continue to maintain contact with their partners including Backus Hospital to further develop marketing, outreach and referral systems. They have established a main point of contact, the Director of Planning and Marketing, at the hospital. Backus, as a member of the Northeast CT Health Collaborative will be instrumental in Uncas's outreach to health care providers in the region. They have also been meeting with other partners including the Southeast CT Mental Health Authority, St. Vincent de Paul Place, Thames Valley Council for Community Action and United Community and Family Services to set up systems for screening and referral of clients to cessation

services. They are also identifying contacts and preparing materials for their outreach and technical assistance to health care providers, employers and multi-unit housing sites.

**University of Connecticut-School of Pharmacy** \$ 281,068

Contract Number 2017-0097, Anticipated Contract period 5/1/2017 – 12/31/2019

*The University Of Connecticut School Of Pharmacy (UConn) will be developing and implementing an evidence-based tobacco use cessation treatment training curriculum for pharmacists and pharmacy technicians that will include a 15-hour Accreditation Council for Pharmacy Education certificate program. A pilot program will be conducted with four Hartford-area pharmacies to conduct brief intervention counseling with patients and refer them to local cessation treatment at two area health clinics funded through the grant as well as the CT Quitline.*

The University of Connecticut School of Pharmacy staff attended the Tobacco Treatment Specialist-Train the Trainer training at the University of Massachusetts Medical Center and is holding meetings with its upcoming partners to continue to develop their program plan.

The contract period has been extended to December 31, 2019, to allow the contractor sufficient time to complete their proposed activities and the contract reporting and payment schedules have been revised accordingly. The contract remains in the process of being executed.

**Program Evaluation**

Best Practices description of Surveillance and Evaluation:

These interventions include surveillance: continually monitoring attitudes and behaviors and health outcomes over time, and Evaluation: Monitoring and documenting short-term, intermediate, and long-term outcomes within populations. This is accomplished through systematic collection of information about the activities and results of programs to inform decisions about future programming and/or increase understanding. Evaluation also serves to document or measure the effectiveness of programs, including policy and media efforts.

*Funded under 2015 Board Recommended Disbursement  
(Funded under RFP 2015-0904)*

**The University of North Carolina at Chapel Hill** \$ 345,392

Contract 2014-0105 is currently executed through June 30, 2018.

*The University of North Carolina at Chapel Hill is responsible for designing and implementing formative and summative evaluations that include Cessation Intervention Programs, the Tobacco Use Cessation Telephone Quitline, Mass Reach Health Communications and related media campaigns, State and Community Intervention Programs. The contractor develops and submits plans for their approach to evaluating each program component, and then prepares and submits written reports to the Department.*

During the period through October 31, 2017; the University of North Carolina at Chapel Hill drafted summary documents including the annual Quitline evaluation report, finalized questions to obtain information about secondhand smoke exposure among Connecticut residents, and provided ongoing

technical assistance regarding data collection, program effectiveness, and media campaign activities. They are also finalizing their evaluation plan for the Blacklist youth campaign.

*Funded under 2016 Board Recommended Disbursement  
(Funded under RFP 2016-0905)*

**The University of North Carolina at Chapel Hill** **\$ 124,625**

Contract 2018-0005 is anticipated for the period from 9/1/2017-6/30/2020  
This new contract is in the process of being executed.

UNC-Chapel Hill will continue to provide qualitative and quantitative independent evaluation of the trust-funded programs. They help to ensure that the evidence based is utilized in program operations, and assist with developing and complying with measurable objectives for contracted programs.

**OVERVIEW OF BEST PRACTICES:**

The U.S. Department of Health and Human Services, Centers for Disease Control and Prevention has developed an evidence-based guide to help states to implement comprehensive tobacco control programs that will reduce rates of tobacco use. This coordinated effort to establish smoke free policies and social norms, to promote and assist tobacco users to quit, and to prevent initiation of tobacco use combines educational, clinical, regulatory, economic, and social strategies. This guide, “Best Practices for Comprehensive Tobacco Control Programs-2014” is divided into five areas of practice: 1) State and Community Interventions, 2) Mass-Reach Health Communication Interventions, 3) Cessation Interventions, 4) Surveillance and Evaluation, and 5) Infrastructure Administration and Management. This RFP covers the practice areas of 1-4.

**Resource:**

Centers for Disease Control and Prevention. Best Practices for Comprehensive Tobacco Control Program-2014. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014.

Document is located at

[http://www.cdc.gov/tobacco/stateandcommunity/best\\_practices/index.htm](http://www.cdc.gov/tobacco/stateandcommunity/best_practices/index.htm)

*Funded under 2015 Board Recommended Disbursement*

**Department of Correction (DOC) Smoking Cessation Program** **\$294,322**

Trust funds were awarded to DOC in 2015 to continue its smoking cessation and education and relapse prevention program for offenders under the jurisdiction of the Department. DOC continues to integrate smoking cessation activities and efforts into routine healthcare activities of identified groups of inmates

and assure continuity through relapse prevention mechanisms that deploy when inmates leave the system.

