



# Smoking Cessation for Persons Living with Mental Illnesses and/or Addictions: Leveraging Leading Practices and Closing Gaps in Canada

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May 31, 2018





# Honouring traditions

misuse = use of commercial  
tobacco products

# Canadian Partnership Against Cancer Who are we?

*The Partnership's unique contribution to the cancer landscape is rooted in its collaborative, focused approach. We engage with partners in four key ways:*



## *Convening*

Bringing together people and organizations to establish and advance priorities for collective action.



## *Catalyzing*

Investing in, managing and assessing large projects to support successful implementation and sustained effort.



## *Integrating*

Creating solutions with partners to meet shared goals.



## *Brokering Knowledge*

Responding quickly to new evidence so it can be expertly assessed and made available for others to put into action.

# Background - Why a focus on persons living with mental illnesses and/or addictions?

- People living with mental illnesses or substance use disorders are:
  - 2- 4 times more likely to smoke
  - heavier smokers
  - smoke more cigarettes per day
  - have lower quit rates
- These individuals are motivated and able to quit, particularly with access to appropriate pharmacotherapy and counselling supports

(Source: Kalman, Morissette, & George, 2005; Els, Kunyk, & McColl, 2009).

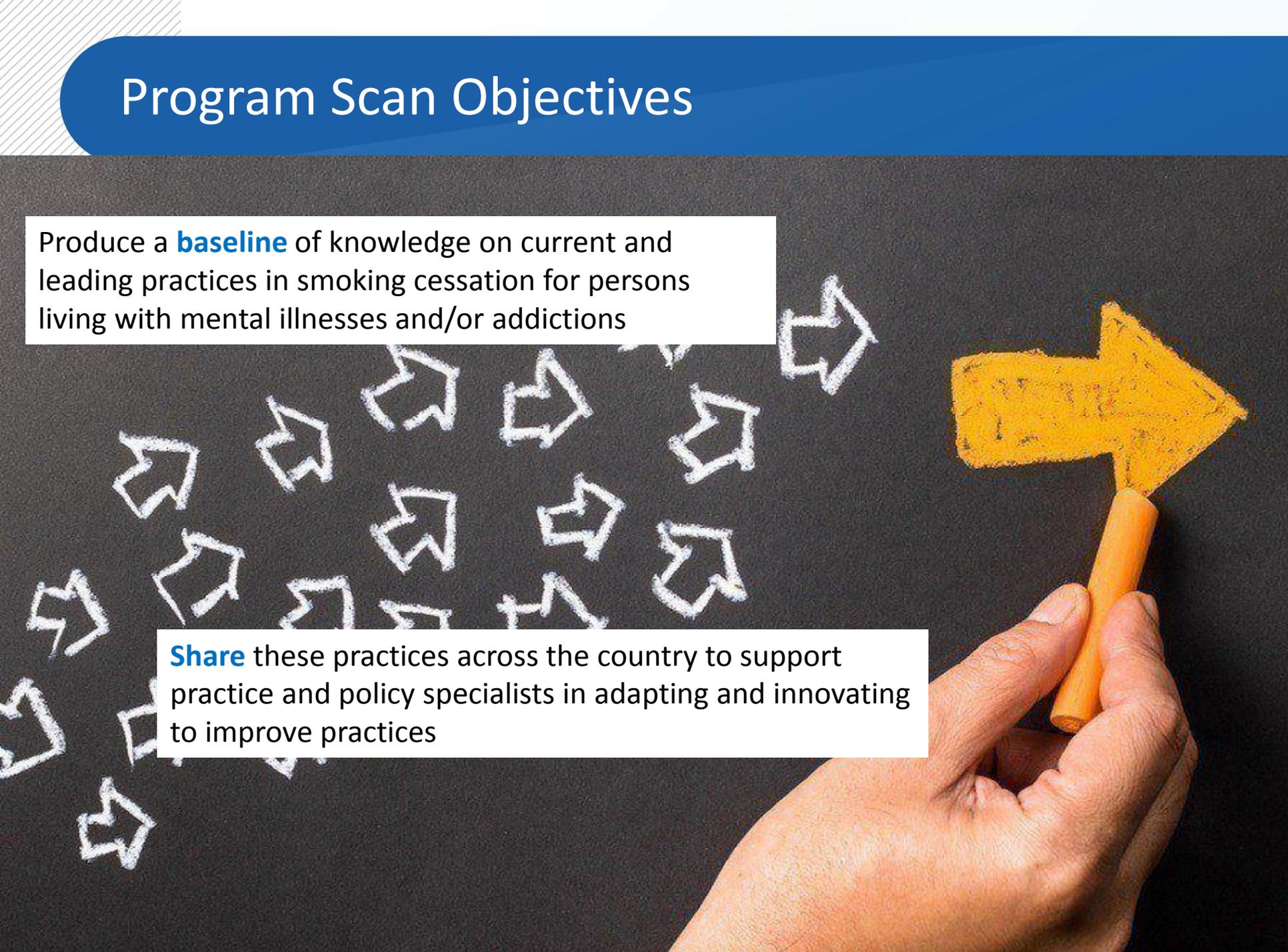
(Source: Campion, Checinski, & Nurse, 2008)



