

**Tobacco Free
for
Recovery**

**NATIONAL MENTAL HEALTH
PARTNERSHIP FOR
WELLNESS & SMOKING CESSATION**

March 30, 2009



**SAMHSA 100 PIONEERS CAMPAIGN
KICKS OFF!**

The 100 Pioneers for Smoking Cessation campaign was officially launched March 16-18 with a series of orientation webinars featuring SAMHSA's acting administrator, Dr. Eric Broderick, and the director of the Smoking Cessation Leadership Center, Dr. Steven Schroeder. Dr. Broderick and deputy administrator Kana Enomoto congratulated the winners and encouraged them to be creative as they design smoking cessation initiatives. Dr. Schroeder provided a comprehensive overview of the science of nicotine addiction and cessation and fielded questions from the Pioneers, who come from 38 states and represent both mental health and substance use programs. Gail Hutchings, former SAMHSA chief of staff and now a private consultant, served as moderator.

The next webinar is April 2 10:30am Pacific Time/ 1:30pm Eastern Time and is open to Pioneers and their invited guests. The presenter will be Dr. Chad Morris, a clinical psychologist who specializes in treating smokers with mental illnesses and substance use disorders. Dr. Morris will talk specifically about treating these patients and about his work preparing quitline staff to work with them as well. For more about the Pioneers, contact Reason.Reyes@ucsf.edu.

**SAMHSA PIONEER:
NEW DIRECTIONS**



VISIT

WWW.NEWDIRECTIONS.ORG

TO LEARN MORE.

FOR DETAILS ON THE 100 PIONEERS FOR SMOKING CESSATION CAMPAIGN, VISIT <http://smokingcessationleadership.ucsf.edu/pioneers.html>



PIONEER PROFILE

When Rachel Feldstein read the SAMHSA email announcing the new 100 Pioneers initiative, she knew it had arrived for a reason. Rachel, the associate director of New Directions, a Los Angeles drug and alcohol treatment program for homeless veterans and SAMHSA grantee, said, "I saw the support mechanism I was looking for." She applied and was accepted as a Pioneer.

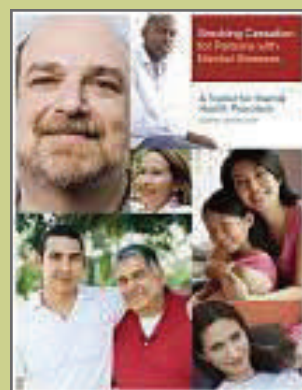
Rachel said she has long been bothered by seeing smokers "puffing away at the smoke shack" during breaks in 12-step meetings where recovery and health are being discussed. She plans to ask staff and residents to help her design a project, using her honorarium, to adopt a routine screening process for nicotine addiction with an effective referral process and to incorporate smoking cessation into overall recovery treatment plans. She plans to incorporate therapist training, quitlines, peer counseling and other elements into her initiative.

Rachel, though optimistic, is also realistic about the difficulty of her challenge. "I have my work cut out for me," she said. "Lots of people are wondering why I took this on for a thousand dollars, when it's expected in the recovery community for people to smoke." But, she said, "having the Pioneers behind me, with the support mechanism they provide, gives me the impetus to change these destructive social norms."

"We are changing people's lives," said Rachel. "Why not change their futures as well?" To learn more about New Directions visit <http://www.newdirectionsinc.org/>.

Look for more *Pioneer Profiles* in upcoming communiqués.

**SMOKING CESSATION
BEHAVIORAL HEALTH
PROVIDER TOOLKIT**



[Download your copy here](#)

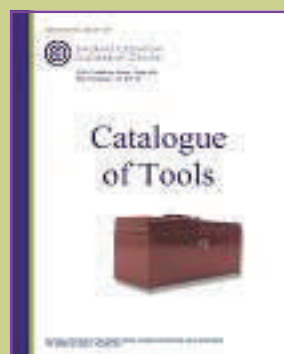


**RX FOR CHANGE: MENTAL HEALTH PEER
SMOKING CESSATION WEBINAR**

We are excited to announce that on Monday, April 13, 2009 from 9AM-12PM PT (12PM-3PM ET), the SCLC will be hosting a webinar training of the new mental health peer curriculum: *Tobacco Free for Recovery: Assisting Mental Health Consumers with Tobacco Cessation*.

This three-hour training will provide valuable information on key terms and definitions, why it is important to quit smoking, the different types of tobacco products and why they are addictive, and what helps people to quit smoking and how to help. While this curriculum is tailored to mental health peer counselors, this training and the curriculum more generally will be valuable to any provider or advocate interested in learning more about mental health and smoking cessation. To register contact Reason.Reyes@ucsf.edu.

**TOBACCO CESSATION
RESOURCES
CATALOGUE**



[Download your copy here](#)

Please continue to [send us your updates](#) (i.e. newsletter articles, provider trainings, presentations, etc.). We will collect all the information, share with all the partners, and continue to update and post information on the [SCLC website](#). Thank you!

Visit http://smokingcessationleadership.ucsf.edu/MH_Update.html

Questions or Comments? Contact csaucedo@medicine.ucsf.edu