

# Shopping for a Person-Centered Program That Provides Good Treatment for Tobacco Use Disorders

# Agenda

- Welcome and Introductions
- Social justice & health disparity
- What is shopping?
- What makes a good tobacco treatment program?
- Shopping for a good tobacco treatment program
- Asking for help
- What to do if you don't like what you "bought"?
- Resources

# Introductions

## Who We Are:

- Nancy Covell
- Digna Quinones
- Rusty Foster
- Noah Lipton

# Social Justice

**TOBACCO USE IS NOT AN EQUAL OPPORTUNITY KILLER. SMOKING DISPROPORTIONATELY AFFECTS THOSE MOST IN NEED SUCH AS THE POOR, THE HOMELESS, RACIAL MINORITIES, LGBTQ PERSONS AND THOSE SUFFERING FROM MENTAL ILLNESS AND SUBSTANCE USE DISORDERS.**



**THERE ARE MORE TOBACCO RETAILERS NEAR SCHOOLS IN LOW-INCOME AREAS THAN IN OTHER AREAS.**



D'ANGELO, H., AMMERMAN, A., GORDON-LARSEN, P., LINNAN, L., LYTTLE, L., & RIBISL, K. M. (2016). SOCIODEMOGRAPHIC DISPARITIES IN PROXIMITY OF SCHOOLS TO TOBACCO OUTLETS AND FAST-FOOD RESTAURANTS. AMERICAN JOURNAL OF PUBLIC HEALTH, 106(9), 1556-1562.



**Center for Practice Innovations<sup>SM</sup>**  
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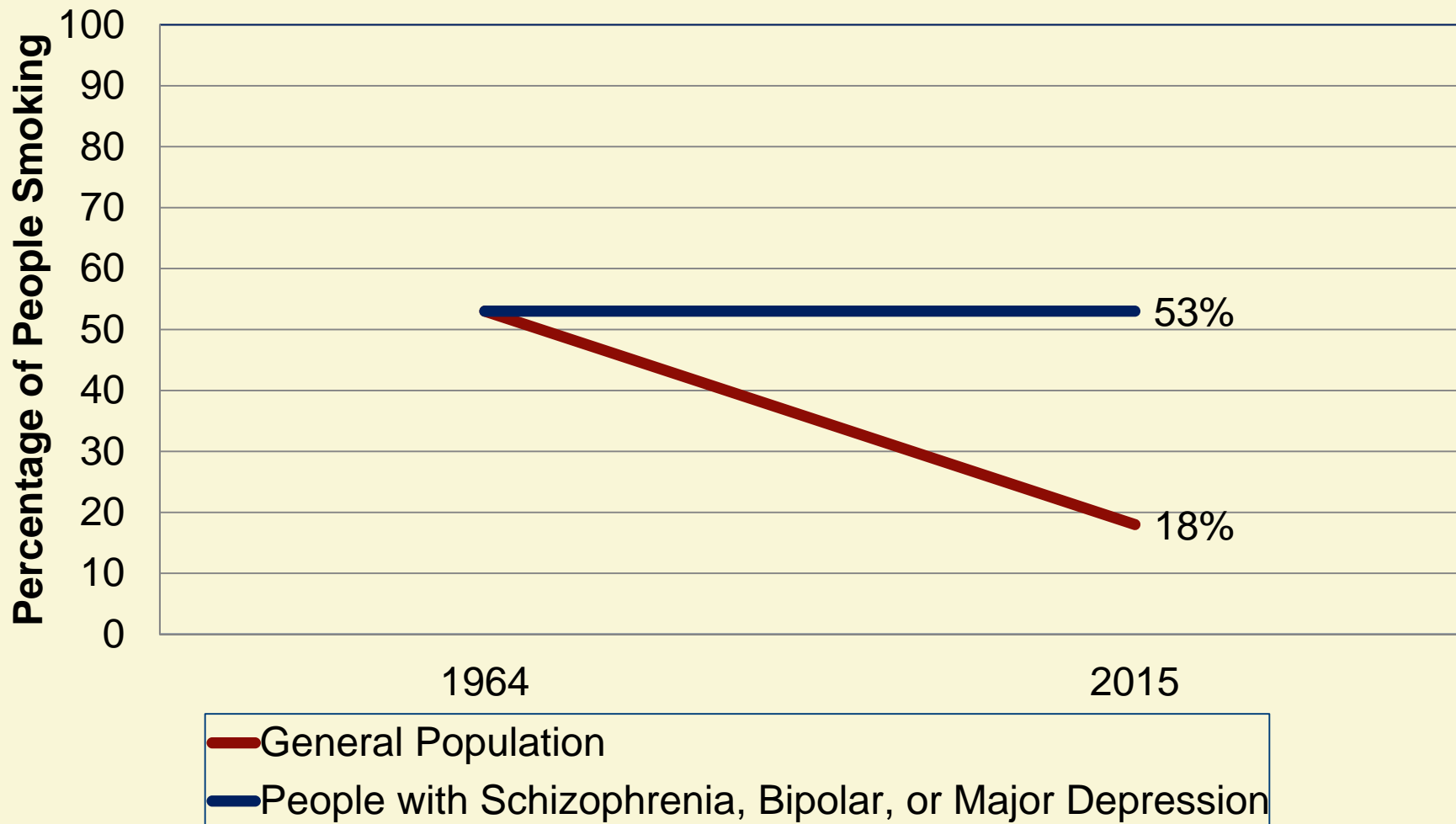
**FIT** Focus on Integrated Treatment  
*Whole Treatment. Whole Recovery. Whole Lives.*