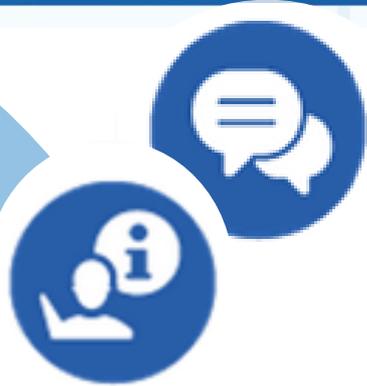
# Program Scan Objectives

Produce a **baseline** of knowledge on current and leading practices in smoking cessation for persons living with mental illnesses and/or addictions

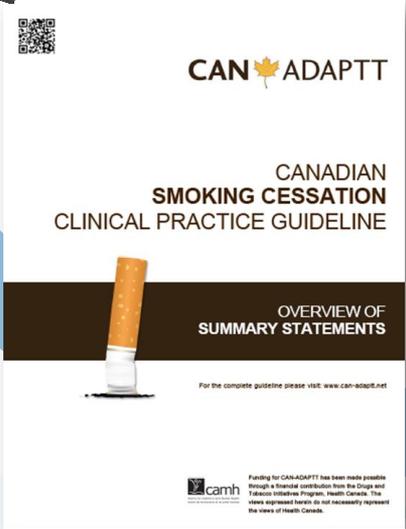
**Share** these practices across the country to support practice and policy specialists in adapting and innovating to improve practices



# Methodology



Province/Territory	Organization	Program Name	Year	Population Served	Key Features	Outcomes	Challenges	Lessons Learned
Alberta	Alberta Health Services	Smoking Cessation Program	2015-2016	~1.3 million	... (text too small to read) ...			
British Columbia	BC Health Services	Smoking Cessation Program	2015-2016	~4.6 million	... (text too small to read) ...			
Manitoba	Manitoba Health Services	Smoking Cessation Program	2015-2016	~1.3 million	... (text too small to read) ...			
Ontario	Ontario Health Services	Smoking Cessation Program	2015-2016	~14 million	... (text too small to read) ...			
Quebec	Quebec Health Services	Smoking Cessation Program	2015-2016	~8 million	... (text too small to read) ...			
Saskatchewan	Saskatchewan Health Services	Smoking Cessation Program	2015-2016	~1.1 million	... (text too small to read) ...			
Atlantic	Atlantic Health Services	Smoking Cessation Program	2015-2016	~2.5 million	... (text too small to read) ...			

