

## **Association for the Treatment of Tobacco Use and Dependence (ATTUD)**

### **A NATIONAL CALL TO INTEGRATE TOBACCO-FREE POLICY AND TOBACCO CESSATION SERVICES INTO BEHAVIORAL HEALTHCARE**

Tobacco use affects each of us whether it is experiencing first hand the effects of tobacco addiction, being exposed to secondhand smoke, or losing a family member or friend to a tobacco related illness or disease.

Research confirms that people with substance abuse addictions and/or mental health disorders face major health disparities related to tobacco use and consume 44% of cigarettes smoked in the U.S. Moreover, people with substance abuse and/or mental health disorders experience devastating consequences in terms of morbidity, mortality, and quality of life. People with serious mental illnesses die 25 years earlier due to chronic health conditions, many of which are directly related to tobacco use.

Because tobacco is a primary cause of death in this population and affects recovery from other substances, the Association for the Treatment of Tobacco Use and Dependence (ATTUD) developed a Position Paper on Integrating Tobacco Treatment into Behavioral Health Services. ATTUD is an organization of providers dedicated to the promotion of and increased access to evidence-based tobacco treatment for the tobacco user.

The ATTUD policy confirms that mental health and addiction providers:

- Represent a key group in addressing tobacco in behavioral health populations;
- Need to be trained in the delivery of evidence-based tobacco treatment;
- Need to assess, educate and treat clients for tobacco use;
- Must be given additional resources to enable them to provide high quality tobacco dependence counseling and offer cessation medications to their smoking clients;
- Support their clients to lead a tobacco-free life by fully integrating tobacco cessation treatment and tobacco-free policies within the agency or facility where they work.

We urge your organization to act now to:

- Write a policy statement which integrates tobacco free initiatives into behavioral health care settings.
- Survey members to see how much they are addressing this problem.
- Address tobacco use among staff and offer assistance to help those who are ready to quit.
- Strongly recommend all continuing education programs include at least one presentation on tobacco.
- Create tobacco-free facilities, campuses, and residential treatment settings.
- Include training in tobacco cessation treatment as part of core competencies.
- Become aware of the evidence-based resources available to assist your organization and membership with issues related to tobacco use dependence and treatment.
- Develop policies and procedures for the referral of clients who are in need of tobacco use treatment resources.
- Advocate for client access to and reimbursement for tobacco cessation medications and counseling.
- Post a link to the ATTUD position statement on your website as guidance for your organization's own policy statement.

Behavioral health providers can and must have an integral role in implementing tobacco-free policies, offering tobacco education, and integrating tobacco treatment within existing service settings across the lifespan and at every level of care. Persons with mental health disorders and addictions not only urgently need these services, but also desire treatment. Studies have shown that as many as 80% of clients express an interest in tobacco treatment.

With healthcare reform and other recent federal policy change, there has never been a better opportunity to meet the critical need for evidence-based tobacco cessation services among smokers with mental illnesses and/or addictions. Attached is a national resource list which can be posted on your organization's website to underscore the importance of this issue. We hope you find the ATTUD Position Paper and Resource list useful. We look forward to the possibility of collaborating with your organization to decrease unnecessary death and disabilities to our clients.



ATTUD is an organization of providers dedicated to the promotion of and increased access to evidence-based tobacco treatment for the tobacco user. Visit [www.attud.org](http://www.attud.org) for information about addressing tobacco within behavioral health populations including the Position Statement on Integrating Tobacco Treatment into Behavioral Health treatment.

