

## BC ECHO on Substance Use Post-session Resources

### Session Title: Considerations for Providing Care to People with Tobacco Use Disorder

Date: March 13, 2025

#### Context

This document, now available to all BC ECHO on Substance Use session registrants, compiles resources shared during the live session and contributions from our Hub Team members. It also includes additional services and resources related to substance use care that are not specific to the session.

#### Commercial tobacco-related publications and resources

##### General

- FNHA's [Respecting Tobacco](#) provides learnings around Traditional and Non-Traditional Tobacco Use, tobacco use podcasts, and resources for quitting commercial tobacco use.
- BC's [Tobacco Use Disorder \(TUD\)](#) guidelines provide evidence-based recommendations for adults ages 19 and older, and recommendations for youth ages 12-18.
  - o [Table 1](#) provides an overview of tobacco and nicotine products and their associated risks.
    - Patient handout available [here](#)
- [Definition of pack year](#) and [Pack Years Calculator](#).
- The [Addiction Care and Treatment Online Course \(ACTOC\)](#) is a free, online course provided by the BCCSU and UBC CPD for healthcare providers who provide care to people who use substances.
  - o See Module 4 on "Tobacco Use Disorder"
- [Drug InterACTIONS with Tobacco Smoke](#) outlines possible drug interactions with the components of tobacco smoke.
- Continued learning opportunities for practitioners as outlined by the TUD guideline (pg. 7):
  - o [Relapse Prevention Strategies for Smokers with Mood Disorders](#)
  - o [Busting Myths about Smoking Cessation and Mood Disorders](#)
  - o [Non-pharmacological Treatment for Smokers with Mood Disorders](#)
  - o [UBC Continuing Professional Development \(CPD\)](#)
  - o [The Centre for Collaboration, Motivation and Innovation](#)
  - o [Change Talk Associates](#)

##### Smoking cessation

- The [Smoking Cessation Program](#) is available to BC residents of any age.
- [BC Pharmacare coverage](#)
  - o [Plan S](#) (Smoking Cessation Program): Provides coverage for eligible smoking cessation medications and nicotine replacement therapies (NRT) for **all BC residents with MSP**.
    - For each calendar year (January to December), individuals can receive Pharmacare coverage for 1 continuous course of treatment (NRT or prescription medication) for up to 12 weeks (84 days). Coverage period begins when the first NRT product is picked up or first prescription is filled. See link above on Smoking Cessation Program for specific details.

- [Plan G](#) (Psychiatric Medications): Full cost coverage for smoking cessations medications for individuals with severe mental health conditions.
- [Plan W](#) (First Nations Health Benefits): Supplementary coverage to Plan S for eligible smoking cessation medications and NRT for First Nations individuals enrolled with the First Nations Health Authority (FNHA) and covered by MSP. See [First Nations Health Benefits](#) or [coverage info sheet](#) for more information.
- St. Paul's Hospital's [Smoking Cessation clinic](#) supports people aged 15 and older to reduce smoking and vaping. Available Wednesdays and Thursdays from 9:00 am to 3:30 pm. [Self and professional referrals](#) are accepted.
- [QuitNowBC](#) is available to all BC residents to reduce or quit nicotine, offering phone and live chat coaching, text and email tips, a peer forum, and more.
  - Vaping-specific [information page](#), including a [Step-by-Step Guide to understand the behaviour](#)
- FNHA's Quitting Commercial Tobacco [FAQs](#)
- Northern Health's article provides information around [supporting people to quit or reduce their use](#).

#### Youth and Caregivers

- BC Lung Foundation and Fraser Health Authority developed [Vaping Health Education Toolkits for Parents & Teachers](#).
- Canadian Lung Association's [How to talk to your child about vaping](#) offers tips, facts and a [downloadable vaping conversation guide for parents](#)
  - Additional resources found [here](#)
- The report [Transforming Substance Use Harm Prevention in Canadian Schools](#) developed by [Wellstream](#), presents findings from a 2024 survey of K-12 school principals and vice principals on substance use in schools.
- [Consider the Consequences of Vaping](#) by Health Canada offers 3 interactive activities to learn about the risks associated with vaping. There is also a vaping educational online self-led module available [here](#).
  - The [online wellness hub](#) provides additional information for teens, parents, and teachers.
- BC's [The A-Z of vaping](#) is a social media campaign that educates youth and parents about the harmful chemicals in vaping products.
- [McCreary Centre Society's report](#) provides an overview of the 2023 BC Adolescent Health Survey (BC AHS), including patterns tobacco and vape use.
- Health Canada resources for children and youth on [Preventing kids and teens from smoking and vaping](#)

#### **Psychosocial services and resources**

- Visit [HelpStartsHere: Mental Health and Substance Use Care in BC](#) for virtual services offered across all BC regional health authorities.
- [HeretoHelp](#) provides mental health and substance use-related information, including personal stories, self-help resources, and connection to services in BC.
  - [Learn about Tobacco](#)
- [Foundry Virtual BC](#) provides same day virtual services through the Foundry BC App. Co-created with and for young people ages 12-24 and their caregivers.
- [HealthLinkBC](#) connects individuals in BC with health information and services.
  - Visit [here](#) for smoking-related health tools, support options, tobacco or nicotine product risks and more.