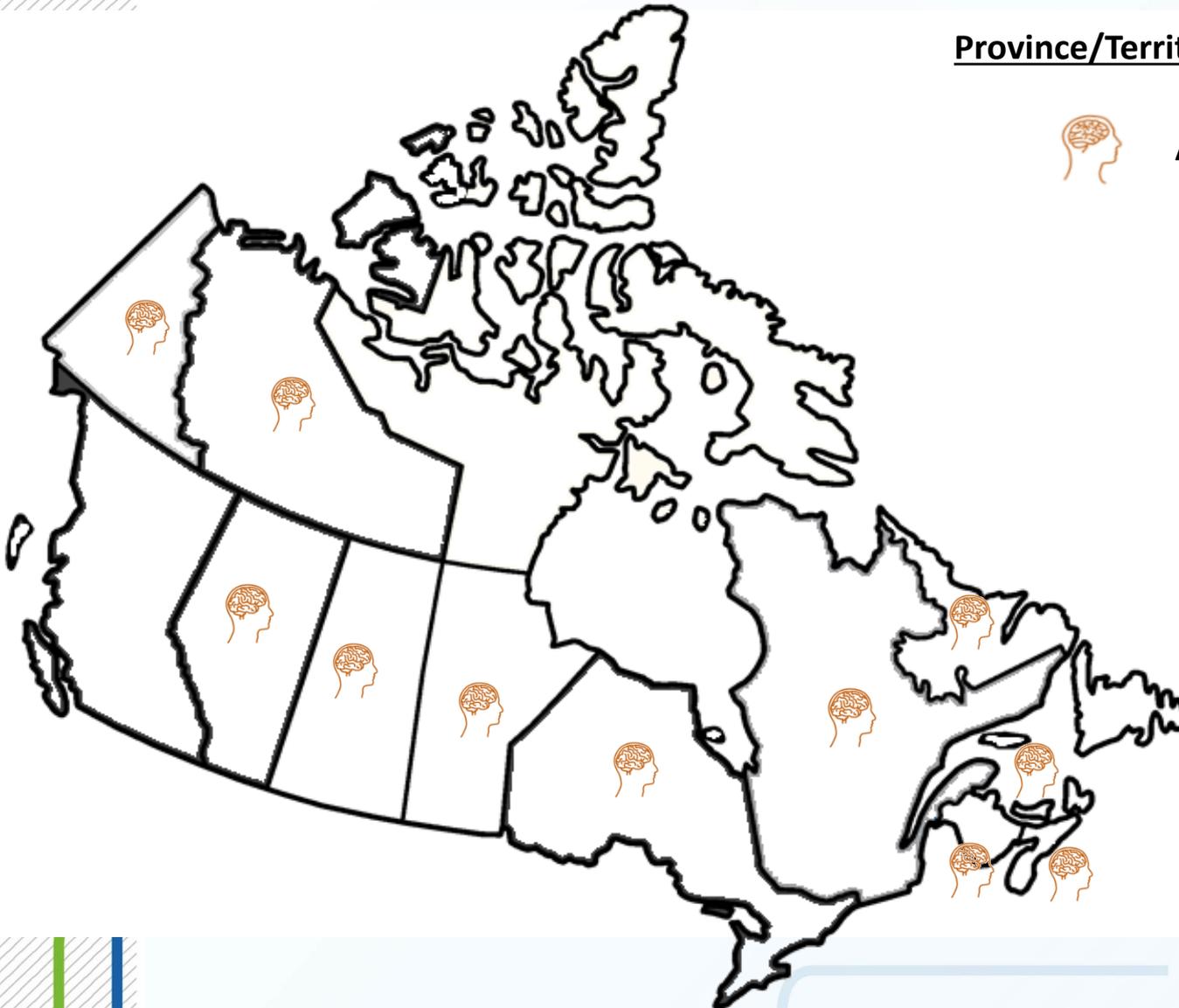


# Adaptations to Quitlines

## Province/Territory Program Distribution



Adaptation to quitline



# Cessation Aid Infographic

## Cessation Aids and Coverage in Canada



### Cessation aid legend:

- Bupropion (BUP)
- Varenicline (VAR)
- Cytisine (CYT)
- Nicotine Replacement Therapy (NRT, e.g., patch, gum, lozenge, mist, inhaler)

