

Crete, Andrea

From: Merridith Oleary <molearypvtc@gmail.com>
Sent: Wednesday, October 23, 2024 2:27 PM
To: Merridith Oleary
Subject: PVTC Bi-Annual Meeting
Attachments: Model Tobacco Sales Reg 4.29.24 (2).docx

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Hello PVTC Members,

I hope you are enjoying the beautiful fall weather!

I'd like to start coordinating our next meeting and am aiming for a date during the second week of December (9th - 13th). Please let me know if there are any Public Health events, conferences or trainings that may be scheduled during that time so we can avoid any conflicts.

These meetings are always a great opportunity to network, discuss hot topics, and share updates on policy work and field efforts related to tobacco and nicotine. Your participation and insights make these conversations invaluable. If you have any agenda items you'd like to discuss, please let me know so I can include them.

As a reminder the MHOA 2024 Annual Conference - Modernizing and Redefining Public Health: From Reactive to Proactive is November 13-15, 2024 at the MassMutual Center in Springfield this year. There are two sessions that pertain to our work:

- **Nicotine Free Generation: Policy and Lessons Learned** - Maureen Buzby, Anthony Chui, and Chris Banthin
- **Synthetically-Derived Intoxicating Hemp and THC Products - Where are we with them?**
- Cheryl Sbarra, Esq

To Register: https://www.mhoa.com/aws/MHOA/pt/sp/conference_registration

To Review Agenda: https://www.mhoa.com/aws/MHOA/pt/sp/conference_speakers

Additional Resources:

1.) Attached are the latest Model Sale Regulations for your review. If your Board of Health would like to discuss any potential policy changes, please let me know. I, along with the MTCP TA providers, would be happy to offer our support. We will be covering the new additions to the Model Sale Regulations during the upcoming PVTC Meeting

- Restricting Oral Nicotine Pouches
- Nicotine Free Generation (NFG)

2.) I also want to remind everyone about the valuable free resources available through the Massachusetts Clearinghouse, which offers a variety of educational materials to support your outreach and prevention efforts

Free Vaping Materials from the Clearinghouse

- <https://massclearinghouse.ehs.state.ma.us/category/Vaping.html>

3.) Lastly I wanted to share a youth cessation resource. My Life, My Quit" is a free and confidential tobacco and vaping cessation program tailored specifically for youth ages 13 to 17. The program is designed to help young people quit smoking, vaping, and using other tobacco products through personalized coaching and resources. My Life, My Quit has helped over 750,000 youth and young adults on their journey to quit vaping. Learn more about how it works and the additional resources available for parents of young vapers and for adults who want to quit. When teens text "Start My Quit" to 36072 or chat at mylifemyquit.com they will meet experienced coaches who can help them make personalized plans to quit and cope with its ups and downs. For more information, visit mylifemyquit.com

Key Features of the Program:

1. Text and Phone Coaching

- Youth participants receive support from live coaches trained in working with teens.
- Coaching sessions are available through text messaging or phone calls, making the program accessible and private.

2. Personalized Quit Plan

- Coaches help participants create customized plans based on their specific needs, goals, and challenges.

3. Confidential Support

- The program ensures confidentiality to encourage teens to seek help without fear of judgment or exposure.

4. Access to Tools and Resources

- Youth can log their progress and access information to manage cravings, cope with stress, and build healthier habits.

5. Multilingual Services

- Support is available in English and Spanish to accommodate diverse populations

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Sincerely,

Merridith A. O'Leary

PVTC Coordinator