





#### SAMHSA's 2014 State Policy Academy on Tobacco Control in Behavioral Health

June 19-20, 2014

Substance Abuse and Mental Health Services Administration (SAMHSA)

1 Choke Cherry Road, Rockville, Maryland 20857

## POLICY ACADEMY ACTION PLAN

The following five states were selected to participate in the SAMHSA Policy Academy for Tobacco and Behavioral Health: Hawaii, Louisiana, Massachusetts, Minnesota, and West Virginia.

The Policy Academy provided an opportunity for participating states to begin building a collaborative action planning process to address tobacco use by those with mental and substance use disorders. In addition, the Policy Academy served to prepare states to convene a local *State Leadership Academy for Wellness and Smoking Cessation*.

The following action plan captures the collaborative work from the 5 states and is intended to be a preliminary tool to help launch each state's summit.

# **Meeting Purpose:**

- To learn about the epidemic of tobacco use and behavioral health and what works to reduce the prevalence
- To understand the statewide collaborative process to address tobacco use by those with mental health and substance use disorders
- To prepare states to convene a potential local State Leadership Academy for Wellness and Smoking Cessation

# **Meeting Results:**

By the end of the Academy the participants:

- Understood their roles in implementing a successful local effort
- Identified and agreed upon a proposed state baseline and target to inform the direction of the state efforts
- Created a draft invitation list of committed partners to leverage statewide efforts

# What Other Data Points Might Your State Need for Tobacco Use by Behavioral Health Populations?

State teams discuss developing their own data walk and developing data for "where are we now?"

#### Hawaii

- o Percent of smokers with MH/SA BRFSS, NSDUH
- o Pregnant smokers PRAMS
- At risk youth/adolescent NYRBS, NSDUH
- Percent trained tobacco cessation providers (SMI/Culturally distinct/SA) TBD
- o Readiness to quit for BH population
- o Profile of Medicaid smokers and providers who offer cessation Medicaid
- o Quitline data on BH callers and provider referrals Allere/Quitline vendor
- o What evidence based practices are available and where
- o Sale to minors/infractions SYNAR

#### Louisiana

- Demographics of BH population; socio-economic status
- Ouitline data to get demographics specific to behavioral health
- o How many MH/SA facilities offer cessations services?
- o Trust has data on 200,000 smokers in database of general population
- o FQHC data
- Data by region in LA
- Youth initiation data
- How to increase access to cessation services that are paid for by the Trust
- Data by occupation

#### Massachusetts

- Data on Youth (at risk and those w/addiction and/or MI) YRBS/Youth survey
- o Data on gender, and race BRFSS, NSDUH, NATS, NHIS

# Minnesota

- o Quitline data on BH callers and provider referrals Clearway
- BH/SA facilities (patients and staff)
- Provider tobacco treatment training
- o Rural vs. Urban
- Percent of income spent on cigarettes- pull various measures from NSDUH, BRFSS, MATS, MSASU.
- o Baseline will refine and use one survey basis for both.

# **West Virginia**

- Youth tobacco surveys- Arkansas Youth Tobacco Survey
- o Survey for ages 18-24- BRFSS (annual); Adult Tobacco Survey (every two years)
- o Co-morbidity data
- o Progress vs. health issues and impacts that the health issues have overall
- o Annual disclosure of politicians that cut funding from tobacco research
- o Research on increased cost of smoking and its effect on smoking rates

# **State Baseline and Targets**

Each State decided on a preliminary\* proposed baseline and target that will answer the question "where are we now?"