### Eligibility:

- Yellow glow indicates limited access

### Health Professionals Who Can Prescribe Cessation Aids:

- Pharmacist
- Physician Billing Code General (e.g., Health Promotion Counselling)
- Physician Billing Code Smoking Cessation Specific
- Nurse Practitioners
- Dentists
- Other allied health professionals

### FEDERAL ■ (Indigenous Services Canada)

#### First Nations Inuit Health Non-Insured Health Benefits Program

*started in 2001*  
 ELIGIBILITY DETAILS:  
 Registered for NIHB and not covered by other benefits eligible to receive up to three courses of treatment in a 12 month period for free. Two 12 wk/yr courses of NRT (e.g., patch), one 12 wk/yr course of gums, lozenges and inhalers. Meds with a prescription are also covered.

### BRITISH COLUMBIA ♦♦♦×

#### BC Smoking Cessation Program

*started in 2011*  
 ELIGIBILITY DETAILS:  
**NRT:** BC resident, active and valid Medical Services Plan coverage, obtain from community pharmacy, free for up to 12 continuous wk/yr.  
**BUP/VAR:** BC resident, active and valid Medical Services Plan coverage. Beneficiaries in FairPharmaCare plan have coverage for up to 12 continuous wk/yr, or beneficiaries in PharmaCare Plans B, C, or G eligible for free meds for up to 12 continuous wk/yr.

### YUKON ♦♦

#### QuitPath

*started in 2009*  
 ELIGIBILITY DETAILS:  
 18+ and enrolled in QuitPath, free 12 wk/yr.

### NORTHWEST TERRITORIES ♦♦

#### Northwest Territories Health Care Plan

*started in 2014*  
 ELIGIBILITY DETAILS:  
 18+ and not covered by NIHB or other benefit program, free for 12 wk/yr.

### NUNAVUT ▲×

#### Extended Health Benefits

*started in 2011*  
 ELIGIBILITY DETAILS:  
 18+ and not covered by NIHB or other benefit program, free for 12 wk/yr.

### NEW BRUNSWICK ■♦♦

#### New Brunswick Prescription Drug Program (NBPD)

*started in 2014*  
 ELIGIBILITY DETAILS:  
**BUP/VAR:** 18+ and covered by the New Brunswick Prescription Drug Program (NBPD) or New Brunswick Drug Plan, eligible for reimbursed meds for 12 wk/yr. Special authorization can cover an additional 12 wk/yr.

#### New Brunswick Drug Plan (NBPD)

*started in 2016*  
 ELIGIBILITY DETAILS:  
 18+ and covered by NBPD or NBPD, eligible reimbursement for 12 weeks of NRT (84 patches/960 lozenges) per year. Special authorization can cover an additional 12 wks.

### NEWFOUNDLAND ■♦♦ AND LABRADOR

#### Newfoundland and Labrador Smoking Cessation Program for Individuals with Low Income

*started in 2014*  
 ELIGIBILITY DETAILS:  
**BUP/VAR:** 18+ who are registered under Newfoundland and Labrador Prescription Drug Program Foundation, Access, or 65+ Plan, Co-pay up to \$75 for meds for 12 wk/yr.  
**PATCH:** 18+ who are registered under the Newfoundland and Labrador Prescription Drug Program's Foundation, Access and 65+ Plans are eligible to receive up to 12 weeks (84 days in a row) of the Habitrol Patch within a 365 day period, with a co-pay arrangement up to \$75.00. Special authorization can cover additional doses.

### ALBERTA ■♦♦

#### Alberta Health Supplementary Health Benefit Program/Alberta Drug Benefit List

*started in 1998*  
 ELIGIBILITY DETAILS:  
 Recipient of one of these Alberta Health plans (Assured Income for the Severely Handicapped, Income Support, Alberta Adult Health Benefit, Alberta Child Health Benefit) eligible for free NRT to a lifetime maximum of \$500, or free BUP for 12 wk/yr. Special Authorization for 24 wk/yr in conjunction with cessation counselling, *started in 2011*

ELIGIBILITY DETAILS:  
 18+ and covered under Non-Group Coverage. Coverage for Seniors and/or Palliative Coverage may receive reduced cost VAR for 12 wk/yr (or 24 wk/yr via Special Authorization).