The integration of smoking prevention, education, and cessation information in documents such as the Inmate Handbook and orientation information (including the Quit Line) (1340 offenders received this information since September 2015), in the school curricula (153 offenders received smoking dependence information from USD#1 during the past year), and in the Addiction Services treatment models including both adult treatment (228 offenders during this past year) and Project X for the youthful offenders at Manson Youth Institution continues. QuitLine information is also integrated into the re-entry process for all discharging offenders.

During 2015-2016, there were 198 requests by offenders for help with assistance to stay quit on release from the Recovery Support Specialists. This assistance includes help with clinic appointments as well as telephone support during quitting. Forty female offenders received tobacco education, cessation, and prevention services through the job center at York Correctional Institution until layoffs forced closing of the job center.

*Funded under 2016 Board Recommended Disbursement*

**DOC Smoking Cessation Program Half Way Houses**      \$152,126

Trust funds were awarded to DOC in 2016 to fund the expansion of DOC smoking cessation education and relapse prevention program to clients residing in the Departments' Half Way Houses (HWH). DOC in collaboration with the UCONN School of Social Work continues to work on the prevalence study of tobacco usage among residents in DOC's Halfway Houses. UCONN will report to DOC and key stakeholders at HWHs on outcomes in order to guide future program planning.

DOC continues collaborating with the UConn School of Social Work (SSW) to analyze and bolster smoking cessation programming at select DOC-contracted Halfway Houses. Results of informational meetings with key stakeholders at select HWHs indicate that 100% of the HWHs have a desire to provide smoking cessation/relapse prevention programming, and 57% (8 of the 14 sites that have participated in informational meetings, to date) of the HWHs have implemented some kind of programming. See Table 1 below for information re: the type of programming HWHs are choosing to implement. The vast majority of HWHs are offering referrals to Community Health Centers (CHCs), as well as offering some in-house information to program participants who desire to stay quit in the community (e.g., offering participants Stay Quite pamphlets that DOC has provided to the HWHs, offering Quitline, and groups run by HWH staff). While these efforts are promising, it is clear from our informational planning meetings that more work needs to be done to assist HWHs in their programming goals. The HWH stakeholders have identified needs, including better and increased use of pamphlets, Quitline, referrals to CHCs, and more groups conducted by non-HWH staff (see Table 2 below).

DOC and UConn SSW staff are working to increase resources available to the HWH participants that will be sustainable. For examples, 1) integration of Quitline information into HWH orientation / informational packages; 2) distribution of Stay Quit pamphlets that DOC created (and DPH printed) for this specific population; 3) identification of local service providers and Tobacco and Health Trust Fund Board sponsored programs, names of which can be given to DOC HWH program participants. To that end, we are in the process of contacting the CHCs (including but not limited to Generations in Willimantic, RNP in Bridgeport, and Charter Oak/CHR in Hartford) and reached out to DPH for information about other Board-funded programs to create stronger linkages with the DOC-contracted HWHs for service provision.

DOC and UConn are currently examining evidence based smoking cessation models (e.g., Prison SMART) which can be used by HWH staff for in-house training. We have identified a CHC staff person/volunteer

who is currently conducting Prison SMART (Stress Management and Rehabilitation Training) at our New Haven Correctional Center. We are discussing with her the logistics of a “train the trainer” model for this subject matter expert to impart her knowledge and experience in working with this population to other HWH staff. Moreover, our UConn SSW partner is working to create a volunteer program of MSW/Ph.D. students who could provide smoking cessation modules on site when there is a shortage of HWH staff available to do so (please see attached draft flyer for posting at UConn SSW that has been submitted to the SSW for approval).

As these intervention models are implemented, impact will be continually assessed. As one HWH program director aptly put it, “Smoking cessation programs are valuable because if you tell someone to quit and don’t give them tools, they’re going to relapse....”

Finally, DOC purchased two 32” televisions in early November, one each for the waiting area in Osborn CI and at McDougall CI, that air on a continuous 4 hour loop web-based anti-smoking advertisements from the CDC and health education videos. Weekly estimates are 3,000 inmates alone pass through this area at each facility and are within viewing range to see and hear the television, which helps to reinforce the anti-smoking campaign in DOC facilities.

We thank the Board for continued support in helping us to give this vulnerable population the needed tools. Please direct questions to project director, Dr. Kathy Maurer, or DOC grant manager, Christine Fortunato, at 860 692-6292 or Christine.Fortunato@ct.gov

<b>Table 1</b>	<b>% of HWHs offering specific Smoking Cessation Programming</b>
Referrals to CHC	35.7%
Pamphlets	21.4%
Groups by HWH staff	14.3%
Groups by other staff	14.3%
Quitline	14.3%
Other	7.1%
NRT	0%

<b>Table 2: Type of programming HWHs would like to see implemented (respondents able to choose more than one)</b>	
<b>Pamphlets</b>	85.7% (n=12)
<b>Quitline</b>	78.6% (n=11)
<b>Referrals to CHCs</b>	78.6% (n=11)
<b>Groups by Other Staff</b>	71.4% (n=10)
<b>NRT</b>	64.3% (n=9)
<b>Groups by HWH Staff</b>	50% (n=7)
<b>Other (e.g., going tobacco free; hospital providing support; incentives to residents abstaining, etc.)</b>	21.4% (n=3)