

Project TEACH ECHO

Tobacco Education and Cessation in the Health System

Effective counseling and medication for tobacco use does exist and is very cost effective.

These evidence-based treatments are underutilized. Only 31% of individuals who smoke report using one treatment option and just 5% used both counseling and medication to quit.

Studies show that 70% of smokers are interested in quitting, but only 7% are successful.

Timely interventions promote overall health and wellness

Project TEACH ECHO is an online telementoring program that connects Tobacco Treatment Specialists, health care providers and other public health professionals with ongoing support, resources and training. The goal is to enhance your skills to provide tobacco and nicotine treatment services to the communities you serve.

Our sessions provide a collaborative environment for you to connect with peers to share treatment strategies, as well as support each other and network. Project TEACH ECHO began in 2015, learning from colleagues in Texas' local mental health authorities. Our community of tobacco treatment providers and specialists now reaches over 600 providers from 38 states and 5 countries.



**Virtual sessions
held Tuesdays
at noon CST**

Project TEACH ECHO offers you a free opportunity to connect and learn from other community providers, with a curriculum that covers a wide range of topics, including:

- Tobacco cessation benefits and strategies
- Motivational interviewing and counseling techniques
- Specific concerns and approaches to address various tobacco-related disparities in your community

Project TEACH utilizes the Project ECHO (Extension of Community Healthcare Outcomes) model created to demonopolize knowledge and increase the capacity of providers, especially those who provide care in communities that are medically underserved. The ECHO model incorporates case-based learning with peer to peer feedback and recommendations, followed by instructional presentations on skills that will support your work.

Continuing education credits are available for those who attend. If you are interested in joining or would like more information visit MDAnderson.org/ProjectTEACH or email EndTobacco@MDAnderson.org.