**QuitCore**  
*started in 2016*  
 ELIGIBILITY DETAILS:  
 Individuals enrolled in the QuitCore program are eligible to receive up to \$500.00 CAD of NRT coverage/year. Additional coverage for VAR or BUP is also offered for participants of QuitCore with a prescription.

### SASKATCHEWAN ■♦♦×

#### Saskatchewan Drug Plan

*started in 2011*  
 ELIGIBILITY DETAILS:  
 Covered under Supplementary Health Plan (Plan 1 receive for reduced cost, Plan 2 and 3 receive for free), or covered under Saskatchewan Aids to Independent Living receive for free, or covered under Special Support Program, Guaranteed Income Supplement, Saskatchewan Income Plan, Family Health Benefits, Seniors' Plan receive for reduced cost 12 wk/yr.

### MANITOBA ■♦♦×

#### Manitoba Pharmacare

*started in 2011*  
 ELIGIBILITY DETAILS:  
**VAR:** 18+ and covered by Pharmacare eligible for reduced cost meds (\$350) for 12 wk/yr, recipients of the Manitoba Employment and Income Assistance Program do not pay deductible.

### ONTARIO ■♦♦×

#### Ontario Drug Benefit Program

*started in 2011*  
 ELIGIBILITY DETAILS:  
 Ontario Drug Benefit Program recipients receive coverage for prescription medications for smoking cessation up to 12 wk/yr provided they are enrolled in a smoking cessation program.

### QUEBEC ■♦♦

#### Quebec Public Prescription Drug Insurance Program

*started in 2000*  
 ELIGIBILITY DETAILS:  
 Seniors, individuals on social assistance, or individuals without health insurance eligible for free meds and NRT for 12 wk/yr.

### NOVA SCOTIA ■♦♦

ELIGIBILITY DETAILS:  
 Some health zones subsidize the cost of NRT and/or VAR.

### PRINCE EDWARD ISLAND ♦♦×

#### QuitCare

*started in 2001*  
 ELIGIBILITY DETAILS:  
 18+ and enrolled in QuitCare program eligible for \$75/yr reimbursement on NRT and BUP  
**Prince Edward Island Financial Assistance, Children in Care, Family Health Benefit, and Catastrophic Drug Programs**  
*started in 2015*  
 Individuals eligible for Financial Assistance, Children in Care, Family Health Benefit and Catastrophic Drug programs eligible for BUP + VAR for 12 wk/yr.

