



**Tobacco-Free Higher
Education
Awards Celebration**

Thursday, March 29, 2018

BREATHE EASY

REDUCING SMOKE EXPOSURE IN MAINE

2018 Award Recipients

GOLD LEVEL

Central Maine Community College

Kaplan University

Kennebec Valley Community College

Maine Maritime Academy

Northern Maine Community College

Saint Joseph's College

Treat Your Feet School of Reflexology

University of Maine at Presque Isle

University of New England

University of Southern Maine

York County Community College

Individual Gold Star Champions

Heather Chase

USM WELL/Wellness Center Student Intern

University of Southern Maine

Jenna Chase

Assistant Director of Campus Recreation, Fitness & Wellness

Saint Joseph's College

2018 Standards

- 1. Tobacco-Free Policy.** The school has a 100% smoke and tobacco-free campus policy that prohibits all smoking and use of all tobacco products including cigarettes, smokeless tobacco, snuff, chew, snus, cigars, hookah, pipes and electronic smoking devices/electronic nicotine delivery systems (ENDS), such as, e-cigarettes, e-hookah, vape pen, etc. This does not include products specifically approved by the US Food and Drug Administration (FDA) for the purpose of cessation or nicotine replacement therapy. Tobacco use by students, faculty, staff, visitors and contractors is prohibited at all times on the school campus, including in parking lots, all vehicles parked on campus, at all satellite sites and other properties the school owns and/or rents. The policy extends to all off-site meetings, trainings and conferences and in all school owned or leased vehicles.
- 2. Policy Communication.** Written policies, procedures or plans exist that detail communication about the policy, whether or not the policy is 100% smoke and tobacco-free, to all campus community members and visitors.
- 3. Policy Enforcement.** Written policies, procedures or plans exist to detail compliance expectations, enforcement and awareness integration.
- 4. Tobacco Education.** Education about the dangers of tobacco use, exposure to tobacco smoke and information related to tobacco treatment resources are available and integrated into existing trainings, events and programs.
- 5. Tobacco Treatment Benefits for Students & Employees.** Tobacco treatment services are a covered benefit for individuals and their dependents insured through the student health insurance plan and employee health insurance plan. Benefits include coverage for counseling and medication for quitting tobacco, with minimal, or no barriers to utilization (such as, copays, out-of-pocket costs, yearly limits).
- 6. Tobacco Advertising.** The school has a policy prohibiting the advertisement of tobacco products, including electronic smoking devices, on the campus, including in advertising in college/ university media, such as newspapers, radio, and magazines.
- 7. Tobacco Product Promotion and Distribution.** The school has a policy prohibiting the sale, promotion and/or free distribution of all tobacco products, including electronic smoking devices, and paraphernalia, at all times, on campus and at all campus sponsored events, including by any student group or organization.
- 8. Tobacco Funding to Campus-Supported Groups or Organizations.** The school has a policy prohibiting campus supported organizations and events from accepting donations, such as money or goods (such as, all tobacco products, including electronic smoking devices and paraphernalia), from tobacco companies and retailers.
- 9. Donations to School.** The school has a written policy that it refuses all donations from the tobacco industry and divests itself of all tobacco industry stock.
- 10. Smoke-Free Community Lodging.** The school includes information on 100% smoke-free options when providing campus visitors (i.e. prospective students, visiting athletics teams, etc.) local lodging information.

**Standards are reviewed annually and updated as necessary to ensure we are encouraging schools to meet emerging and best practice standards for tobacco-policies and support tobacco-free lifestyles.*



