



Treat Nicotine

Center for a Tobacco-Free Finger Lakes

Partnering with Cayuga, Chemung, Livingston, Monroe, Ontario, Schuyler, Seneca, Steuben, Tompkins, Wayne, & Yates Counties

Contact us: Phone: 585-276-7223 | Click for [Website](#) or [Facebook](#)

TRUTH INITIATIVE HIGHLIGHTS TOBACCO AND MENTAL HEALTH

Nicotine users often try to self-medicate with a puff of a vape or cigarette at times when they feel down or stressed. Your patients might tell you that they think nicotine reduces stress, but it is important to inform them this is incorrect. No, nicotine does not relieve stress, anxiety, and depression. Nicotine addiction is a chronic disease, and the user feels constant cycles of withdrawal. Research shows that nicotine can therefore worsen anxiety symptoms and amplify feelings of depression.

The CTFFL Team can conduct a Train-The-Trainer for your healthcare facility to share best practices to treat nicotine dependence in the mental health population.

For more information on mental health and nicotine use, click: [Colliding Crises: Youth Mental Health and Nicotine Use](#)

WEBINARS AND IMPORTANT DATES

"Utilizing Peers in Tobacco Cessation Recovery: A Discussion"

Monday, May 22nd
3 PM to 4 PM (EST)

[REGISTER HERE](#)

Virtual 'Commit to Quit!' program

This FREE virtual group program is offered by the Center for Community Health & Prevention
[REFER REGISTRATIONS HERE](#)

NATIONAL NURSES MONTH: CELEBRATING NURSES WHO MAKE IMPACTS IN TOBACCO CESSATION

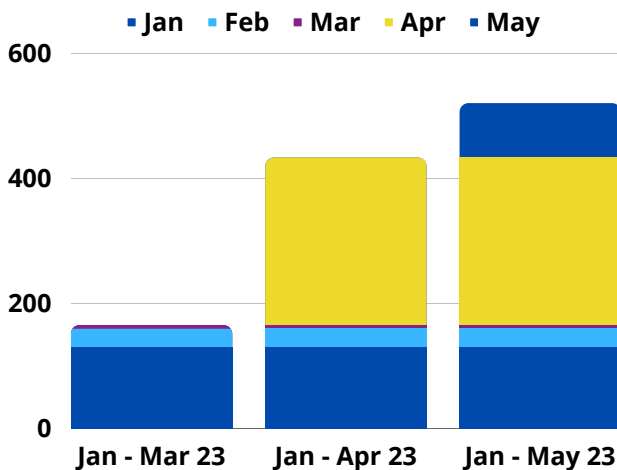
National Nurses Month is underway, with many health systems having events and more to recognize and thank the hardworking nurses. CTFFL has had the pleasure of working with Nurses, in varying titles, levels, and leadership roles across our 11 county health systems coverage area. We are thankful for the hard work you have provided to your patients and staff when tackling the important issue of tobacco control, including cessation intervention efforts, policy implementation or review, and more!

Click for more! [National Nurses Month 2023](#)

NYS Smokers' Quitline Referrals

Provider Referrals Increase Quit Success!

Contact us to learn how to use the online referral portal for the Quitline!



www.nysmokefree.com/HealthcareProviders/ReferralPrograms

Free Nicotine Patches/Gum Call: 1-866-697-8487

Visit: nysmokefree.com

BECOME A FREEDOM FROM SMOKING PROGRAM FACILITATOR

As a Freedom From Smoking® facilitator, you are responsible for conducting the Freedom From Smoking® group program for eight to 16 people who are interested in going tobacco-free! You will introduce the tools and techniques to the group participants, coordinate the activities and facilitate group interaction. You must help maintain participants' motivation and their commitment to quitting. If you are already involved in health education or healthcare, you may be an excellent facilitator because of your experience and interest in healthy behaviors and lifestyles.

[Learn more and REGISTER here!](#)