



Winter Newsletter

[CCSME Conference Recap](#)

The Co-Occurring Collaborative Serving Maine (CCSME) offered a course January 20th on **Integrating Tobacco Treatment into the Behavioral Health Setting**. BEC attended along with Project Integrate, the MaineHealth Center for Tobacco Independence and others, who are addressing policy, treatment of co-occurring conditions and best practice assessments and treatment plans. Participants learned from a panel of first adopters and were provided valuable resources.

[Access documents from the training](#)

Some additional resources presented at the training are featured below:

MPBN NEWS

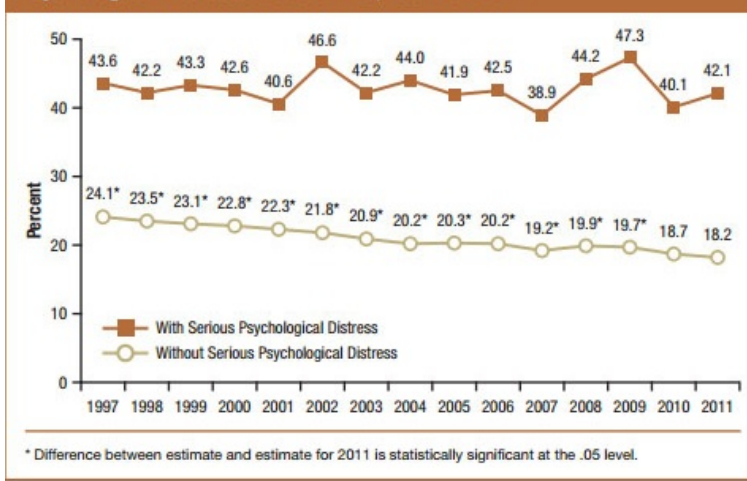
MPBN's Maine Calling recently discussed E-cigarettes and Vaping in a segment entitled: What we know and don't know about the latest nicotine delivery systems.

BEC program coordinator, Sarah Mayberry was a part of the discussion along with Jana Richards (Program Coordinator at the Opportunity Alliance) and Dr. Thomas Eissenberg, professor at the Virginia Commonwealth University and the Director of the Center for the Study of Tobacco Products.

[Listen to the Maine Calling segment](#)

[Thirdhand Smoke and Type 2 Diabetes](#)

Current Smoking among Adults Aged 18 or Older, by Past Month Serious Psychological Distress Status: NHIS, 1997 to 2011



Please click on the images to be directed to the UW-CTRI site to view these resources and others in greater detail.



Scientists at UC Riverside have found that thirdhand smoke (THS) exposure causes insulin resistance, a precursor to Type 2 diabetes. THS results when exhaled smoke gets on surfaces - clothing, hair, homes and cars.

[Read the article and watch the video.](#)



"More behavioral health patients will die from tobacco use than from their behavioral health issues--and they'll die from tobacco sooner. It's time to take action." -[UW-CTRI](#)

[Take the Pledge!](#)

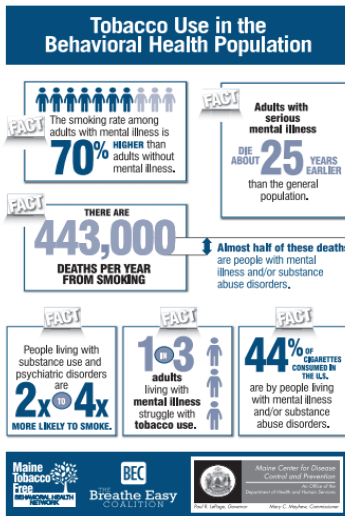


Encourage patients, visitors and staff to take the smoke-free pledge! By filling out the card you are pledging to keep your home smoke-free and thus protecting friends and family from the dangers of second and thirdhand smoke in your home.

Free Smoke-Free Home kits are mailed to those that fill out the pledge!

Please email BEC if you would like to request paper copies. The pledge is also available [online](#).

[BEC Resources](#)



Electronic Cigarettes

PUBLIC HEALTH CONCERNS

What are the Maine laws?

- E-cigarettes are allowed to be sold in Maine.
- Under Maine law, e-cigarettes are considered a tobacco product and handles cannot be sold to minors.
- Effective October 15, 2015, electronic smoking devices are included in Maine's indoor smoking laws.

