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, Nicotine Anonymous (NIC-A) meetings, and/or NRT exist. To compound matters, many states (e.g. Massachusetts) have cut 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 clubhouse programs have served approximately 55,000 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 community ("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 training efforts 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 program members are also referred to as members and membership is available for life.

Many people with SMI use tobacco 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.

Learning About Healthy Living (LAHL)
Learning About 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
General Learning About Healthy Living: Tobacco and You Group I: Learning About Healthy Living: Tobacco and You Group II: (Quit Group) Facilitator’s Guides Consumer’s Handouts Appendix/Forms Resources and References

Learning About Healthy Living Group I: Session Outline
Session I: Learning About Healthy Living
General Learning About Healthy Living Education: Stress, Diet, Exercise, Budget Tobacco and Smoking Education 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 II: Session Outline
Session I: Learning About Healthy Living
Understand aspects of physical or psychological addiction that contribute to setbacks Celebrating Quitting and a Tobacco-Free Lifestyle
Preparation to Quit
Set quit date
Prepare medication plan
Basic Relapse prevention
Preparation Support When You Quit
Evaluate individual group members progress with quit attempts Reinforce the benefits of having additional support during a quit attempt
Relapse Reduction & deserted smokers
Review individual group members progress with quit attempts Focus on Coping Skills of Managing trigger of other smokers
Reinforce the benefits of having additional support during a quit attempt

Reinforce need for ongoing Healthy Living Lifestyle

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), and disseminate findings to help individuals with SMI quit tobacco use.

<table>
<thead>
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<th>Average</th>
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<tbody>
<tr>
<td>Cost</td>
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<td>Cost</td>
<td>Per Week</td>
</tr>
<tr>
<td>1 pack (10 cigs)</td>
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<td>$18.12</td>
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<tr>
<td>2 packs</td>
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<table>
<thead>
<tr>
<th>How Much Does Smoking Cost You?</th>
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<tr>
<td>1 pack (10 cigs)</td>
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<tr>
<td>2 packs</td>
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Session Example: Session 6: How Much Does Smoking Cost?
Reveals how much money you will save if you quit smoking. teach consumers how to reward themselves for taking steps towards quitting smoking

How it Works: For every $20 spent on cigarettes, the cost of the cigarettes is $15.51, with a tax of $4.50. If an individual smokes a pack of cigarettes per day, they will spend $20 per day. If they quit smoking, they will save $20 per day. If they save $20 per day for 25 years, they will save $20 x 365 days x 25 years = $15,375.

Learning About Healthy Living Group I: Quit Smoking Group
Reveals how much money you will save if you quit smoking.

Smoking is a expensive habit and quitting smoking can save you a lot of money.

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<td>1 pack (10 cigs)</td>
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<td>2 packs</td>
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The Center for Tobacco Prevention & Control at UMass http://www.umassmed.edu/behavmed/tobacco/index.aspx with Assistance from Mass Tobacco for nicotine dependent employees, faculty, students and volunteers at UMass Quitswork http://www.makesmokinghistory.org/quitworks/index.php 1-800-TRY-TO-STOP

Learning About Healthy Living Group II: Session Outline

Making a Quit Plan
Review what are the components of a quit plan
Group session 6: How Much Does Smoking Cost?
Group session 7: How Can I Make Healthier Food Choices?
Group session 8: How Can I Better Manage Stress?
Group session 9: What Are My Smoking Patterns?
Group session 10: How Does Tobacco Advertising Affect Me?
Group session 11: What is Second Hand Smoke?
Group session 12: Why Do So Many Consumers with Mental Illness Smoke?
Group session 13: How Do I Choose Whether to Quit Smoking?
Group session 14: Why is Smoking Dangerous?
Group session 15: What's In Cigarette Smoke?
Group session 16: What Do I Do When I Smoke?
Group session 17: How Much Does Smoking Cost?
Group session 18: How Does Tobacco Advertising Affect Me?
Group session 19: What Is Second Hand Smoke?
Group session 20: Why Are My Medications Affected by Smoking?
Group session 21: Why Are Cigarettes Addictive?
Group session 22: What Are My Smoking Patterns?
Group session 23: How Can I Better Manage Stress?
Group session 24: How Much Physical Activity Do I Need?
Group session 25: How Can I Make Healthier Food Choices?
Group session 26: Why Should I Quit Smoking?
Group session 27: What If I'm Not Ready to Quit?
Group session 28: Is it Really Possible For Me to Quit Smoking?
Group session 29: What Happens when I Quit Smoking Without Help? “cold turkey”
Group session 30: How Do Medications Help me Quit Smoking?
Group session 31: Which Medications Should I Use?