



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](#)

"LEARNING ABOUT HEALTHY LIVING: TOBACCO AND YOU": A TREATMENT MANUAL (2024)

We are happy to share with you this updated 2024 version of [The Learning About Healthy Living: Tobacco and You \(LAHL\)](#) treatment manual, available for free at the link below. The LAHL manual was originally developed in 2004, and updated in 2012, as an educational and motivational group curriculum on tobacco that was tailored for people with mental health conditions. (link above)

It consists of 2 separate group treatment tracks and includes background chapters, and a Facilitator guide for those implementing the groups. Although the emphasis is on addressing tobacco, this manual includes sections on other aspects of healthy living including improving diet, increasing activity, and managing stress.

NATIONAL BEHAVIORAL HEALTH NETWORK LAUNCHES TOBACCO RESOURCE WEBSITE

We are very pleased to share that the [National Behavioral Health Network for Tobacco and Cancer Control \(NBHN\)](#) (<- LINK) has published a new resource titled, "Won't You Be My Tobacco-free Neighbor?". This guide supports organizations and their neighbors in collaborating on tobacco-free initiatives by providing meaningful engagement strategies, effective messaging and solutions for addressing common barriers.

[RESOURCE HUB HERE](#)

WEBINARS AND IMPORTANT DATES

"Normalizing Quit-Attempts and Reframing Relapse"

Pre-Recorded/Archived

[WATCH IT HERE](#)

"Local Policymaking in New York State"

Pre-Recorded/YouTube

[WATCH IT HERE](#)

"Getting to Next Level Outcomes: The Important Role that Peers Play in Supporting Tobacco-Free Recovery"

Tues, Oct 22nd, 2-3pm EST

[WATCH IT HERE](#)

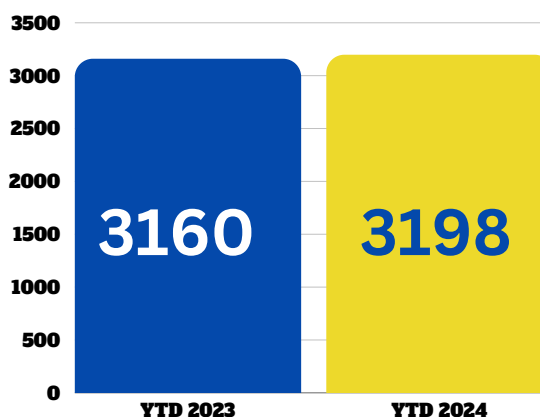
"Turning the Tide on a Deadly Cancer: What Every Clinician Needs to Know About Lung Screening"

Pre-Recorded

[WATCH HERE](#)

NYS Quitline Referrals

Jan 1 to 10/18/2023
vs Jan 1 to
10/18/2024 Provider
Referrals to the
Quitline (Statewide)



Provider Referrals Increase Quit Success!

www.nysmokefree.com/HealthcareProviders/ReferralPrograms

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

Visit: nysmokefree.com

PURDUE RESEARCHERS INVESTIGATE THE EFFECTS OF VAPING ON ORAL AND LUNG HEALTH

Two Purdue University College of Health and Human Sciences researchers, Thivanka Muthumalage and Jonathan Shannahan, are investigating these vaping and e-cigarette technologies to explore the health effects in both the lungs and the mouth. Their goal is to not only educate the public but also work toward therapies that can help reduce the harmful effects of vaping and e-cigarette use.

[READ MORE HERE](#)

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