What you should know:

- Nicotine is addictive in any form and lethal in high doses.
- Since e-cigarettes are not regulated, there is no way to know the amount of nicotine that the users are getting.
- The liquid in e-cigarettes and in the vapor have chemicals that are known to be harmful to humans.
- The vapor emitted from e-cigarettes could be an annoyance to non-smoking employees.
- E-cigarettes are designed to look like cigarettes, pipes, pens and flashlights.

Public health concerns:

- E-cigarettes may emit nicotine, propylene glycol, carcinogens, and other harmful substances.
- Because the product is relatively new, the long term health effects from the use of e-cigarettes have not been studied.
- Nicotine deposits on indoor surfaces and lasts for weeks to months.
- E-cigarette products a vapor which appears similar to the smoke emitted by traditional tobacco products. Use in workplaces and public places where smoking of traditional tobacco products is prohibited creates confusion and leads to difficulties in enforcing existing smoking laws.

Industry facts:

- E-cigarettes are not regulated and producers are not obligated to disclose the ingredients.
- Many tobacco users are seeing e-cigarettes as a smoking cessation aid. The Food and Drug Administration (FDA) has not approved e-cigarettes as smoking cessation devices.
- The industry also promotes e-cigarettes as an alternative to smoking that can be used anywhere cigarette smoking is not allowed.

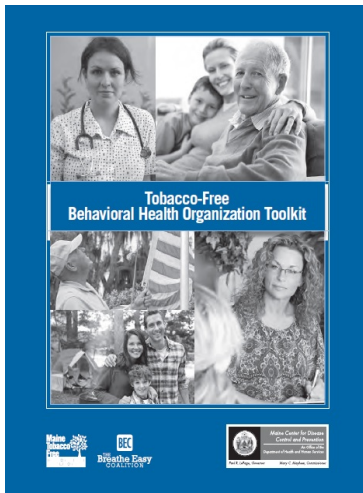
What can employers do?

- If an employer has a tobacco-free workplace policy, they should revise it to include e-cigarettes as a form of tobacco.
- The policy should indicate that smoking in any form through the use of tobacco products (pipes, cigars and cigarettes) or "vaping" with e-cigarettes is prohibited.
- Allowing employees to smoke e-cigarettes in a tobacco-free workplace may encourage non-smoking employees to smoke regular cigarettes in the workplace or to question why they cannot do so.

What can I do?

- Help strengthen state and community smoke free laws by writing policies that include new products such as e-cigarettes. Contact the Breathe Easy Coalition at 616-678 for policy information.

Logos: BEC, Breathe Easy COALITION, Maine Center for Disease Control and Prevention



Please click on the images above for the web links to the infographic, electronic cigarette fact sheet, and the toolkit. If you would like to receive print copies of these resources or others found on our website please [email BEC](mailto:info@breatheeasy.org).

Please Remember

MTFBHN is here for you! We are here to provide technical assistance with development, adoption and ongoing support and maintenance of smoke and tobacco-free campus policies. We also have many educational resources on our website including factsheets on [electronic cigarettes](#), [secondhand smoke](#), [thirdhand smoke](#) and [more](#).

Archived Webinar



If you have not had the opportunity to watch our webinar: Changing the Social Norm: Creating Tobacco Free Behavioral Health Facilities, please take a moment and view the archived webinar [here](#).

#BreatheEasy4ME



Show your love of smoke-free environments and connect with us on Instagram with the hashtag #BreatheEasy4ME. To request stickers please [email BEC](mailto:info@breatheeasy.org)



The Maine Tobacco-Free Behavioral Health Network

If you have any questions or would like more information, please do not hesitate to contact us. Also, if you have a success story and would like to share it in future editions of this newsletter, please send it to us.

Sincerely,

Maine Tobacco-Free Behavioral Health Network

Contact Us:

[Email Us](#) | www.breathesasmaine.org/behavioralhealth/

(207) 874-8774

(MTFBHN) is dedicated to providing Maine Behavioral Health Facilities with the information and resources needed to make all Behavioral Health Facilities smoke- and/or tobacco-free. MTFBHN is a program of the Breathe Easy Coalition of Maine, which is able to provide free resources and technical assistance through a grant from the Partnership For A Tobacco-Free Maine, Maine CDC/DHHS.

Connect with us!



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