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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 rehabilitative environment, "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 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 membership is approximately 47% male, 25% non-Caucasian, and an average age of 43 years. Approximately half of clubhouse members have a diagnosis of schizophrenia, and 33% have major depression or bipolar disorder. Many clubhouse members also struggle with substance misuse: approximately 17% of active clubhouse members have severe to moderate substance abuse, 10% have mild substance abuse, and 24% are currently abstinent.

Recently 82% of Genesis members (N=114) said they endorse smoking related behaviors. Many members (49%) want support with reducing tobacco use, and 38% want to quit, while others want support with relapse prevention.

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.



Weekly LAHL Session At Genesis Clubhouse

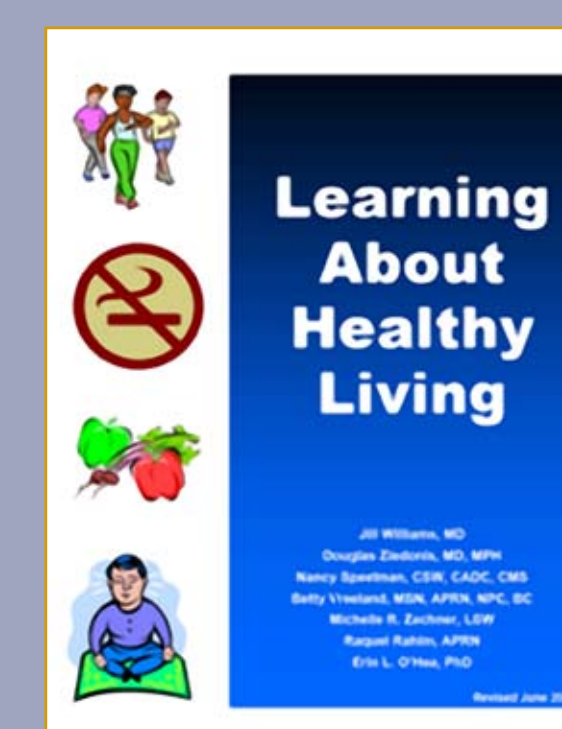
## Learning About Healthy Living (LAHL)

Learning About Healthy Living (LAHL) was developed by 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 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

Training Manual - 8 Sections

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

- 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?

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

Reviews how even buying a small item on a regular basis can add up - smoking is expensive  
 Find out the average daily, weekly, monthly and annual amount spent on cigarettes  
 A pack a day smoker can spend \$2000 per year  
 Can be about 25% of all their income  
 Learn how much money you will save if you quit smoking  
 Help people identify other things they could do with that extra money.