State	Data Source	Proposed Baseline	Proposed Target
Hawaii	BRFSS	Smoking prevalence among those diagnosed with mental illness: 28%	6% reduction in 4 years
	ADAD	Smoking prevalence among those with substance abuse disorders: 41%	8% reduction in 4 years
Louisiana	BRFSS	Smoking prevalence among those diagnosed with mental illness: 48%	5% reduction by 5 years
Louisiana		Smoking prevalence among those with substance abuse disorders: 38%	5% reduction by 5 years
		Smoking prevalence among adults 18 and over: 16.4%	Reduce to 11.4% in 5 years
Massachusetts	BRFSS	Tobacco use among those with mental illness: 37.4%	Reduce to 32.4% in 5 years
		Tobacco use among those with substance abuse disorders: 30.4%	Reduce to 25.4% in 5 years

State	Data Source	Proposed Baseline	Proposed Target
Minnesota Adult Survey and Minnesota		Tobacco use among those with mental health disorders31%	Reduce by 5% in 3 years
Willinesota	and Minnesota Adult Tobacco Survey	Tobacco use among those with substance abuse disorders23.8%	Reduce 5% in 3 years
		Smoking prevalence among adults 18 and over: 28.2%	Reduce by 5% by 2019
West Virginia	/est Virginia BRFSS	Tobacco use among those with mental illness: 40.3%	Reduce by 5% by 2019
		Tobacco use among those with substance abuse disorders: 45.4%	Reduce by 5% by 2019

<sup>\*</sup>Baseline data points are preliminary and may be refined if other information exists

# **How Will We Get There?**

Each State Identifies Multiple Strategies

Hawaii			
Strategy	Who	What	When
Data Development	All with Lila, Mark, Stacy - Leading	Id existing data and create new - issue a directive within 3 months that insures 90 percent of consumers are asked if they smoke	Within 3 months
Partner Development (existing)	Kimo, Naomi, Eliza, Mark	Identify existing partners to help make change Connect with existing State tobacco plan contacts for core contacts and for future partners after the summit.	Within 3 months
Partner Development (new)	ALL state team members	ID new strong partners to help move the needle. Each state team member will invite one on one	At Policy Academy but personal invitations within 3 months
Consumer and Advocate Engagement	Naomi	Educate, engage, involve. Add to list	Within 3 months

Hawaii			
Strategy	Who	What	When
Provider Engagement	Mark and others	Connect w/ providers in the field through DMH, Medicaid, and Consumer organizations	Within 3 months
Quitlines	Lila	Data development Promote to bh community Promote to providers	Data development – 2 weeks Tie to communication plan
Communication	Lila, all	Specific to BH and BH providers	Within 3 months

	Louisiana			
Strategy	Who	What	When	
Medicaid	Jim, Caroline, Quinetta, Leslie (also include leadership like Dr. Dunham and other state leaders)	Medicaid / health plan contracts: collection of tobacco use data to be included in RFP	Within 2-3 weeks	
Funding	Dennis, Yolanda, Quinetta	Locate funding availability	Within 3 months	
Provider Education	Yolanda and Jim	Contacts for providers seeking education (first in line would be tob control)  1. Tobacco control department/staff 2. Quitline 3. LGEs to its local providers	Ongoing	
Policy	Caroline, Leslie, Quinetta	Review existing policies and recommendations for new ones	Ongoing	
Data Development	Leslie, Caroline, Jim, Quinetta,	Determine what data is needed or is missing	Ongoing	
Consumers	TBD	Invite peer/consumer group such as NAMI, MHA, or from the BH advisory council to state summit	By the time invites go out for state summit/ongoing	

Massachusetts			
Strategy	Who	What	When
		Invite a list of designated people to a leadership academy	October 2014
Convening and Funding	Marcia	Formulate agenda	October 2014
		Collaborate with Mass Health on any issues DMH wants to fund	December 2014
	Anna	Pull out detailed data on gender, race, etc. from BRFSS  • State data  • Craft story and compare with national data	August 2014
Data Analytics		Form group to meet regularly until Leadership Academy	June 2014
		Identify other data (national— NSDUH, NATS, NHIS)	TBD
Clinical Standards and Implementation	Kathy and Dan	Disseminate tobacco cessation treatment; build protocol into assessments	TBD
Consumer Messaging	Russell	Talk about solutions, health activities, do alternative messaging, work with DMH Office of Communications; antismoking part of recovery process	July 2014

Minnesota			
Strategy	Who	What	When
Provider Education	Jared, Pat, Ed	Develop a menu of educational topics for webinars	July 15 <sup>th</sup> , 2014
		Host webinars	Starting September 2014
Policy	Jerry, Ed	Bring up tobacco epidemic as a priority with the 10 by 10 Group	June 24 <sup>th</sup> 2014 (next meeting)
Data Development	Jerry, Donna	Collect data from MN Adult Survey, MN Survey on Adult SU, NSDUH, BRFSS and review data gaps	August 2014
		Connect group to data sources (esp. American Indian data)	

