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## October 2019 Newsletter

Center for a Tobacco-Free Finger Lakes (CTFFL)  
(Funded by NYSDOH, Bureau of Tobacco Control)

Serving: Chemung, Livingston, Monroe, Ontario, Seneca,  
Schuyler, Steuben, Wayne & Yates counties

Contact Connie Bottoni at [connie\\_bottoni@urmc.rochester.edu](mailto:connie_bottoni@urmc.rochester.edu) if you wish to receive or stop receiving this monthly

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### Did You Know?

**Heavy smoking is a significant risk factor for major depression.**

Depression is twice as common in smokers compared to nonsmokers, and four times as common in heavy smokers (Klungsoyr et al., 2006). In fact, heavy smoking has been reported to predict the onset of major depression (Khaled et al., 2012).

### IN THE NEWS...

NY State's Tobacco 21 bill  
goes into effect on 11/13/19

&

The Great American Smokeout  
is on 11/21/19.



It starts with one day!

### Exhibit 3. Effective Tobacco Use Cessation Counseling Approaches

Approach	Action
Practical counseling	<p>Teach problemsolving and relapse prevention skills (e.g., recognizing and coping with cues that could precipitate relapse to tobacco use).</p> <p>Provide skills training (e.g., coping skills, anger management, lifestyle changes, relaxation techniques).</p> <p>Provide basic information about the harmful effects of tobacco, the benefits of quitting, and nicotine withdrawal symptoms.</p>
Supportive counseling	<p>Provide support in the treatment program or by referral to a smoking cessation program.</p> <p>Provide encouragement.</p> <p>Give examples of success stories.</p> <p>Communicate caring and concern.</p>

Based on Fiore, et al., (2008). Treating tobacco use and dependence: 2008 update, Clinical Practice Guideline. Rockville, MD: Public Health Service, US Department of Health and Human Services.

**For more information or to schedule a CTFFL tobacco intervention training, contact:**  
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**Tobacco Users and Providers can contact the NY State Smokers' Quitline or visit their website for support and resources.**

**1-866-697-8487 or their website [www.nysmokefree.com](http://www.nysmokefree.com).**