



Tobacco Treatment for Persons
with Substance Abuse Disorders

Integrating Tobacco Treatment into Substance Abuse Treatment Agencies



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SIGNAL
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Colorado Department
of Public Health
and Environment

STEPP
STATE TOBACCO EDUCATION
& PREVENTION PARTNERSHIP

The Problem

Tobacco kills ~450,000 Americans each year.

Tobacco is the single largest cause of death for people with substance use disorders.

79% of adult Colorado clients receiving treatment for substance use disorders use tobacco.

The Myths

- Clients don't want to quit
58% of clients agreed or strongly agreed that they wanted to quit using tobacco (TURN Survey, 2006)
- Quitting tobacco threatens recovery
Relapse rates, AMA discharges do not get worse
- Quitting tobacco harms outcomes
Treatment outcomes improve by average of 25%

References

- “Why Should Counselors Care?”

TURN Fact Sheet, 2007

- “Snuffing out tobacco dependence”

Williams and Ziedonis, Behavioral Healthcare, May 2006

- “A rationale and model for addressing tobacco dependence in substance abuse treatment”

Richter and Arnsten, Substance Abuse Treatment, Prevention, and Policy, August 2006

The Bottom Line

Tobacco use harms your clients.

Your clients want to stop using.

You can help them stop using.

Colorado Overview

2004 - Passage of Amendment 35, a citizen-initiated constitutional amendment increasing tobacco taxes

2005 – Amendment 35 funds allocated to state health department (STEPP) → Mandates 15% of funds for disparately affected populations

Colorado Overview (2)

2005 – STEPP designates 10 groups as disparately affected populations; includes people in treatment for substance abuse

2006 - Signal funded by STEPP to address tobacco use by clients in treatment; creates Tobacco Use Recovery Now! (TURN)

Who is Signal?

- A Colorado non-profit corporation
- A managed services organization (MSO) receiving funds from state, county, and other sources to provide substance abuse treatment and detoxification services in 35 counties
- A MSO that contracts with a network of 20 providers to deliver SA treatment services
- An organization disbursing ~\$25 million annually to its provider network

TURN Survey - 2006

- 79% of clients use tobacco; 29% of staff
- 17% of clients currently trying to quit; only 9% said they will never quit
- 70% of clients thought quitting would not jeopardize their recovery
- 36% of clients reported wanting help to quit tobacco → Only 11% asked for help.

810 clients; 261 staff completed surveys at 9 providers.

TURN Activities

- Educate
- Train
- Promote agency policy changes
- Promote systems changes

Educate

- Created fact sheets, posters, and post cards for Signal providers
- Identified existing educational materials relevant to SA treatment agencies
- Disseminated educational materials to all Signal providers
- Conducted “research forum” in 2007

Tobacco Treatment for Persons with Substance Use Disorders

A Toolkit for Substance Abuse Treatment Providers



Available free at www.steppitems.com

Why A Toolkit?

- Engaging way to educate substance abuse counselors, consistent with STEPP materials
- Concise way to provide tools for treatment for counselors and policy recommendations for administrators
- Content tailored to the substance abuse treatment field
- Positive response to STEPP Mental Health Toolkit

Toolkit Products

- Toolkit itself – 3 ring binder, tabbed
- Sample tobacco treatment plan
- Colorado QuitLine fax referral form
- Posters (2) → Targeted to clients; Spanish and English
- 5As and medications reference card
- Brochure → Targeted to clinicians

Train

- Offered free online tobacco course → 5 sessions; ~100 completed
- Offered face to face training → 2 sessions completed, ~100 completed
- Staff from 18/20 Signal providers have completed either online or face to face training

Promote Provider Policy Changes

- Convened provider workgroup to review and analyze existing provider policies
- Created “Key Elements of Model Tobacco Policies for Substance Abuse Treatment Providers” in April 2007
- Distributed “Key Elements” to all Signal providers

Promote Provider Policy Changes (2)

- Piloted policy change at 3 providers
 - Minimum change required was to assess tobacco use in all clients, to advise quitting, and to refer for treatment
 - All 3 successfully revised policies
- 2 more providers currently working on policy improvements



Provider Policy Outcomes

- One tobacco-free provider in 2006; 3 providers are now totally tobacco-free
- Significant increase in provision of tobacco treatment → 3 provide integrated treatment; 2 others now offer specific curricula; 2 others increased referrals to Colorado QuitLine

TURN Survey 2008

Survey Question	2006	2008
Familiar with CDC guidelines ?	14%	33%
Aware of community resources?	76%	90%
Agency has written policy?	26%	47%
Agency offers tobacco treatment?	4%	36%
Part of agency mission?	28%	50%
Part of my job?	20%	33%
Always discuss tobacco with clients?	10%	23%

Systems Changes

- Adding new tobacco items to DACODS
- Improving reimbursement for tobacco treatment → Emphasis on Medicaid
- Adding tobacco information to DUI, SSC curricula
- Infusion of tobacco information into Metro classes

What clinicians should do

- Ask all clients about tobacco use
- Advise all clients using tobacco to quit
- Assess readiness to quit
- Assist if ready to quit → Refer or Offer special curriculum or Integrated tx
 - If not ready to quit, provide motivational intervention to increase readiness to quit*
- Arrange for follow up and monitoring to ensure success of treatment

What managers should do

- Incorporate tobacco into clinical protocols; provide behavioral and pharmacological treatment to clients
- Encourage staff to quit tobacco use; provide resources for staff interested in quitting
- Make all facilities tobacco-free

“Tobacco is a deadly addiction – and at IDEA, we treat addictions. That’s our philosophy.”

Marcela Paiz, IDEA

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Tobacco Use Recovery Now! (TURN)

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