

Working On Your Recovery?

American
Lung Association.
Minnesota



Did
You
Know

Those who address tobacco along with other substance use disorder treatment have a 25% greater chance of long-term recovery.²

Substance Use Disorder + Tobacco

Smoking-related diseases are the **#1 cause of death** among those with mental health or substance use disorders.¹

You've worked so hard on your recovery, don't let tobacco be what keeps you from overall health.

Some addiction programs encourage you to focus on one addiction at a time. However, tobacco use can trigger relapse.



Current research has found that you are more likely to achieve long-term recovery if you address all addictive behaviors at once.¹

Don't settle for a treatment program that leaves you addicted to tobacco. Seek out programs that treat tobacco and address addiction from a whole health perspective.

Lung Mind
Alliance

Your counselor or other health care provider is here to support you. Ask them for assistance quitting tobacco.

Tobacco in this document refers specifically to the use of manufactured commercial tobacco products, and not to the sacred, medicinal, and traditional use of tobacco by American Indians and other groups.

References:

- Centers for Disease Control and Prevention (2020). Tobacco Use and Quitting Among Individuals With Behavioral Health Conditions. Centers for Disease Control and Prevention, accessed March 3, 2020. www.cdc.gov/tobacco/disparities/what-we-know/behavioral-health-conditions/index.html#:~:text=Smoking%20is%20associated%20with%20worse,%2D%20and%20alcohol%2Duse%20relapse.
- Frochaska, J. J., Delucchi, K., & Hall, S. M. (2004). A meta-analysis of smoking cessation interventions with individuals in substance abuse treatment or recovery. *Journal of consulting and clinical psychology, 72*(6), 1144–1156. <https://doi.org/10.1037/0022-006X.72.6.1144>