



How to Integrate Tobacco into Co-occurring Disorder Treatment

Highlighting the benefits of being tobacco free

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Objectives

- Understand prevalence of tobacco use among co-occurring disorder population
- How to create a treatment plan that fits individual needs
- Highlight benefits of a smoke-free lifestyle
- Activities and programs to help individuals quit smoking
- Resources

Prevalence

- 20.2 million (8.4%) adults had a substance use disorder. Of these, 7.9 million people had both a mental disorder and substance use disorder. *(SAMHSA, 2017)*
- Tobacco use was more likely among adults with any mental illness than among adults with no mental illness (33.3 vs. 20.7 %). *(SAMHSA, 2017)*
- Approximately 25% of adults in the U.S. have some form of mental illness or substance use disorder, and these adults consume almost 40% of all cigarettes smoked by adults. *(Rockville, 2013)*

- Tobacco use among Serious Mental Illness is above 40%, and there is no significant change in last 20 years. *(SAMHSA, 2013)*
- 70-85% of people with schizophrenia and as many as 50-70% of people with bipolar disorder smoke. *(National Institute of Drug Abuse, 2018)*
- 65.2% of adult cigarette smokers reported co-use of alcohol. *(CDC, 2013)*
- 44% of women with PTSD related to physical/sexual assault smoke. *(UMASS 2018)*

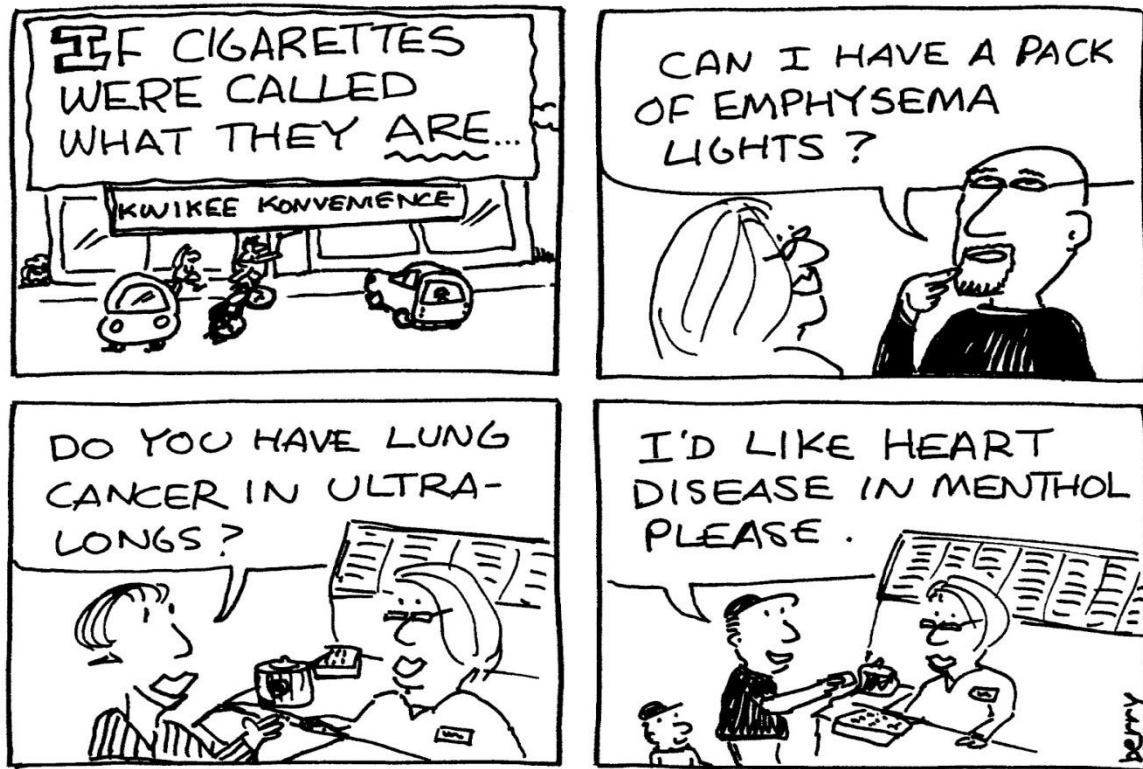
Why do they smoke?

- Helps to manage symptoms
 - Concentration
 - Low mood
 - Stress
 - Hallucinations
 - Anxiousness
- Helps in social situations
- Life Style

Coping tool !!!

Consequences VS Benefits

- Does anybody know smoking is bad for you?



berry cartoon: anti-smoking:2012

Focusing on Benefits of not smoking

- “Now, I can spend some time with my grandchildren”
- I can breathe better, and I don't cough like I used to”
- “No more stinking clothes”
- “I can save some money now”
- “Food tastes so much better”
- “I always wanted to quit anyway”
- “I just feel better about myself”
- “I don't feel anxious anymore”

Evidence Based Treatment Approach

- **MI** Motivational Interviewing
 - Stages of Change
- **CBT** Cognitive Behavioral Therapy
 - Identify Negative Thinking Pattern
- **Behavior Modification Therapy**
 - ABC: Antecedent, behavior, and consequences
- **Group Therapy-Peer support-WRAP**
- **Medication Interventions**

Wellness Activities

- Promoting a Healthy Lifestyle
 - Including other elements of wellness:
 - Exercise (movement)
 - Nutrition strategies
 - Stress management
 - Community

Wellness Wheel to reveal connection, motivation, support and resources

Wellness Activities

- Nutrition Strategies
 - Antioxidants (fruits and veggies)
- Exercise (daily movement)
 - Endorphins
- Stress Management
 - Journaling / Gratitude list / Art Therapy
 - Acupuncture / Qigong / Yoga/Meditation
- Community
 - Support in quitting

Treatment Plan

1. Identify reasons (pros and cons)
2. Identify and learn coping tools
3. Identify Triggers
4. Create Relapse Prevention Plan

Incentives

- Gift Cards
- Achievement Party

Increase motivation and participation/retention

Feeling of accomplishment

Receiving tangible support

Resources

- CDC...<https://www.cdc.gov/tobacco/about/osh/program-funding/index.htm>
- Partners funding opportunity for public health...<https://phpartners.org/grants.html>
- California Grant Watch...
<https://california.grantwatch.com/cat/23/mental-health-grants.html>