# Health Disparity

- Tobacco use represents a major health risk among persons with a mental health problem
- Approximately 1 in 4 (or 25%) adults in the U.S. have a mental health or substance use disorder and these adults consume almost 40% of all cigarettes smoked by adults
- Individuals with a serious mental health problem who are receiving services in the public mental health system tend to be heavier smokers and extract more nicotine for each cigarette they smoke

# A Public Health Crisis

Evans, A.E. et al, (2015) Harvard Review of Psychiatry



# Health Disparity

- Higher rates of smoking among people with the most intense behavioral health problems have led to higher rates of mortality and morbidity – they are dying 25 years younger
- There are 19 diseases directly attributable to tobacco smoking. What do you think some of them are?
- How many carcinogens do you think are in cigarette smoke?

# Health Disparity

- Smokers with mental health problems are just as interested in quitting as the general population
- Yet people with mental health problems in behavioral health settings have much less access to tobacco use disorders treatment than people in the general population



# Shopping for a Good Tobacco Treatment Program



# Shopping

## Group discussion

- What is shopping? What are some of the steps included during a typical shopping trip?
- How do you shop for clothes, food etc.?
- How do you make informed choices about these items?
- Is shopping a person centered process?

# Treatment of Tobacco Use Disorders

## Group Discussion

- What does nicotine addiction (tobacco use disorders) mean?
- What should be included in good tobacco use disorders treatment?

# Treatment Guidelines

- Treat smoking as a co-occurring disorder
- Integrate smoking cessation efforts within treatment and wellness services
- Train staff in tobacco use disorders treatment
- Program has a smoke free policy
- Staff do not smoke on the grounds

# Treatment Guidelines

- All consumers are asked about and assessed for smoking status, including readiness to quit, level of nicotine dependence, and previous quitting history
- The program tailors its services based on what changes a consumer wants to make in his/her smoking (including not making any change)
- There is not any pressure to quit smoking, staff use a motivational interviewing approach

# Treatment Guidelines

- Evidence-based tobacco treatment includes nicotine replacement, sustained release bupropion, varenicline, and psychosocial therapies such as motivational interviewing and cognitive behavioral therapy
- Combined services (counseling plus pharmacotherapy) for treating tobacco use disorders have the best outcomes and are emphasized

# Treatment Guidelines

- Education is provided to all consumers on the health impact of smoking
- There is information on and access to NRT's and other medication for nicotine withdrawal
- There are peers in recovery on staff

# Let's go shopping for a good program

## Work with a partner

- How would you shop for a good tobacco treatment program?
- How do you know that the program is good?
- What criteria would you use?

**Let's review!!!**



# Who would help you in your shopping for a good program?

## Work with your partner

- Who would you ask to help you?
- How would they help you?

# Do we return items???

## Work with your partner

- What would you do if you don't like what you "bought"?
- Role Play
  - You realize you are not receiving good tobacco use disorder treatment
  - What do you do?
  - Role play the interaction between you and your counselor

# Words of Encouragement

- Look for programs that provide good tobacco use disorder treatment
- Ask your doctor and mental health treatment provider for help quitting
- Like other smokers, smokers with mental health problems are interested in quitting, are able to quit, and have a better chance of quitting successfully when they have access to proven stop-smoking treatments!

# Resources

- The power of a support network is also one of the most important aspects of quitting
- There are many support groups across the state dedicated to quitting smoking
- Some are grassroots groups like Nicotine Anonymous and others are supported by health clinics, faith groups or community centers

# Resources

- <https://nicotine-anonymous.org/face-to-face-meetings.html>  
(find meetings by city, state, country)
- <https://med.nyu.edu/pophealth/divisions/mtcp/health-care-providers/quit-smoking-program-nyc>  
(NYC programs)
- <https://www.nysmokefree.com>  
(lists programs by region, then locally and provides free NRTs)
- <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking>

# Resources

## NJ Choices

- What is it?
- What do they offer?
- How can you reach them?  
<http://www.njchoices.org/>

# How CPI Can Support You

- ❑ Tobacco Video

<http://practiceinnovations.org/Consumers/Tobacco>

- ❑ TCTTAC website (<http://nyctcttac.org/>)