



# TOBACCO FREE FUTURES

## AN ALBERTA BASED HEALTH SYSTEM TOBACCO CESSATION INITIATIVE

### The Tobacco Free Futures Initiative

- Designed to SUPPORT Albertan's who are impacted by exposure to tobacco products
- EVIDENCE BASED using promising practices.
- Supports a LINKED REFERRAL across the continuum of care.

#### WHAT IS THE INITIATIVE?

*Tobacco Free Futures* is a tobacco cessation systems change initiative that was developed for the Alberta Health Services (AHS) context. The initiative is grounded in the available literature and supports the integration of tobacco cessation support into healthcare within AHS.

The aim is to contribute to decreasing tobacco use and to supporting the achievement of Alberta Cancer Prevention Legacy Fund vision of preventing cancer through innovative research and prevention strategies.

#### HOW WAS IT DEVELOPED

Tobacco Free Futures was developed through a collaborative process with contributions from individuals and groups from across the province. It has been heavily informed by the Canadian Action Network for the Advancement, Dissemination and Adoption of Practice-informed Tobacco Treatment (CAN-ADAPTT) led by the Centre for Addiction and Mental Health (CAMH), and by the Ottawa Model for Smoking Cessation from the Ottawa Heart Institute.

*Tobacco Free Futures* was funded from 2010-2014 through the Alberta Cancer Prevention Legacy Fund (ACPLF). Funding has allowed for the development of provincial standards of care, practice guidelines, documentation standards (paper and electronic), training, and supplementary resources.

Sustainability at the end of the 2014 funding cycle will be through the AHS Tobacco Reduction Program (TRP).

#### WHAT IS THE SCOPE?

Tobacco Free Futures can be adapted for use in settings across the continuum of care. It has been implemented in many care settings across the province including: urban inpatient acute care; rural inpatient acute care; additions detoxification and residential treatment; public health programs; home care; continuing care; and outpatient services.

#### HOW IS THE INITIATIVE IMPLEMENTED?

Sites or programs work through a series of processes to plan and implement Tobacco Free Futures to fit their specific context.

- Engagement of management and physician leadership.
- Formation of a multidisciplinary steering committee.
- Completion of site/program AHS Tobacco and Smoke Free Environments Policy compliance assessment.
- Determination of staff roles and documentation standards.
- Standardization of pharmacotherapy supports and ordering process.
- Identification of resources for staff and patients/clients.
- Implementation of a site/program communication plan.
- Training of staff and prescribers.
- Planning for sustainability.

#### HOW WILL THE TRP SUPPORT YOUR SITE/PROGRAM?

Our team will

- provide support and guidance to your site/program steering committee;
- develop and supply resources that will guide such as resource binders, posters, forms, patient handouts and cessation aids;
- provide resources to facilitate staff education; and
- provide links to provincial networks and resources.

#### CONTACT INFORMATION

For more information, please contact the Tobacco Reduction Program  
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