West Virginia			
Strategy	Who	What	When
Funding	Bruce, Jim, Lisa, Kathy	If you continue to take federal money All of your mental health facilities will be tobacco free. Any type of funding from a federal source is essential to going tobacco free Community transformation grant, strategic direction one	TBD
		Division of Tobacco Prevention will fund Lisa's smoking cessation classes in a variety of treatment facilities	June 2015
Policy	Rachel Moss and Lisa	Tobacco free campuses, all health facilities	TBD

West Virginia			
Strategy	Who	What	When
Strategy  Provider Training and Education	Who  Janine, Bruce, Jim, Lisa	Provide 4 specific mental health provider tobacco cessation trainings- targeted towards mental health providers-CME Training them to counsel their patients and incorporate into their practices, tobacco cessation  TA on how to screen using SBIRT  Address tobacco cessation as part of regular treatment for Pregnant women. Provide resources for smoking cessation. Rely on colleagues for training  Offer eight smoking cessation groups in all Prestera Center	When  June 2015
		locations, encompasses eight counties (MH and SA population are clients)	

Proposed Strategy Categories from All States
Partner Development (ID existing and new partners)
Data Development and Analytics (add new data points, collect existing information to measure progress)
Consumer Engagement/Consumer Driven
Communications (media, public relations)
Provider education (Primary Care, Behavioral Health and Community Based)
Quitlines
Funding
Medicaid/Health plan contracts
Policy

ID and/or Create Tobacco Treatment Centers (i.e. Nicotine Anonymous and peer led services)

Clinical Standards and Implementation (Establish Statewide Protocols for tobacco treatment)

## **Day One Concluding Thoughts**

# What did you appreciate about today?

#### Performance Partnership Model (Leadership Academy)

Appreciated process of proposal based facilitation

Amazing how it was put together so efficiently; got us energized

Process; meeting new people and getting to know state team members

Being here, structure of leadership academy, can use this for tobacco and other programs

Appreciate depth of model, structure of leadership academy is fabulous, only knew folks through email, names and faces, expert in all area.

Appreciated the process, thinking creatively on how to take back to other workgroups; Worked with people at tables in different roles, sitting together on how to integrate this one issue

Going through the process, like minded folks;

Didn't see people falling asleep, testament to leadership during meeting

Good pace, content, rest of BH, SAMHSA taking role. Health issue that's killing people

Process is tough to get used to, pushing out of our comfort zone, benefit, all about results!

Pace and being in the process, being able to do what we can't do at home base, and really delve in to time, definition of leadership is working toward convergence vs. hierarchy to change culture

#### **Motivation for Success**

Positive

Appreciate and thank everyone for hard work

HI stamina throughout the day, because of flight issues.

Energy and expertise has been one of the best; going to go somewhere and make it happen

Enjoyed team and different personalities, can learn from all

Appreciate the team and being part of it

Appreciate attitude and creativity

Excited to feel the positive energy and going back to get something done

Saddened in the beginning with statistical information; distressing; but energy was really invigorating, came up good ideas and plans, was fun

Excited to make changes and be #1, caveat of more to do, trifecta clean air, tax, program, data around BH population hasn't changed.

Like the idea of inclusiveness, nothing about us without us, people support what they help create, appreciate including voice of those who you are helping

To be able to keep humor, thanks to everyone

Energy was great, liked being able to hear different conversations at the tables

Worthwhile to take a step back

#### **Collaboration with Other States**

Got to hear from other states

Support. Sharing information, discussion of national realm how we can contribute as 5 states

Appreciate hearing from everyone, helps with my perspective, having the state team here and build on own plans, and get on the same page

Appreciate hearing all other perspectives, action orientated

Opportunity learn from state colleagues and , platform for public health, thank you for pulling it all together

