

Smoking  
Cessation is Part  
of Recovery

## National Mental Health Partnership For Smoking Cessation & Wellness

January 9, 2008

**H**appy New Year! The votes are in and all agree, the Partnership newsletter is a hit. We have already received requests from others to be on the e-mail list, and the updates are streaming in. Hooray!



### PARTNER HIGHLIGHTS:



*"A Hidden Epidemic" in  
Washington Post*



*JAMA's Clinical Crossroads*



*Upcoming Seminar*

Our own Dr. Steven Schroeder published an eye-opening op-ed in the Washington Post which has also been syndicated. The piece, titled *"A Hidden Epidemic,"* points out that smoking is concentrated among people with mental illness and is often compounded by substance abuse problems. Many readers responded to mention in the piece of smokers at Alcoholics Anonymous meetings, highlighting the importance of cessation as part of recovery.

And most recently, Steve was invited to present the Journal of the American Medical Association's Clinical Crossroads and grand rounds to Beth Israel Deaconess Hospital in Boston. Launched a decade ago, Clinical Crossroads is a patient-focused evidence-based review and discussion of a diagnostic or treatment decision faced by an actual patient and physician. Clinical Crossroads may address *any* medical condition relevant for primary care physicians. The patient chosen was a 51-year-old smoker with bipolar disorder. The group was stunned to hear consumer statistics. One Harvard physician wrote "...E-mails flying all over the place about how we need to get our smoking act together." We will be sure to send out a copy of the piece as soon as it is published.

In other news, Gail Hutchings and Connie Revell have been invited to present at the [Society of Behavioral Health Seminar](#) this spring. They will be leading an unprecedented three hour seminar on smoking and mental health titled *Overcoming the 17-Year Lag from Science to Practice: Working with Mental health leaders to Bring Smoking Cessation Treatment to Mental Health Consumers and Providers.*

Keeping our promise to keep this short, we will end with an update from Wisconsin. That state's Department of Public Health's Tobacco Control Program has funded an ambitious integration project called WiNDTIP (Wisconsin Nicotine Dependence Treatment Integration Project). The Medical Director, Eric Heiligenstein, clinical psychiatrist, will be working with Bruce Christiansen of Center for Tobacco Research Institute, and David Macmaster, a local leader on integration into Alcohol and Other Drug Addiction (AODA) treatment settings. They plan on integrating treatment into BOTH mental treatment and AODA settings in the state. For information e-mail [elheilig@uhs.wisc.edu](mailto:elheilig@uhs.wisc.edu).

### What can we do to continue to move forward with smoking cessation in mental health?

*"Forward, forward, forward!"* In an effort to increase awareness, we ask each of you to forward this e-mail on to at least one interested individual. Think about people in your organization who would be interested in cessation news.

Additionally, we encourage those who have not yet done so, to **post a link of your organizations website** to either the [SCLC home page](#), or the [mental health resource page](#).

Do you have anything you would like to include in the next communiqué? Please send your updates to [Catherine Saucedo](#).

In closing, it is clear to see that the Partnership is becoming a powerful voice drawing attention this epidemic. People are ready to act, and it is thanks to you that we are ready to help.

Thank you and best wishes for a wonderful 2008.

Questions or comments? Email us at [csaucedo@medicine.ucsf.edu](mailto:csaucedo@medicine.ucsf.edu).