

**Tobacco Free
for
Recovery**

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

May 5, 2009

SAMHSA 100 PIONEERS CAMPAIGN PROFILE



Jim Vollendroff, assistant director, King County (WA) Mental Health, Chemical Abuse and Dependency Services Division (MHCADSD)

Pioneer Jim Vollendroff, assistant director of the King County (WA) Mental Health, Chemical Abuse and Dependency Services Division (MHCADSD), said he had been working for two years to incorporate tobacco cessation into his chemical dependency programs when the Pioneer opportunity provided the perfect impetus to move forward.

“We didn’t want to take the hammer approach—we wanted to ease into it,” he said. So in 2009, he began asking his 37 contract agencies to do three things. First, all assessments should include nicotine dependence; second, all treatment plans needed to address it, including provision of nicotine replacement therapy; and third, all contractors should support nicotine dependence treatment for staff and move to a smoke-free environment. To showcase the commitment of

his agency, he said he is matching the Pioneer funds dollar for dollar using local tax revenue in a training pool. He said the initiative will next be applied in the mental health side of his agency.

Jim said he has valued the Pioneer webinars for the wealth of information provided and the opportunity to broaden his network of tobacco control advocates and colleagues sharing similar challenges.

A 7-year county employee, he formerly directed a residential chemical dependence treatment program and said he was greatly motivated by watching people he helped become clean and sober then die from tobacco-related disease. A true pioneer, he took the initiative a decade ago to create a nicotine-free environment for his program. “We were even told that people wouldn’t use our program because we wouldn’t let pregnant women smoke,” he said. “Look how far we have come.”

“I’m amazed at how quickly providers have gotten on board,” he said. “We expected more resistance.” Jim described how one service provider thanked him for the contract language requirement, saying it helped her hasten culture and systems change. “We know that our efforts will result in systems change at the local level but we also hope to create systems change at the state level. Participation in the Pioneer project has also created the opportunity to engage in a formal partnership with the Tobacco Prevention Program within Public Health which is something that I have wanted to do for a long time - this just pushed it a bit higher on my "to do list".”

To learn more about the MHCADSD visit <http://www.kingcounty.gov/healthservices/MHSA.aspx>. For details on the 100 Pioneers for Smoking Cessation campaign, visit <http://smokingcessationleadership.ucsf.edu/pioneers.html>.



**SAMHSA PIONEER
PROFILE:**

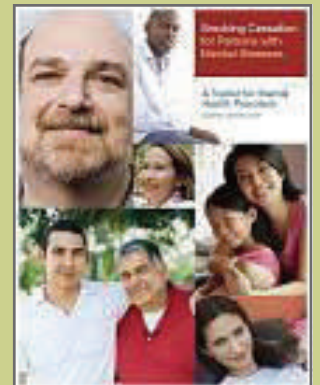


MHCADSD
King County,
Washington State

**FOR DETAILS ON THE 100
PIONEERS FOR SMOKING
CESSATION CAMPAIGN VISIT**

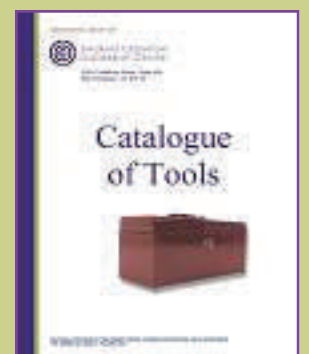
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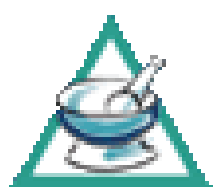
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Two recent behavioral health national conferences include sessions on smoking cessation,

illustrating the growing interest in the subject among leaders in the fields of mental health and substance use disorders. At the annual meeting of the [National Council for Community Behavioral](http://www.nccbh.org)

[Healthcare](http://www.nccbh.org), the National Council, held April 6-8 in San Antonio, Texas, a good-sized crowd attended a lunch-and-learn session on tobacco cessation for staff and consumers. Presenters, led by Gail Hutchings, president and CEO of Behavioral Health Policy Collaborative, Inc., included SCLC Deputy Director Connie Revell and Juliana L’Heureaux, executive director of the Maine Association of Mental Health Services. They discussed the importance of tailoring all three aspects of optimal cessation intervention: coaching, social support and medications to suite the needs of behavioral health smokers.

[NASMPHD Research Institute \(NRI\)](http://www.nasmhpd.org) 19th annual state mental health services research conference opened April 14-16 with the theme “Integrating Health and Mental Health.” Noel Mazade, Ph.D., executive director of NRI and active participant in the mental health partnership, said he was delighted that the choice of topic drew dozens of new faces, including tobacco research and control advocates.

Debra Hrouda from the Center for Evidence-Based Practice at Case Western Reserve, and NRI’s Lucille Schacht and Vera Hollan drew a sizeable crowd when they presented the results of a recent tobacco related survey sponsored by SCLC. The results indicate that in the last two years, more state psychiatric facilities have become smoke-free for individuals served and addressed staff smoking behaviors. Dr. Hrouda noted that 51% of the facilities were categorized nonsmoking, the vast majority of which (90%) are totally smoke-free campuses. The perception that limiting individuals’ smoking is a precursor to negative behavior continues to impede more facilities from becoming smoke-free but progress is definitely being made.



It was evident at both conferences, that lack of funding for cessation interventions, especially NRT and other drugs is a major issue for this group that needs to be addressed, perhaps as part of health reform. Screening tools such as [Screening, Brief Intervention, Referral and Treatment \(SBIRT\)](#), are being tested in settings around the country and provide an important vehicle for integrating mental health, addiction, and primary care that could make an enormous difference in the treatment of tobacco addiction.

To view the full smoking practice and policy survey results, [Click 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!

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