Collaboration, and being focused on the issue, in a processed way

Appreciate table and everyone here

Goal orientated; listen to contributions, positive atmosphere; adopted by MA group

Collaborative spirit;

### **Education/ Resources / Technical Assistance**

Ask Dr. Schroeder and Dr. Koh to speak with Medicaid leadership in WV

Amount of knowledge and resources available to LA and all states

Appreciate gaining insight and awareness , state-specific to LA, learning things to do differently to serve the population

Hearing from Dr. Koh, knowing everyone is on same page

Federal representation, project offices; thanks

# **Day Two Check In**

# What do I know about Leadership Academies?

#### **Results-based Format**

Focus is on results

Okay to use the same baseline as you used before, need to build on it

Structure and process is similar evidence-based practices

Generation of ideas always leads to solutions

Outcomes involve multiple strategies, not one magic bullet

#### **Emphasis on Collaboration**

Multiple strategies, multiple sectors

Many people need to be in the room for a comprehensive plan

Single person strategy and 5-person strategy are both equally effective

Dynamic

Collaboration is key; having the right people at the table essential

Collaborations and partnerships will help execute goals

#### Speed

Groups can agree on and make decisions rapidly

Moving quickly to get results

Technique to convergence quickly, from plan to action

Focus is on shortening how to do, timely manner, act on it

How quickly to realistic and impactful results?

#### **Effective Facilitation**

Impressed by facilitation, gives skills to collaborate with other agencies,

The facilitator teaches skills to collaborate with other agencies

Passion in the room is channeled in a particular direction in a good way

### Participation by all/Everyone's voice counts

Equal participation is important; everyone had something to contribute to make strategies into reality

Good way to get people involved

Proven to be effective if necessary leaders identified agree to get involved

Constrained involvement of stakeholders

Everyone says what is feasible for them to do

# Who Can Make This Happen?

# Comprehensive List of Potential Partners

Hawaii	Louisiana
DOH	Council on Alcohol and Drug Abuse
Adult MH/ Child MH	Potential funders?
Tobacco Prevention & Education Program	Provider Association
Office of Health Equity	LGEs – local government entity
Hawaii Peer Specialist	Possible funder
Office Program Improvement	Insurance Companies
Alcohol & Drug Abuse	LA insurance commissioner
Developmental Disabilities/Chronic Disease	Federal Reserve Bank? As it relates to housing
DHS	HUD/housing authority
Medicaid Plans	More than one epidemiologists
Medicaid Leadership	City Health Department/Health Commissioner
	Magellan
Public Housing Authority	Bayou Health Plan
Epidemiologist – Data representative	LA Association of Business and Industry
Providers – Primary Care Association and HHHC	Chamber of Commerce
Department of Defense / VA	Youth/school districts
Faith-based Organizations	Juvenile justice
Native HI Healthcare Systems	Department of Family and Children DFC
Unions/ Labor	DoCorrections
Local leadership – county level	DoJ
State legislature – senate & house rep.	DoE
Quitline	State Psychiatric Hospital
	LA Hospital Association
	LA Primary Care Association
	HIV/AIDS
	Sex industry
	Universities/ Tulare/LSU
	Pfizer/GSK
	Child/maternal health – pregnant smokers
	Faith based orgs
	Media/public relations
	Prevention research center?
	Hospice

Massachusetts	Minnesota
National Empowerment Center/MHA/NAMI/P&A	MN Medical Association
Transformation Center	Sheriff Association
MassHealth (Medicaid)	Center For Prevention
State Mental Health Plan Council	Blue Cross Blue Shield
Transitional Youth Coordinator	Unions
UMass Medical School	Legal Aid Representative
Medical Director, NAMI and Medical Director of	County Directors
Behavioral Health, BlueCross Blue Shield of MA	MN Housing Finance Association
Blue Cross ,Tufts, Harvard Pilgrim Managed Care	DHS
Div. of Insurance	MDH
Insurance Commissioner	Department of Education
Health Policy Commission	Legislators
Center for Health Information and Analysis (CHIA)	Consumers
Mass Medical Society	Veterans/VA
Mass Psychiatric Society	Underserved Pop. Org
Frames Project (creative)	ACS
Institute for Health & Recovery	Hospice
Quitline Vendor	Indian Health Service
Hospital Stakeholder	Board of Behavioral Health
Community Services	Medicaid
CVS/Minute Clinic	MNSCU
Labor Unions	MAYO
Mass. Nurses Association	Tribal Health Representatives
Faith-based coalition	D.E.E.D
Group Insurance Commission (GIC)	Clear Way
DPH	Health Plans
Health clusters in HHS	M.A.R.R.C.H
VA Commissioner	M.A.T.D.
Legislature; MH/SA committee	MN Recovery
DMH PR	Mental Health Provider Association
DMH	Pfizer
Prevention/Synar	Psychiatrists
Harvard School of Public Health	Hospital Association
Community prevention organizations	Council of Churches
Multicultural Affairs	
Department of Corrections	
Community Colleges	
American Lung/Heart/Cancer	