## Substance use care services and resources

- The **24/7 Addiction Medicine Clinician Support Line** provides telephone consultation and support to physicians, nurse practitioners, nurses, midwives, and pharmacists practicing in BC, who are involved in addiction and substance use care and treatment. Thanks to a partnership with FNHA, this service extends beyond clinicians and provides addiction medicine guidance to **any addiction support staff calling from Indigenous communities within BC**, including Indigenous urban centres. **To speak to an Addiction Medicine Specialist, call 778-945-7619.** To learn more, visit: <https://www.bccsu.ca/24-7/>
- [DrugCocktails.ca](https://www.drugcocktails.ca) provides information about the risk and effects of mixing various medication and substances.
  - o Note: [Varenicline and alcohol](#) interactions can cause significant harm
- [Vancouver Coastal Health's Lighthouse Virtual Substance Use Care Clinic](#) provides free phone appointments for people who use substances in the Vancouver Coastal Health Region. Available 7 days a week by phone at **604-806-8223** or toll-free **1-877-842-8884**.
- [Substance User's Society Teaching Advocacy \(SUSTAIN\)](#) provides a list and map of BC peer-based groups.
- [CAPSA Peer Support](#) offers free peer-led group meetings for individuals who are questioning their relationship with substances, families, allies, and other professionals.
- The [Alcohol & Drug Information Referral Service \(ADIRS\)](#) connects individuals in BC with information about detox, counselling, treatment programs, recovery homes, support groups, and other education and prevention resources. **Available in the lower mainland at 604-660-9382 (24-hour) and elsewhere in BC at 1-800-663-1441 (24-hour).**
- Physicians, nurse practitioners, medical residents, and midwives can consult the [Rapid Access to Consultative Expertise \(RACE\) line](#) for further support on prescribing opioid agonist treatment or alcohol use disorder treatment between Monday-Friday from 0800-1700 PST.

## Resources for people who self-identify as Indigenous

- [Talk Tobacco](#) is a free, confidential program that provides culturally appropriate support about stopping smoking, vaping and commercial tobacco use to First Nations, Inuit, Métis and urban Indigenous communities. Support is available through the **live chat**, by **calling 1-833-998-8255** or by **texting CHANGE to 123456**.
- The [Vaping Targets Youth brochure](#) by Métis Nation British Columbia provides information on vaping, its health risks, and its prevalence among youth.
- The [Kaa-wiichitoyaahk \(We Take Care of Each Other\)](#) presentation outlines a Métis wraparound approach to smoking cessation, emphasizing community support and cultural resilience.
- The [Métis Youth Vaping in BC fact sheet](#) presents data on vaping behaviours among Métis youth, highlighting higher usage rates compared to non-Métis youth and associated factors.
- [First Nations Virtual Doctor of the Day](#) provides virtual appointments for all First Nations Peoples and their families living in BC. **Call 1-855-344-3800**, 7 days a week, 8:30 am to 4:30 pm to schedule an appointment. Printable poster available [here](#).
- [Friendship Centres](#) offer cultural practices to Indigenous Peoples across BC. To locate the nearest Friendship Centre, click [here](#).
- Indigenous Peoples who are not connected with an Elder or healer may be connected to one within the care setting, if available, or in the community. Additional information and links may be found on [FNHA's website](#).
- [FNHA](#) is a resource for learning more about Indigenous wellness and cultural practices.

- It is recommended that all healthcare staff complete Indigenous cultural safety and humility training, to improve their ability to establish safe, positive partnerships with Indigenous Peoples and their families. You can find resources [here](#) and [here](#).
- [\*Aboriginal Cultural Practices: A Guide for Physicians and Allied Health Professionals Working at Vancouver Coastal Health\*](#) provides information on Indigenous cultural practices in clinical settings.
- BC regional health authority Indigenous or Aboriginal Health Programs offer tailored services and programs to support Indigenous patients and families in accessing health and wellness services:
  - o [Interior Health](#)
  - o [Fraser Health](#)
  - o [Island Health](#)
  - o [Northern Health](#)
  - o [Vancouver Coastal Health](#)