

For mental health and substance use disorder professionals



Tobacco Treatment Help Your Clients Get Healthy

Myths and facts about offering commercial tobacco treatment as part of your mental health and substance use disorder program.

Myth

“If someone is struggling with mental health issues and substance use disorders, quitting tobacco is the least of their worries.”

Facts

- Addressing tobacco at the same time as other substances actually improves the odds of success. People who receive tobacco treatment while engaged in substance use treatment have a 25% greater likelihood of long-term recovery from alcohol and other drugs.
- Tobacco-related illnesses claim more than eight times as many lives as alcohol, legal, and illegal drug use combined.
- Treating tobacco dependence not only helps improve overall health but mental health as well. When people quit tobacco, their mental health improves, including significant decreases in anxiety, depression, and stress.
- Tobacco dependence is in the DSM-V.

“Our clients don’t want to quit.”

- Most clients do want to quit, and you can provide them the resources they need to be successful in treating their tobacco addiction.
- 89% of people seeking services who smoke said they want staff to ask them about quitting.*
- 92% of people felt that avoiding tobacco was very important for them to be healthy.*

** These surveys done in MN are consistent with surveys in other states.*

“People with mental health or substance use disorders can’t quit smoking on top of everything else they are going through.”

- Yes they can! People can and do address smoking in addition to other treatment efforts.
- They may need more intensive support and a longer period of treatment.
- Quitting smoking can help participants remain abstinent from other substances and improve mental health.

Myth	Facts
<p>“Tobacco treatment does not align with a person-centered care philosophy.”</p>	<ul style="list-style-type: none"> • Tobacco treatment is not forced upon anyone. • Education is being provided and allowing the patient to ultimately choose their path. • Offering tobacco treatment empowers clients to make choices that support their whole health and recovery. • The level of intervention or treatment should match the stage of change the client is in.
<p>“Other organizations are not talking about tobacco treatment, we will be among the first.”</p>	<ul style="list-style-type: none"> • Many other organizations have addressed tobacco and incorporated tobacco dependence treatment services. The Lung Mind Alliance has worked with various partners to integrate tobacco treatment into their services including People Incorporated, Mental Health Resources, Avivo, Vail Place, Central Minnesota Mental Health Center, The Lee Carlson Center for Mental Health & Well-Being, among others. • One in four mental health treatment centers nationally offers tobacco treatment services. • A number of Lung Mind Alliance partners are able to provide staff training and resources to support your organization.
<p>“We should just encourage people to use electronic cigarettes or vaping devices to help them quit smoking.”</p>	<ul style="list-style-type: none"> • E-cigarettes are unregulated tobacco products and almost all e-cigarettes include nicotine, as well as harmful chemicals and carcinogens. • Both the U.S. Surgeon General and the National Academies of Science, Engineering, and Medicine have warned about the risks of inhaling secondhand e-cigarette emissions. • The long-term consequences of e-cigarette use are not yet known. The majority of people who try to use e-cigarettes to quit smoking become dual users instead of successfully quitting tobacco. • For the best chance of success at stopping smoking cigarettes, people should use FDA-approved products such as the patch, gum, and lozenge, or prescription medicine under guidance of their health care provider, along with counseling.

Tobacco in this work 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.

Get Started



Connect with organizations like yours. For more info visit LungMindAlliance.org or contact Reba.MathernJacobson@Lung.org

For a complete list of research and resources, please visit: <http://bit.ly/LMAResearchandResources>

Lung Mind Alliance

The Lung Mind Alliance is a group of leaders and advocates in public health, mental health, substance abuse, and tobacco control who have joined together around the goal of reducing disparities related to the impact of commercial tobacco on people with mental illness and/or substance use disorders. **We invite you to join us in this statewide movement.**



The American Lung Association provides coordination and support for the Lung Mind Alliance through funding from the Center for Prevention at Blue Cross and Blue Shield of Minnesota.