# **West Virginia**

OCH-HSP Dr. Dreama Mase

Mark Drennan- Behavioral Health Association

Jeremiah Samuels- Assistant Secretary- DHHR

Linda Paule- behavioral Health Consumer Association

Steve Cook-Synar Coordinator and FDA

Anne Goldberg- Bureau of DPH

Dr. Maxwell- Neonatologist and state leader

Marshal University School of Medicine, Dr. Brenda Mitchell- Main Trainer for HCP

Division of Primary Care- Jones Skaggs

William Miller- West Virginia School Osteopathic

Internal Fetal Medicine- Dr. Courtney Cuppett- OBGYN

Carla Van Wick- Innovation Grant- Transitions in Care

Perry Bryant-Lawyer

Jim Becker- Medical Director

Medicaid- Nancy Atkins, have communications with her, get health commissioner to contact her

Pat Woods- Person who oversees Medicaid tobacco cessation

WVPIA- Ted Cheatham- Lawyer and State Director

Blue Cross Blue Shield

Nedia Henderson- PEIA

State Chamber of Commerce/Local

Victoria Jones- Chair of GAXSA?

WV Insurance Commissioner's Office- Jeffrey Beakes

West Virginia School of Dentistry- Dr. Dick Meckstroth

WVHA- Cinny Kittle

West Virginia Prevention Research Center- Dr. Jeri Dina

Kernal Eishenhauer- Medical Director of WV National Guard

Legislatures

Craig Richards- Director Male Prevention

Director of Sharp Hospital

Media- Ken Ward

WV- US District Attorney's Office- Booth Goodwin

Highmark BCBS (Insurance) ACA provider for WV

Andrew Barrish- Executive Director

Behavioral Health-Jackie Payne

Adult Mental Health Director- Pegg Moss

Director of IEP Services- Beth Morrision

Director of Consumer Affairs and Community Outreach- Elliott Burkham

Deputy Director for Child Families- Su Hage

Medicaid- Cynthia Parsons

Deputy Commissioner- Mental Health Services- Cynthia Bean

DHHR- Karen Bowling

PPH- Anne Williams

# **Next Steps to Implement in Your State**

Hawaii			
Next step	By when?	Contact/Lead	
Tier one next meeting In person – conference call - Discuss funding / need a budget	2 <sup>nd</sup> week of July 11 <sup>th</sup> – 10am	All	
Short term data refinement Refining Baseline - Point in time — Adult pop. 5,000 ppl. Status of current/former/never — willing to quit and do they live with someone who smokes —	August. 15, 2014	Stacey	
Short term data refinement - ADAD – refining through their providers per contract – make it required in EMR	TBD – roughly August 15, 2014	Stacey	
Set a date for summit – have the summit in 2014	Will make this decision in the next week	all	

Louisiana			
Next step	By when?	Contact/Lead	
Add language to health plan RFPs – for implementation in 2015	2-3 weeks	Jim	
Data needs – Medicaid claims, QL, etc.	1-3 months	Caroline, Jim, Josh Harding (?), Ryan Bilbo (?),	
Secure funding for hosting state summit - send request to Pfizer, Louisiana Cancer Consortium, other agencies – multiple sponsors	1-3 months	All	
Refine Invitation list	-	All	
"Clinical Advisor" adding collection of smoking status (EHR)		All	
Confirm LA liaison	Done	Quinetta	
Set state summit date	-	ALL	
Join NBHN collaborative	1-2 weeks	Shelina	

