Breathe Free: Community Guided Smoking Cessation Program
Information and Informed Consent Form

Project Title: LungNSPEI's Breathe Free: Community Guided Smoking Cessation (BFCGSC) Program

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Funder: Public Health Agency of Canada

Who Is Involved in This Program?

This program is a partnership between two groups:

The Lung Association of Nova Scotia and PEI (LungNSPEI)
They run the Breathe Free program in communities across Nova Scotia and PEI. They work with local organizations to help you get nicotine replacement therapy (NRT) and other supports.

Centre for Addiction and Mental Health (CAMH), Toronto
CAMH signs you up for the program and mails your NRT products. Before sharing data, they remove names and other personal details.

You are invited to join the **Breathe Free: Community Guided Smoking Cessation Program**. Please read this information carefully and ask any questions before you decide if you want to take part.

Purpose of the program

This program offers free help to adults in Nova Scotia and Prince Edward Island who want to quit smoking. Support includes free nicotine replacement products (like patches or gum). The goal is to help people cut down or stop smoking.

Who can join?

You can take part if:

- You are 18 years or older.
- You live in Nova Scotia or Prince Edward Island.
- You smoke at least 5 cigarettes a day and want to cut down or quit within the next 30 days.
- Your yearly income is under $40,000 before taxes.
- You have an email address.

If you do not have an email address, we can help you create one. You can contact the LungNSPEI team for help by phone toll-free 1-800-451-2221. If you are joining through a community partner (PEI Outreach Center, The Ally Center, The Marguerite Center, Healing Our Nations, or the Prince Edward Island Reach Foundation), please contact the organization you are connected with to help you.

If you want to keep your participation private, please use an email address that only you can access. Using a shared email might let others see messages about the program.

You cannot take part if you:

- Do not meet the rules listed above.
- Are pregnant or breastfeeding.
- Have a skin condition (like eczema or a rash).
- Are allergic to nicotine or sticky products (like medical tape).

If you are not eligible for this program, you can talk with a healthcare provider or call 8-1-1 for help to quit smoking. You can also visit this website for more resources to help you: https://www.lungnspei.ca/help-me-quit.

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Taking part in the Breathe Free program is your choice.

Whether you choose to join or not will *not* affect any services or support you get from LungNSPEI or from any community organizations that tell you about the program or help you sign up.

How do I sign up?

To join the program, you will complete a short survey about your smoking and health. This survey helps us:

- Make sure you qualify for the program.
- Send you nicotine replacement therapy (NRT) products.

What Can I Expect?

Receiving Your Nicotine Replacement Therapy (NRT) Kit

Based on how much you smoke, and where you live, you will be mailed one of these kits:

Nova Scotia Kits

- **Kit A:**
  - 8 boxes of 21mg patches.
  - 2 boxes of 14mg patches.
  - 2 boxes of 7mg patches.
  - 6 boxes of 2mg gum or lozenges (contains aspartame).

- **Kit B:**
  - 8 boxes of 14mg patches.
  - 4 boxes of 7mg patches.
  - 6 boxes of 2mg gum or lozenges (contains aspartame).

Prince Edward Island Kits

- **Kit C:**
  - 8 boxes of 21mg patches.
  - 2 boxes of 14mg patches.
  - 2 boxes of 7mg patches.

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- **Kit D:**
  - 8 boxes of 14mg patches.
  - 4 boxes of 7mg patches.

CAMH will mail your NRT kit to the address you give in your survey. If you do not have a home address, you can have your NRT mailed to one of our community partner organizations listed in the program screening survey. The NRT will be mailed in discrete packaging with your name on it. If you have questions about quitting or using NRT, please talk to a doctor or other healthcare provider, such as a community pharmacist. You can also call 8-1-1 for help.

What Will I Need to Do?

Complete the intake survey to ensure this program is a good fit for you.

If you don't have an email, please contact a community partner organization listed on the Breathe Free webpage or the Breathe Free team at LungNSPEI toll-free at 1-800-451-2221 for help creating one.

Can I leave the program?