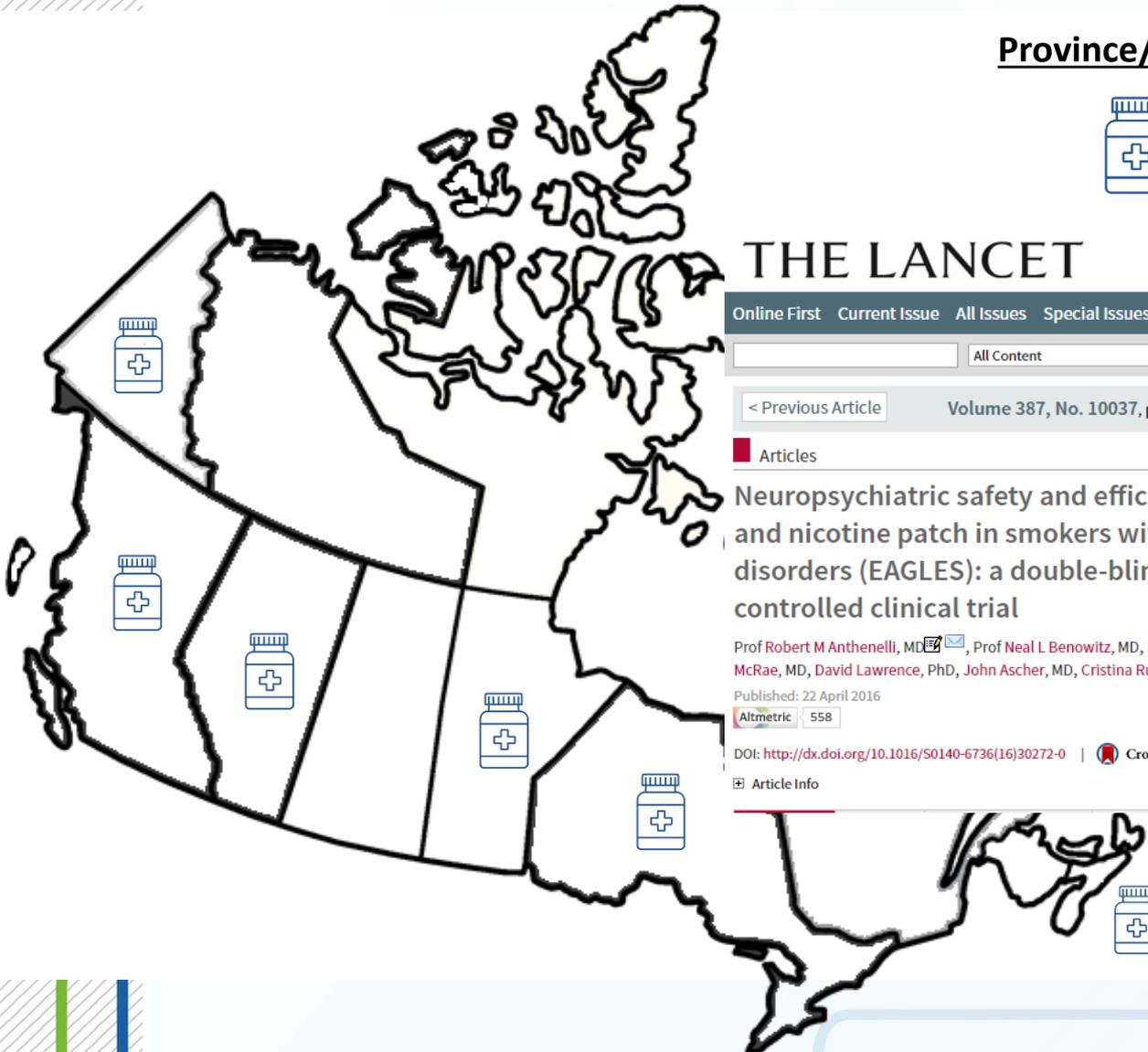


# Adaptations to Cessation Aid Coverage

## Province/Territory Program Distribution



Adaptation to cessation aid coverage



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Articles

Neuropsychiatric safety and efficacy of varenicline, bupropion, and nicotine patch in smokers with and without psychiatric disorders (EAGLES): a double-blind, randomised, placebo-controlled clinical trial

Prof Robert M Anthenelli, MD, Prof Neal L Benowitz, MD, Prof Robert West, PhD, Lisa St Aubin, DVM, Thomas McRae, MD, David Lawrence, PhD, John Ascher, MD, Cristina Russ, MD, Alok Krishen, MS, Prof A Eden Evins, MD

Published: 22 April 2016

Altmetric 558

DOI: [http://dx.doi.org/10.1016/S0140-6736\(16\)30272-0](http://dx.doi.org/10.1016/S0140-6736(16)30272-0) | CrossMark

