

Tobacco Free
for
Recovery

National Mental Health Partnership For Wellness & Smoking Cessation

March 11, 2008



Dr. Steve Schroeder, director of the Smoking Cessation Leadership Center (SCLC), was the guest of [National Alliance on Mental Illness \(NAMI\)](#) "Ask the Doctor," a monthly teleconference call addressing adult health issues. The session, hosted by Dr. Ken Duckworth, medical director of NAMI, focused on tobacco cessation and the serious health consequences consumers face. Many of the callers are active in the NAMI leadership structure. The call was considered a success, prompting NAMI to invite Dr. Schroeder back for another session later this year. Questions ranged from how to best help a family member quit tobacco, to how smoking cessation may or may not exacerbate mental illness, to the broader issue of incorporating smoking cessation education into 12 step programs. There was a sentiment among the participants that being tobacco free is a quality and quantity of life issue. "I am very grateful that NAMI invited me to be on the call and was overwhelmed by the interest, intelligent questions, and desire from participants to get technical assistance," said Dr. Schroeder. "I left the call with renewed optimism that NAMI is well positioned to take on a leadership role in helping smokers with mental illness quit and thereby live longer, healthier lives."



Our partners from [The American Psychiatric Nurses Association \(APNA\)](#) held a summit February 14th-16th in Lansdowne, Virginia. Fifteen psychiatric nurses from all over the country gathered to tackle a shared goal of helping consumers quit smoking. Targets decided at the summit included increasing referral rates for cessation treatment from 61% to 75% by 2012, and increasing the number of psychiatric nurses who do intensive tobacco cessation intervention from 29% to 45% by 2012. An action plan was created and the group has already begun implementing strategies which include their new communication message "Failing to Act Equals Harm."



The *Bringing Everyone Along Resource Guide* and *Resource Guide Summary*, developed by our partners from the Tobacco Cessation Leadership Network, are now available to

download from the [TCLN website](#). Funded by the [American Legacy Foundation](#), the Resource Guide was developed to assist a diverse array of health professionals in tailoring tobacco cessation services to meet the unique needs of tobacco users with mental health or substance abuse disorders. The Resource Guide provides recommendations for adapting all types of cessation services as well as specific advice for professionals adapting services in four settings: 1) tobacco dependence treatment programs available in the community, 2) tobacco quitlines, 3) mental health treatment programs, and 4) substance use treatment programs. In the coming months, the TCLN is offering a series of conference calls, CME workshops, and online programs and discussions to help professionals adapt their programs and services to better serve these populations. The TCLN 3-part conference call series will begin on April 3. To find out more about topics and to register for these calls, please visit the TCLN website.



[NASMHPD's tobacco-free toolkit](#) is fast becoming one of the more popular items for download. It was the fifth-most frequently viewed item on the [NASMHPD website](#) in February 2008 and has garnered over 1,500 unique viewers over the past four months. In an article on January 7, 2008, in *Mental Health Weekly* titled *Working Together for Longer, Healthier Lives*, our partner Bob Glover wrote "The toolkit has quickly been embraced by multiple state psychiatric hospital administrators and other leaders to implement tobacco free policies. In 2008, we will continue to build on the momentum and partnerships related to this and other smoking cessation efforts." The article highlighted NASMHPD's commitment to smoking cessation and included information on the high rates of smoking among people with mental illness and their providers. Visit the NASMHPD website for more information.



Kudos to the [Depression and Bipolar Support Alliance \(DBSA\)](#) for completing their online survey. This is the first survey to examine consumers' views and experiences with smoking cessation. Data from this survey are being incorporated into the smoking cessation component of DBSA's peer guided wellness program. Some of the results of the survey will be highlighted in a future communiqué. If you would like to learn more about the results of this survey, please email Brenda Bergeson at bbergeson@dbsalliance.org.



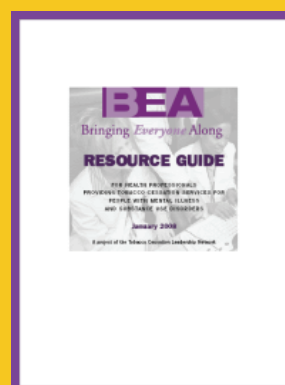
The [Smoking Cessation Leadership Center's](#) Connie Revell spoke on behalf of Steve Schroeder at the Society for Research on Nicotine and Tobacco's (SRNT) annual meeting in Portland. The presentation, titled "**Helping Clinicians Do the Right Thing: Results of the First Five Years of the Smoking Cessation Leadership Center,**" highlighted the history of the SCLC, the adaptation of the 5As model, and work with healthcare providers. It also addressed the efforts of the Partnership to draw more attention among researchers and advocates around the topic of tobacco use among people with mental illness.

In addition, the Smoking Cessation Leadership Center just developed a list of resources to use in helping smokers quit. **The Catalogue of Tools** highlights the work of SCLC and its partners offering the shortcut to the 5's/brief intervention, curricula, speakers bureaus, provider/patient resources, and mental health resources. All resources are available for free or at a nominal cost. Check out the catalogue and [download](#) your copy at the SCLC website or post a link to the catalogue on your website.

Last but not least, please continue to [send us your updates](#) (i.e. newsletter articles, provider trainings, presentations, etc.). We will collect all the information, send out regular updates to all members, and continue to update and post information on our website. We are always looking for ways to improve our support and expand our service offering. Help us serve you better by providing us your feedback. Thank you!



PARTNER HIGHLIGHTS:



[Bringing Everyone Along Resource Guide](#)



[SCLC Catalogue of Tools](#)



[SRNT's 14th Annual Meeting](#)