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Incorporating Tobacco Cessation Activities in ICCD Clubhouses

Overview of the ICCD Clubhouse Model:

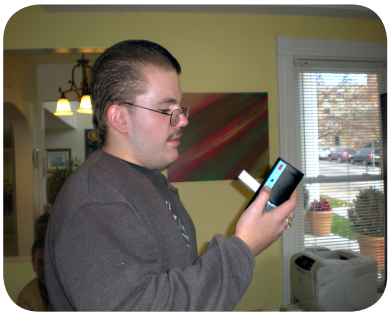
The Clubhouse Model of Psychosocial Rehabilitation offers a variety of supports for members (individuals diagnosed with a Serious Mental Illness [SMI]) to help them recover and lead productive and satisfying lives. Clubhouse services include community-based employment, education, housing, outreach, advocacy, assistance with accessing health care, and social supports. Research shows that people with SMI smoke more than the general population, and are at greater risk of co-morbid health problems and premature death associated with tobacco use, obesity and inadequate health care. The purpose of this tobacco cessation project is to address tobacco use and establish health promotion interventions in clubhouses affiliated with the International Center for Clubhouse Development (ICCD).

Project Goals:

- Create organizational change with regard to tobacco use in ICCD Clubhouses
- Customize evidence-based tobacco cessation interventions for clubhouse settings
- Develop clubhouse member (peer) tobacco cessation leaders
- Create resources and training materials
- Pilot a new health promotion training for ICCD Clubhouses
- Identify long-term supports
- Disseminate and replicate findings

Project Accomplishments:

- Successfully adapted and implemented the tobacco cessation interventions Addressing Tobacco Through Organizational Change (ATTOC); Learning About Healthy Living; and Consumers Helping Others Improve Their Condition by Ending Smoking (CHOICES) into the clubhouse setting
- Established weekly healthy living meetings and a monthly tobacco free day
- Developed and disseminated resources including a 'Promoting Healthy Lifestyles Clubhouse Toolkit', and a new health promotion training
- Forty nine members and one staff made quit attempts, eight without relapse
- Featured in a report on tobacco use & mental illness (http://www.legacyforhealth.org/PDF/A_Hidden_Epidemic.pdf)



Staff & members from Genesis Clubhouse participating in the Tobacco Cessation Project using the nicotine patch & carbon monoxide (CO) meters.

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