Yes. Participation is voluntary. You can leave the program at any time by emailing:

- **breathefree@lungnspei.ca**, or by calling **1-800-451-2221, or**
- **stop.support@camh.ca**

What Are the Benefits of Participating?

- **Free support to quit smoking.** You will receive nicotine replacement therapy (patches, gum, or lozenges) at no cost.

- Quitting or cutting down on smoking **can improve your health** and **lower your risk of disease**.

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Are There Any Risks?

- **Side effects from NRT**: Nicotine patches can sometimes cause mild problems such as skin rash, itching, or burning. NRT may cause other mild side effects such as nausea, dizziness, or headache.

- **Allergic reactions**: Rarely, people may be allergic to nicotine or to the sticky material in patches.

- **Survey discomfort**: Some questions about smoking and health may feel personal or uncomfortable. Enrollment survey questions are mandatory to make sure this program is right for you and to make sure we can mail you your NRT.

- **No guarantee**: The program may not help everyone quit smoking.

When this program is completed, you can see the results online on the LungNSPEI webpage.

Before joining, please speak with a healthcare provider if you:

- Already use Nicotine Replacement Therapy.
- Have heart, thyroid, circulation, or stomach problems.
- Have had a stroke or high blood pressure.
- Take insulin or other prescription medications.
- Have ever had seizures.

If you notice side effects or think you may be having an allergic reaction, **stop using the NRT product right away**. Please talk to your doctor or another healthcare provider. If you have a serious reaction, call 911 or go to the nearest emergency room.

You should talk to a doctor or other healthcare provider about any questions you may have about quitting smoking or NRT. No physician-patient relationship is created between you and CAMH, or you and LungNSPEI as a result of your participation in the Breathe Free Program.

You can also contact Julia Hartley, Director of PEI Operations, LungNSPEI, at juliahartley@lungnspei.ca or by phone at 1-800-451-2221 if you have questions or concerns.

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How Will My Information Be Protected?

Your survey answers will be kept private. Only staff at CAMH will see survey information that has your name or other details that could identify you. LungNSPEI will only see group results or survey answers with all names and identifying details removed.

CAMH and LungNSPEI staff can see your name and contact information in the program portal, but only to follow up on missed or delayed NRT delivery or tohelp you if you want to leave the program.

Community partner organizations will **not** have access to your personal information or your survey answers. If you choose to have your NRT mailed to a community partner organization, they will store the NRT securely until you are able to pick it up.

All program reports will use group-level, non-identifying information.

If you have questions about your personal information or need to correct it, email **breathefree@lungnspei.ca**.

Learn more about CAMH's privacy practices at www.camh.ca or by contacting the CAMH Privacy Office at privacy@camh.ca.

By joining the Breathe Free Program, you agree to the privacy practices explained here:

- **What we collect:** Your personal and health information from the survey is collected by CAMH so you can take part in the program.

- **Who sees it:** CAMH shares access with LungNSPEI to help with enrollment.

How it's protected: All data in the Portal is encrypted and kept secure when collected, stored, and sent. CAMH keeps your information private following its privacy rules. You can learn more at www.camh.ca or email **privacy@camh.ca**.

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Technical details:
When you use the Portal, it automatically collects basic technical information like your browser type, operating system, IP address, and the time you visit. This helps fix problems and track usage.

Cookies:
The Portal uses cookies (small files stored on your device) to keep your session secure and prevent duplicate logins. Cookies are **not** used for ads or marketing. You can refuse, disable, or delete cookies if you want.

By clicking "Agree", you confirm:

- I have read the information about the Breathe Free Program and I understand it.
- I know that joining this program is my choice, and I can stop at any time.
- Saying yes or no to this program will not change any other services or help I get from LungNSPEI or partner groups.
- CAMH will keep my personal information for program delivery. My information will be kept private as much as the law allows.
- I understand that clicking "I agree" does not take away any of my legal rights or remove the legal responsibilities of the people running or sponsoring the program.
- I will receive link to of this consent form in my email for my records.

Do you agree to participate in the Breathe Free Program and allow your information to be used for program delivery?

☐ I agree

☐ I do not agree

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