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

Colleen E. McKay
*University of Massachusetts Medical School*

*Et al.*

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

Colleen McKee, MA, CAGS, Director, Program for Clubhouse Research, Center for Mental Health Services Research, Department of Psychiatry, University of Massachusetts Medical School
Greg Seward, MSHCA, LADC-I, Director, Tobacco-Free Initiative, Director, Tobacco Consultation Service, Coordinator, Tobacco Research, Departments of Psychiatry & Administration, UMass Memorial Medical Center
Doug Ziedonis, MD, MPH, Professor and Chair of the Department of Psychiatry at the University of Massachusetts Medical School & UMass Memorial Medical Center

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 at greater risk of co-morbid health problems and premature death.

Often individuals with SMI are unaware that services like Quitlines, Tobacco Use and Dependence Treatment Medications, and Group II (Quit Group) Dentist, Dr. Ziedonis and others at the University of Medicine & Dentistry, New Jersey, the Robert Wood Johnson Medical School, the Tobacco Dependence Program, and the School of Public Health and University Behavioral Healthcare, LAHL, was designed for all smokers and can be incorporated 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

Introduction to Learning About Healthy Living General Structure of a Treatment Group Tobacco Dependence Treatment Medications Group I (Motivational Group) Group II (Quit Group) Facilitator’s Guides Consumer’s Handouts Appendix/Forms Resources and References

Learning About Healthy Living: Group I

Introduction to Healthy Living Group General 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 I: Session Outline

1. Smoking 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 Quit Smoking?
   - Which Medications Should I Use?

2. Preparation on the Road to Healthy Living
   - How Much Does Smoking Cost?
   - How Does Tobacco Dependence Treatment Medications Group I (Motivational Group) Help me Quit Smoking?
   - Inform primary therapist / psychiatrist
   - Encourage the use of NRT medications (and / or bupropion SR) with group support
   - A quit plan could be up to 100 pages annually

3. Basic Relapse prevention
   - Prepare medication plan
   - Review individual group members progress with quit attempts
   - Focus on Coping Skills of Managing trigger of other smokers
   - Review motivational interviewing to help smokers make a commitment to quitting
   - Appeal to smokers who don’t think they can quit

4. What is Second Hand Smoke?
   - Review individual group members progress with quit attempts
   - Focus on Coping Skills of Managing trigger of other smokers
   - Review motivational interviewing to help smokers make a commitment to quitting
   - Appeal to smokers who don’t think they can quit

5. How Much Does Smoking Cost?
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   - Focus on Coping Skills of Managing trigger of other smokers
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   - Appeal to smokers who don’t think they can quit

6. What is Second Hand Smoke?
   - Review individual group members progress with quit attempts
   - Focus on Coping Skills of Managing trigger of other smokers
   - Review motivational interviewing to help smokers make a commitment to quitting
   - Appeal to smokers who don’t think they can quit

7. LAHL was designed to help smokers at any motivational level to quit. LAHL focuses on addressing
   - LAHL was developed by Dr. Ziedonis and others at the University
   - Smoking cessation funding, and new programs provide an integrated approach to tobacco cessation in mental health settings that include peer support. The lack of services and large disparities in smoking rates and health outcomes in people with SMI have resulted in a national crisis.

6. 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.
   - We engage our 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. Our project joins experts in tobacco dependence treatment for adults with SMI from UMass with leaders in the Clubhouse Model.

7. 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 include the following: approximately 17% of active clubhouse members have severe to moderate substance abuse, 10% have mild substance abuse, and 24% are currently abstinent.

8. Recently 82% of Genesis members (N=114) said they endorse smoking related behaviors. Many members (49%) want support with reducing tobacco use, and 38%
   - Walgreens
   - CVS
   - Discount Drug Mart
   - At Genesis Club
   - These programs are designed to help smokers at any motivational level to quit. LAHL focuses on addressing tobacco use and tobacco cessation, incorporating aspects of healthy living.

9. LAHL is designed for all smokers and can be incorporated into other approaches by a range of mental health providers to help consumers become tobacco free.

10. 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.

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