

CDCBT TARP

WHAT IS TARP?

- The Tobacco Addiction Recovery program supports clients with serious mental illness and/or an addiction to reduce and/or stop smoking
- Participants are able to receive up to a total of **26 weeks of Nicotine replacement therapy (NRT) at no cost!**
- Our program begins with 8 weeks of in person weekly sessions with an addictions counsellor that covers different cessation strategies. Then bi-weekly NRT pick up and check-in visits

Eligibility Criteria

- Must smoke cigarettes
- Must be registered to SJHH
- Must be a resident of Ontario

CONTACT US

 **905-522-1155 EXT. 39124**

 **cdcbt@stjosham.on.ca**

 **www.cdcapacitybuilding.com/smoking-cessation**

 **St. Joseph's Healthcare
Hamilton
West 5th Campus
100 West 5th Street
Hamilton, ON
L8N 3K7**



St. Joseph's
Healthcare  Hamilton

**CONCURRENT DISORDERS
CAPACITY BUILDING TEAM**

**Tobacco
Addiction
Recovery
Program
(TARP)**



Group Content

During the first 8-weeks, the group will meet for 60 minutes and will begin with the topic of the week.

Some of the topics include:

- managing cravings
- understanding addiction
- relapse prevention
- goal setting
- exercise and nutrition
- & more

Upon completion of the 8 weeks, participants will return every two weeks for a check-in and to receive additional NRT



After the group covers the content the addictions specialist will go over the NRT and PRN's available and how to use them.

Options include:

- The Patch (steps 1-3)
- Inhaler
- Lozenge
- & Gum

REFERRAL PROCESS

Referrals by Clinicians

- Referrals through health care practitioners can be completed by filling out the TARP referral form that can be faxed to 905-521-6028
- Any questions or concerns of when the next cycle will take place can be directed to the CDCBT intern at 905-522-1155 Ext. 39124
- Clients will then be added to the waitlist (Groups can range in size from 8-10 people at a time)
- Clients will hear from us 1 month before the group is scheduled take place to confirm interest in the group

Self-Referrals

So long as clients are associated with St. Joes and meet the eligibility criteria they may reach out to inquire about the groups availability and when the next cycle will begin they may contact the CDCBT intern at 905-522-1155 Ext. 39124 or email at cdcibt@stjosham.on.ca

Additional Resources

Hamilton Public Health Quit Smoking Clinic

- Counselling by Public Health Nurses and free Nicotine Replacement Therapy (NRT) such as patches or gum. You must attend counselling sessions to access free NRT
- Call 905-540-5566 to book an appointment
- For more information and resources, visit: Hamilton.ca/quitsmoking

Aboriginal Health Centre, De dwa da dehs nye>s (Hamilton & Niagara)

- One-on-one and group support
- Free Nicotine Replacement Therapy (NRT) if a connected with a primary care provider at this site
- Self-referral: call 905-544-4320 or toll free 1-877-402-4121,ext 260

Smokers' Helpline

- www.smokershelpline.ca
- Free, personalized services including a Quit Plan, quit calculator, a community of quitters and Quit Coaches, e-mail support, (text iQuit to 123456), and self-help materials Available in French & English

*For additional resources please go to: www.cdccapacitybuilding.com/smoking-cessation

for the full list of smoking cessation groups and resources available