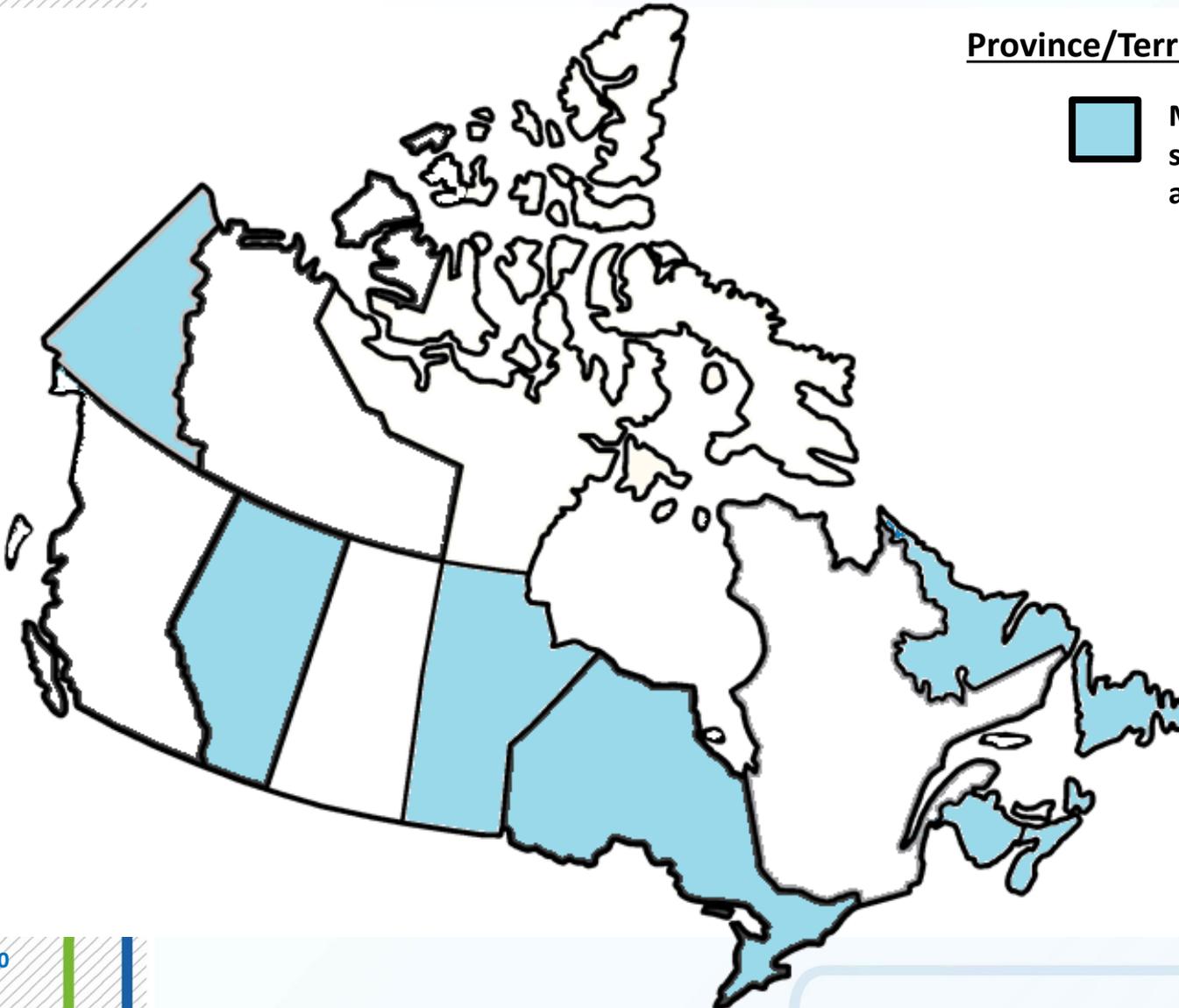


Article Info

# Adaptations for Cessation Programs

## Province/Territory Program Distribution

 Mental health/addictions  
smoking cessation program  
available



# Policy, Protocols and Capacity-Building

## Province/Territory Program Distribution



Implementation of policy,  
protocol, and/or training



# In Summary

- ✓ Most smoking cessation programs have been sustained over the past year with expansion to additional settings
- ✓ Several of these strongly align with pan-Canadian evidence-based guidelines on smoking cessation
- ✓ Opportunities remain to spread and scale



# Thank you for your time! Questions?

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**Access the program scans + cessation aids infographic at:**

**<http://www.cancerview.ca/preventionandscreening/tobacco/>**