

Tobacco Free
for
Recovery

NATIONAL MENTAL HEALTH PARTNERSHIP FOR WELLNESS & SMOKING CESSATION

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SEPTEMBER IS RECOVERY MONTH



Largest Consumer Mental Health Organization Tackles Tobacco

Persons with serious mental illness are dying 25 years earlier than the general population, and smoking is a major factor in this life expectancy gap. Recognizing that smoking cessation can play an important part in health and mental health recovery, the Depression and Bipolar Support Alliance (DBSA), a partner of the National Mental Health Partnership for Wellness and Smoking Cessation, is among the first to reach out to its members to identify consumers' perspectives on smoking and smoking cessation and to help understand best practices for consumers' quitting plans. Via an online survey, consumers were asked about: 1) smoking habits as they relate to mental health 2) attitudes and beliefs about smoking cessation and 3) experiences with smoking cessation.

Brenda Bergeson, M.D., DBSA director of scientific affairs, reports that of the ~1,000 respondents:

- o 86% were current smokers
- o 74.6% of current smokers expressed a desire to quit smoking
- o 64.7% had tried to quit smoking in the last year
- o 67% were currently planning to quit smoking
- o 74.5% believed that excellent mental health was necessary to successfully quit smoking
- o 64.7% of ex-smokers reported that quitting smoking made them feel in control of their lives and improved their mental health.

Data from this project were collected with the intent of developing more effective smoking cessation programs for people living with mental illness.

DBSA continues to keep smoking cessation as a priority, integrating the topic into wellness promotion.

- ⇒ In May 2008, DBSA launched its Whole Health Training Program, addressing many important issues for overall health among consumers, including smoking cessation.
- ⇒ In June 2008, Dr. Bergeson and new interim president Peter Ashenden presented on smoking cessation to a large and influential group of direct service mental health providers at the National Conference for the United States Psychiatric Rehabilitation Association (USPRA). Mr. Ashenden spoke of his own recovery and smoking cessation. The presentation generated a lot of interest in initiating smoking cessation programs in behavioral healthcare settings. Last month, Dr. Bergeson presented at a workshop titled "Health and Wellness for People Living with Mental Illnesses" at the National Meeting of Peer Specialists. Several agencies have requested more information on integrating health and wellness into their programs.
- ⇒ At its upcoming national conference, DBSA will host a health and wellness workshop for peer specialists that will include a focus on smoking cessation.
- ⇒ Additionally, DBSA will host a continuing education webinar on smoking cessation for consumers in October for mental health care providers, especially targeting peer specialists.

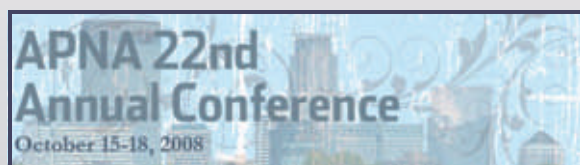
The Partnership applauds DBSA's efforts in collecting valuable information to help understand the consumer perspective with regard to smoking cessation, and to outreach to national and state consumer mental health organizations.

For more information on DBSA's smoking cessation initiative contact Brenda Bergeson at bbergeson@dbsalliance.org.



Psychiatric Nurses Empowered to Act

Following the February 2008 American Psychiatric Nurses Association (APNA) Smoking Cessation Summit, the APNA Tobacco Dependence Task Force has made a sweep, informing and educating psychiatric nurses across the country to mobilize their capacity to act now against tobacco. Task force members returned to their respective states and began educating peers in their regions. Last June, task force chair Daryl Sharp, Ph.D., spoke at the Clinical Psychopharmacology Institute conference about the "Pharmacological Interventions for those Challenged by Mental Illness." The presentation covered the neurobiological processes underlying tobacco dependence and mental illness, evidence-based medications used to aid smoking cessation including appropriate dosing guidelines, and pharmacological intervention plans for tobacco dependent persons with mental illness and/or substance use disorders. Of the 158 attendees, over 96% agreed that all three objectives were valuable to the role of psychiatric nurses, and thanked Dr. Sharp for opening their eyes to the "pertinent information on smoking cessation in mental health."



This October, the Tobacco Dependence Task Force will once again raise awareness at the APNA 22nd Annual Conference. Sharon Bennett, DNP, APRN-BC, will speak on "Tackling Tobacco Dependence in the Mental Ill: Applications of Evidenced Based Strategies" and Kevin McGirr, MPH, Daryl Sharp, and panelists will host a Tobacco Dependence Task

Force Interactive Panel. Other activities are in the works, including a tobacco dependence resource booth hosted by the Smoking Cessation Leadership Center. Contact Patricia Black, APNA Director of Practice and Education, at pblack@APNA.org for any conference inquiries as well as current APNA tobacco task force activities in your state.

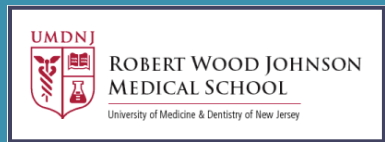


CONNECTIONS & COLLABORATIONS

We would like to welcome our newest partners, the National Federation of Families for Children's Mental Health, American Academy of Child and Adolescent Psychiatry, and the American Academy of Family Physicians.

Each brings a new audience perspective and expert credibility to the Partnership.

Already active with its Ask and Act tobacco cessation initiative, the AAFP is helping to bridge the communication gap between mental health providers and family physicians by educating its members on tobacco dependence treatment for patients with mental illness. The Ask and Act website has a page dedicated to mental illness and most recently, the Academy created a CME podcast titled "How to Provide Tobacco Cessation Treatment to Patients with Mental Illness". All are welcome to download a copy at www.aafp.org/online/en/home/clinical/publichealth/tobacco/cme/podcasts.html.



Our partners at UMDNJ – Robert Wood Johnson Medical School are offering a 2-day training for psychiatrists, advanced practice nurses & other mental health professionals this **November 14-15**. This 2-day curriculum, titled "Treating Tobacco Dependence in Mental Health Settings," prepares providers to effectively deliver tobacco cessation services to smokers with

mental illness. For more details [download the brochure](#) or contact **Nancy Szkodny** at (732) 235-4053 or e-mail: szkodnna@umdnj.edu.

Please continue to send in your updates (i.e. newsletter articles, provider trainings, presentations, etc.). We will collect all the information, send out regular updates, and continue to update and post information on our website. Thank you!

Questions or comments? Email us at csaucedo@medicine.ucsf.edu.