Massachusetts			
Next step	By when?	Contact/Lead	
Identify key sponsors; Kathryn Powers, SAMHSA; NAMI; DMH/DPH	30 days	Marcia	
Contact Foundations for support (Rose, Bear, DPH commissioner foundation)	3 months	Marcia	
Audit of existing available data		Anna	
DMH involvement; discuss Leadership Academy at advisory meetings		Dan	
Look at existing policy as a mechanism for engagement and support		Kathy	
Talk about solutions and alternative messaging, working with Office of Communications to include anti-smoking as part of the recovery process	1 month	Russell	

Minnesota			
Next step	By when?	Contact/Lead	
Finalize list of invitees/choose a Save the Date/consider locations & academy length	October, 2014	Pat	
Collect data & review data gaps etc.	August, 2014	Jerry	
Connect to data sources	August, 2014	Donna	

West Virginia		
Next step	By when?	Contact/Lead
Gain buy-In/support from WV organizations/partners; Set up internal meeting and start setting up regular meetings and create planning committee	July-August, 2014	Jim, Bruce, Kathy, Rachel
Planning for Academy  a. Inviting the right people b. Needed research, to conduct a gallery walk c. Sending out invite d. Outreach to get an idea of who is on board e. Set a date after two quarters for the Academy	August-September, 2014	WV team and DHHR
Host Academy	October-November, 2014	WV team and DHHR

# **Day Two Check Out**

### **Closing Comments and Personal Action Commitments**

### **Advocacy**

Jim – LA – In a tight timeline for Medicaid contracts; hard wire language in to RFPs on tobacco cessation; advocate we don't short change the process of facilitation looking outside for help – collect to get the right people

Dennis – LA – Commit to support the group; keeping the group together

Naomi – HI- Support this team and take this back to my co-workers and changing the public's view

Kimo – HI – Get groups I work with to get on board

Stacey – HI- Keep team moving forward; get right the people on board; listen to what the concerns are help crushing barriers;

Marcia – MA – Build enthusiasm with leadership team

Gil – SCLC – Follow up with resources with MA team

Erica – NIDA – Take what I learned her to NIDA to reduce the mortality and morbidity in their states

#### **Community Outreach**

SAMHSA PO – MN – Reach out and connect; support

Shelina – NCCBH – Reaching out to join the network and take advice to give to others

Yolanda – LA – Connect/keep in touch with group; meet with EDs this should be a priority and how we are going to make it work

Mark – HI – Convey to DOH and rope them in

Libby – HI – Insure Director of Medicaid to have complete buy in to success project

Kathy – MA- Meet with area medical directors to refine policies and getting things going

Janine - WV - Talk to physician leaders in OBGYN to get their support and participation

#### **Data Collection and Health Messaging**

Anna – MA – Working on data and keep the group together

LA- make sure prevention message doesn't get lost

Lyla – HI – Access to tobacco control communications...Raise it on their radar and identify funding

Russell – MA – Struck data – MH and SA – die earlier - change the messaging – not taking away but adding menu – well-being health – work with communications director

Quinetta – LA – keep this group together and keep momentum – scheduling debrief with executive management team. Submit proposals – which way we want to go

### **Identifying Stakeholders and State Leaders**

Pat – MN – talk to the folks in my state to get funders for their Academy; extremely committed to this; personal priority – also have deep connection in North Dakota

Dan Breslin – MA – Identifying people for the leadership academy

Rachel – WV – Connecting with other departments to move forward with the academy

Catherine- SCLC will offer webinars with free CEU/CME to any participants from your state, send you any future grant/funding opportunities through our connections with Pfizer or otherwise and support you on your statewide effort anyway that we can. Call us!

Doug- SAMHSA is committed to this issue. Block grant funds may be used to support your statewide summit.

Steve – This isn't glamorous work that we do, but it is important work. It was great seeing everyone here, you all worked very hard during this academy and I know that you will continue the good work back at your home states.