## Selected Resources for Integrating Tobacco Treatment and Policy with Mental Illness, Chemical Dependence, and Co-Occurring Disorders\*

**Legacy** *A Hidden Epidemic: Tobacco Use and Mental Illness* is the tenth publication in Legacy's dissemination series. The publication calls attention to the issue of the high prevalence of tobacco use and nicotine dependence among people with mental illnesses and highlights barriers to effective tobacco-cessation efforts to help them quit. [http://www.legacyforhealth.org/PDF/A\\_Hidden\\_Epidemic.pdf](http://www.legacyforhealth.org/PDF/A_Hidden_Epidemic.pdf)

**Bringing Everyone Along** (BEA) project of Tobacco Cessation Leadership Network hosts resources to assist health care providers adapt their treatment services to meet the needs of tobacco users with mental illness and substance use disorders. The site includes the BEA Resource Guide and links to toolkits, resource guides, and PowerPoint Presentations. [www.tcln.org/bea](http://www.tcln.org/bea)

**Learning About Healthy Living** is a 20-session program to help those who have mental illness and substance use disorders learn about chronic illnesses and health; its main focus is on addressing tobacco. <http://www.tobaccoprogram.org/pdf/Learning%20About%20Healthy%20Living.pdf>

**New York State Tobacco Dependence Resource Center** hosts a large collection of resources and a large virtual community of people interested in integrating tobacco dependence interventions into chemical dependence programs. Free membership is required to access resources. [www.TobaccoDependence.org](http://www.TobaccoDependence.org)

**Rx for Change** enhances tobacco cessation education for health professionals. Includes tailored versions (four-hour psychiatry Rx for Change, three-hour Mental Health Peer Counselor) of the curriculum; free membership is required to access curricula. <http://rxforchange.ucsf.edu>

**Smoking Cessation for Persons with Mental Illness: A toolkit for Mental Health Providers** educates mental health care professionals about specific guidelines and strategies to use to reduce the burden of tobacco among persons with mental illnesses. [www.tcln.org/bea/docs/Quit\\_MHToolkit.pdf](http://www.tcln.org/bea/docs/Quit_MHToolkit.pdf)

**Tobacco-Free Living in Psychiatric Settings: A Best-Practices Toolkit Promoting Wellness and Recovery** from the National Association of Mental Health Program Directors provides tips for making psychiatric facilities smoke-free. [www.nasmhpd.org/general\\_files/publications/NASMHPD.toolkit.FINAL.pdf](http://www.nasmhpd.org/general_files/publications/NASMHPD.toolkit.FINAL.pdf)

**Smoking Cessation Leadership Center** is a website with resources for behavioral health care providers (with a **downloadable catalog** of resources from numerous sources). Includes: "*Smoking Cessation for Persons with Mental Illness: A Toolkit for Mental Health Providers*" and "*Toolkit on Tobacco Treatment for Persons with Substance Use Disorders*" <http://smokingcessationleadership.ucsf.edu/BehavioralHealth.htm>

### Online Training

**Bringing Everyone Along Online CME Course** helps health care professionals adapt tobacco dependence treatment for persons with mental illness and substance use disorders. (1.0 Hours) Available at [www.tcln.org/bea/cme/index.aspx](http://www.tcln.org/bea/cme/index.aspx)

**The HUB at Tobacco Recovery Resource Exchange** provides highly interactive, in-depth, evidence-based online training on integrating tobacco use interventions into chemical dependence treatment. Professional education credits for addiction professionals. Free. (Variable; total of 7.0 Hours) [www.TobaccoRecovery.org](http://www.TobaccoRecovery.org)

### Live Training

**Tobacco Dependence Program** provides training and technical assistance on evidence-based tobacco dependence treatment, including tobacco treatment for individuals with mental illness and substance use disorders. [www.tobaccoprogram.org](http://www.tobaccoprogram.org)

**Treating Tobacco Dependence in Mental Health Settings** is a two day CME training conference for psychiatrists, psychiatric advanced practice nurses, and other mental health professionals. <http://ccoe.umdj.edu/catalog/medical/12MR01.htm>

### For Consumers

**CHOICES: Consumers Helping Others Improve their Condition by Ending Smoking** increases awareness of the importance of addressing tobacco use and creating a strong peer support network that encourages mental health consumers to make positive healthy lifestyle change by addressing smoking and tobacco use. [www.njchoices.org](http://www.njchoices.org)

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\*Resources listed are not endorsed by ATTUD or the ATTUD Disparate Populations Committee