## Monthly Budget as a Percentage of Median Public Assistance Received

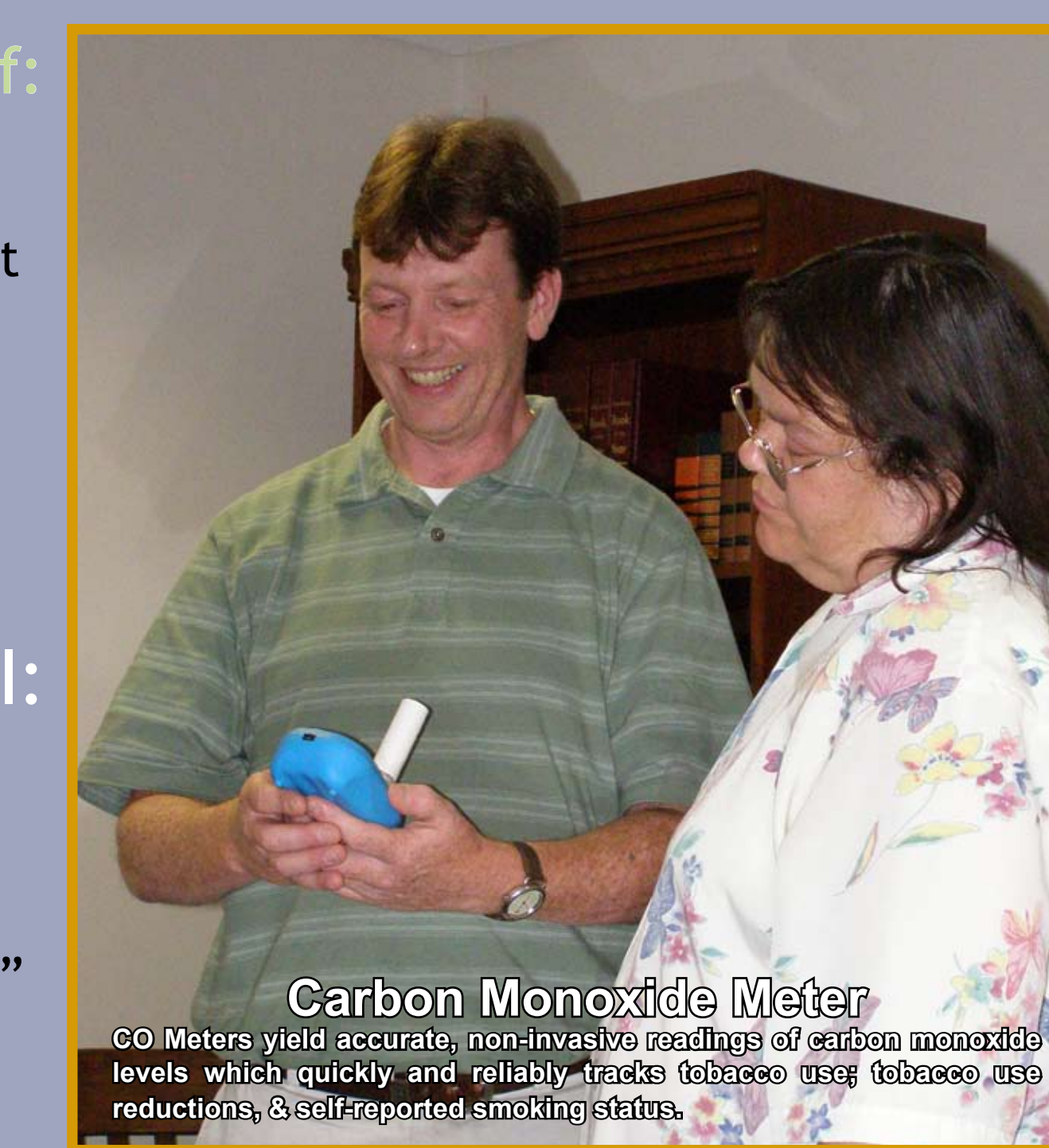


## Learning About Healthy Living Group II: Quit Smoking Group

Designed for a motivated person who wants to set a quit date and attempt to stop  
 Six session group treatment - recommend quitting between second & third session  
 Encourage the use of NRT medications (and / or bupropion SR) with group support  
 Inform primary therapist / psychiatrist

## Excellent resources available for training staff:

The Center for Tobacco Prevention & Control at UMass  
<http://www.umassmed.edu/behavmed/tobacco/index.aspx>  
 Assistance with Quitting Tobacco for nicotine-dependent employees, faculty, students and volunteers at UMass  
 Quitworks  
<http://www.makesmokinghistory.org/quitworks/index.php>  
 1-800-TRY-TO-STOP



Carbon Monoxide Meter  
 CO Meters yield accurate, non-invasive readings of carbon monoxide levels which quickly and reliably tracks tobacco use/ tobacco use reductions, & self-reported smoking status.

## Learning About Healthy Living GROUP II: Session Outline

**Making a Quit Plan**  
 Review what are the components of a quit plan  
 Group members each need to complete "My Quit Plan"

**Preparing to Quit**  
 Set quit date  
 Prepare medication plan  
 Basic Relapse prevention

## Seeking Support While You Quit

Review individual group members progress with quit attempts  
 Reinforce the benefits of having additional support during a quit attempt

## Refusing Cigarettes & other triggers

Review individual group members progress with quit attempts  
 Focus on Coping Skills of Managing trigger of other smokers

## Dealing with Setbacks

Review individual group members progress with quit attempts  
 Educate participants about managing slips and trying again  
 Remind the group that setbacks are common  
 Understand aspects of physical or psychological addiction that contribute to setbacks

## Celebrating Quitting and a Tobacco-Free Lifestyle

Review individual group members progress with quit attempts  
 Review the importance of celebrating quitting smoking  
 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?

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
½ pack (10 cigs)	\$2.59	\$18.12	\$77.00	\$943.53	\$9,435.25
1 pack (20 cigs)	\$5.17	\$36.24	\$154.00	\$1887.05	\$18,870.50
1 ½ packs (30 cigs)	\$7.50	\$54.36	\$228.15	\$2,737.5	\$27,375.00
2 packs	\$10.34	\$70.00	\$304.20	\$3,650.0	\$36,500.00
2 ½ packs (50 cigs)	\$12.93	\$87.50	\$380.25	\$4,562.5	\$45,625.00

## 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.