Incorporating Tobacco Cessation with Health Promotion Activities in a Psychosocial Rehabilitation Clubhouse

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Incorporating Tobacco Cessation with Health Promotion Activities in a Psychosocial Rehabilitation Clubhouse

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Extent Of Tobacco Use Among Individuals Diagnosed With SMI

Many people with Severe Mental Illness (SMI) use smoking to manage symptoms, stress, or increase social contact, and consume nearly half of all tobacco sold in the US. Compared with the general population, individuals with SMI are at greater risk of co-morbid health problems and premature death.

Often individuals with SMI are unaware that services like Quitlines, Tobacco Anonymous (NIC-A) meetings, and/or NRT exist. To compound matters, many states (e.g., Massachusetts) lack adequate tobacco cessation funding, and few programs provide integrated approaches to tobacco cessation in mental health settings that include peer supports. The lack of services and large disparities in smoking rates and health outcomes in people with SMI have resulted in a national crisis.

There is a need to implement and evaluate cost-effective interventions that attempt to decrease morbidity and mortality associated with tobacco use among people with SMI. Our efforts engage this population in integrating a manualized tobacco control intervention, “Learning About Healthy Living” (LAHL) and training in use of Breath Carbon Monoxide (CO) Meters to track the progress of tobacco use among members and staff in the Clubhouse Model. Our project joins experts in tobacco dependence treatment for adults with SMI from UMass with leaders in the Clubhouse Model from Genesis Club in Worcester, MA.

The Clubhouse Model

The clubhouse model of psychiatric rehabilitation originated at Fountain House in 1948. Today, over 328 clubhouses affiliated with the International Center for Clubhouse Development (ICCD) are located in 27 countries and 32 states. These clubhouses have programs served approximately 60,000 individuals, over 26,000 in the United States alone.

Clubhouses are described as therapeutic communities composed of people diagnosed with Severe Mental Illness (SMI) and paid staff. Participants are called “members” rather than patients or clients, reflecting the origin of the model as a club with membership rights. Clubhouse staff and members work side-by-side with staff as peers in a real-world job (“the work-ordered Day”). Members are encouraged to participate in all aspects of clubhouse operations, including decision making meetings, leadership efforts in the community.

Clubhouses offer a wide range of services including employment and vocational supports, education, housing, outreach, advocacy, health promotion activities, substance abuse services, and social supports. Clubhouses are typically open 365 days a year. Clubhouse participants are referred to as members and membership is available for life.

The clubhouse model has been the subject of an active, international dissemination effort, as well as substantial efforts to standardize the model, including the development of standards, international training, fidelity assessments, and an international certification process.

Genesis Club

Genesis Club is a free-standing, ICCD certified clubhouse, and an ICCD training center. Genesis serves approximately 120 individuals (members) per day and has an active monthly membership of 300. Their programs are designed for all individuals participating in the club, and an active monthly membership of 300. They are designed to provide a safe and supportive environment for individuals with serious mental illness.

Genesis has successfully incorporated activities including exercise, healthy eating, and recognizes the importance of addressing tobacco use. Genesis has begun to address tobacco use, implementing weekly LAHL meetings with personalized feedback using CO meters.

Learning About Healthy Living (LAHL)

Introduction to Learning About Healthy Living

General Structure of a Treatment Group

LAHL was designed to help smokers at any motivational level to quit. LAHL focuses on addressing tobacco use and tobacco cessation, incorporating aspects of healthy living. LAHL is designed for all smokers and can be integrated into other approaches by a range of mental health providers to help consumers become tobacco free. LAHL is organized into two groups with regard to motivation for ending tobacco use - a lower motivated and a higher motivated group (Groups I & II). Participation in both groups is voluntary.

Learning About Healthy Living: Tobacco and You

Health Risks, Chemicals in Cigarettes/Smoke/Second Hand Smoke, Tobacco Addiction, Mental Illness & Medication Effects

Treatment Options:

- Making a Decision to Quit, Cold Turkey, Nicotine Replacement Therapy (NRT) & Other FDA Approved Medications

20 Weeks:

Smoking within the context of Healthy Living: Exercise, stress, diet

Could change the order of the sessions, some chapters may take longer than 1 session

Learning About Healthy Living Group I: Session Outline

Session Example: Session 6: How Much Does Smoking Cost?

Monthly Budget as a Percentage of Median Public Assistance Received

Learning About Healthy Living Group II: Quit Smoking Group

General Structure of a Treatment Group

Six session group treatment - recommend quitting between second & third session

Group members need to complete “My Quit Plan”

Preparing to Quit

- Set quit date
- Prepare medication plan
- Basic Relapse prevention

General Support While Quitting

- Reinforce the benefits of having additional support during a quit attempt
- Focus on Coping Skills of Managing trigger of other smokers

Learning About Healthy Living Group III: Session Outline

Starting on the Road to Healthy Living

- Why is Smoking Dangerous?
- What’s In Cigarette Smoke?
- Why Do So Many Consumers with Mental Illness Smoke?
- What is Carbon Monoxide?
- How Much Does Smoking Cost?
- How Does Tobacco Advertising Affect Me?
- What is Second Hand Smoke?
- How Are My Medications Affected by Smoking?
- Why are Cigarettes Addictive?
- What Are My Smoking Patterns?
- How Can I Better Manage Stress?
- How Much Physical Activity Do I Need?
- How Can I Make Healthier Food Choices?
- Why Should I Quit Smoking?
- What If I’m Not Ready to Quit?
- Is It Really Possible For Me to Quit Smoking?
- What Happens When I Quit Smoking Without Help? “cold turkey"
- How Do Medications Help me to Quit Smoking?
- Which Medications Should I Use?

Reinforce need for ongoing Healthy Living Lifestyle

Understand aspects of physical or psychological addiction that contribute to setbacks

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Celebrating Quitting and A Tobacco-Free Lifestyle

Reviewing individual group members progress with quit attempts

Review the importance of celebrating quitting

Teach consumers how to reward themselves for taking steps towards quitting smoking

Reinforce need for ongoing Healthy Living Lifestyle

How Much Does Smoking Cost You?

Table: Approximate Number of Cigarettes smoked Average Cost Per Day Average Cost Per Week Average Cost Per Month Average Cost Per Year Average Cost In 10 Years

<table>
<thead>
<tr>
<th>pack Size</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>½ pack (10 cigs)</td>
<td>$2.59 $18.12 $77.00 $943.3 $9,438.12</td>
</tr>
<tr>
<td>1 pack (20 cigs)</td>
<td>$5.17 $36.24 $154.00 $1,887.05 $18,870.50</td>
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<tr>
<td>½ pack (30 cigs)</td>
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<td>2 packs</td>
<td>$10.34 $70.00 $304.20 $3,650.0 $36,500.00</td>
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<tr>
<td>2 ½ packs (50 cigs)</td>
<td>$12.93 $87.50 $380.25 $4,562.5 $45,625.00</td>
</tr>
</tbody>
</table>

Next Steps

Begin a project funded by the American Legacy Foundation (http://americanlegacy.org) to:

- Expand peer support / consumer involvement and develop clubhouse peer tobacco leaders
- Adapt and integrate three key tobacco interventions for clubhouse settings:
  - Learning About Healthy Living (LAHL)
  - Addressing Tobacco Through Organizational Change (ATTOC)
  - Consumers Helping Others Improve Their Condition by Ending Smoking (CHOICES)

Create new materials based on these interventions (e.g. health promotion toolkit for clubhouse settings), and disseminate findings to help individuals with SMI quit tobacco use.