2018 Award Recipients

Central Maine Community College

Gold Level

Auburn

President: Scott E. Knapp

Submitted by: Roger Philippon, Dean of Planning and Public Affairs

Past Awards: 2017 Gold, 2016 Gold, 2015 Silver

Kaplan University

Gold Level

Augusta, Lewiston, South Portland

President: Christopher Quinn

Submitted by: Chelsea Tibbetts, Campus Operations Administrator

Past Awards: 2017 Gold, 2016 Gold, 2015 Gold

Kennebec Valley Community College

Gold Level

Fairfield, Hinckley

President: Richard R. Hopper

Submitted by: Tim McDonald, Safety & Security Manager

Past Awards: 2017—2012 Gold, 2011 Silver

Maine Maritime Academy

Gold Level

Castine

President: William J. Brennan

Submitted by: Deidra Davis, Dean of Students

Past Awards: 2017 Gold

Northern Maine Community College

Gold Level

Presque Isle

President: Timothy D. Crowley

Submitted by: Linda Mastro, Director of Health Services

Past Awards: 2017—2012 Gold, 2011 Bronze

Saint Joseph's College

Gold Level

Standish

President: James Dlugos

Submitted by: Jenna Chase, Assistant Director of Campus Rec. Fitness & Wellness

Past Awards: 2017 Gold, 2016 Gold, 2015 Silver

Treat Your Feet School of Reflexology

Gold Level

Augusta

President: Myra Achron

Submitted by: Myra Achron, Teacher & Practitioner

First Year Applicant

University of Maine at Presque Isle

Gold Level

Presque Isle

President: Raymond J. Rice

Submitted by: Linda Mastro, Director of Health Services

Past Awards: 2017—2014 Gold, 2012 Silver, 2011 Bronze

University of New England

Gold Level

Biddeford, Portland, Tangier, Morocco

President: James D. Hebert

Submitted by: Sharen Beaulieu, Executive Director of Human Resources

Past Awards: 2017—2015 Gold, 2012 Silver, 2011 Bronze

University of Southern Maine

Gold Level

Gorham, Portland

President: Glenn Cummings

Submitted by: Malinda Scannell, Nurse Practitioner

York County Community College

Gold Level

Wells

President: Barbara Finklestein

Submitted by: Deidre Thompson, Coordinator of Student Involvement & Recruitment

Past Awards: 2017 Gold, 2016 Gold

2018 Individual Gold Star Champion Awardees

Heather Chase

Student Intern

University of Southern Maine

Heather is a social work student intern who has been working at the USM WELL/Wellness Center. Heather was recruited to work with staff to promote the campus as a tobacco-free campus. She has been instrumental in planning and organizing tabling events for the Great American Smokeout and the upcoming Kick Butts Day on March 21. For the Kick Butts Day she is looking into projecting a video on vaping along with a story wall for folks to share their personal stories about tobacco. Heather is writing an article for the USM school newspaper, *The Free Press*, related to the risks and harms of vaping, as well as educating our campus community about the health concerns. The article will be published the week of March 26. Additionally, Heather was influential in preparing the 2018 Gold Star Standards of Excellence application for USM. Currently, she is contributing to updating our information with a fresh set of eyes from a student's perspective. She has been a pleasure to work with and her dedication and attention to USM's mission as a tobacco-free campus is exemplary. Heather's work on this mission is viewed as making an impact on students' lives and promoting positive change for the benefit of individual and the campus community well-being. Heather is in her senior year at USM with plans to graduate with Bachelor's in social work in May. After graduation she would like to work with children with special needs in a school setting.

*Nominated by: Malinda Scannell, Nurse Practitioner
University of Southern Maine*

Jenna Chase

Assistant Director of Campus Recreation, Fitness & Wellness
Saint Joseph's College

Jenna has championed making Saint Joseph's College a tobacco-free campus since attending as an undergraduate and serving as an intern in the Wellness Center in 2011. Jenna wrote the original Saint Joseph's College policy to make the campus 100% tobacco-free. Since then, Jenna has ensured new staff and new students are provided educational information on tobacco and its effects on health. She has made herself personally available to any student who is considering quitting tobacco, working with them to link to treatment services on campus and helping provide support in quitting. Jenna is always looking for creative ways to promote tobacco-free lifestyles to students— last year she handed out 100 quit kits to students in a single day for the Great American Smokeout. Jenna continued to be diligent in her work and recently updated the SJC policy to ensure all who come to Saint Joseph's can enjoy the benefits of a smoke and tobacco-free campus.

*Nominated by: Krista Walker & Karlene Hafemann
City of Portland Public Health Division*

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About the Tobacco-Free College Initiative

The Breathe Easy Tobacco-Free College initiative at the MaineHealth Center for Tobacco Independence is dedicated to providing Maine's post-secondary institutions with the information and resources needed to support the adoption, implementation and ongoing enforcement of 100% smoke and tobacco-free campus policies.

The program is funded by Maine Prevention Services. Maine Prevention Services is an initiative through the Maine Center for Disease Control and Prevention working across the state to impact tobacco, substance use, and obesity.



MAINE
PREVENTION
SERVICES


Maine Center for Disease Control & Prevention
Department of Health and Human Services

MaineTobaccoFreeCollegeNetwork.org | BreatheEasyMaine.org

BreatheEasy@MaineHealth.org

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