

TOBACCO RECOVERY & WELLNESS INITIATIVE (TRWI)

Tobacco Recovery & Wellness Initiative (TRWI) is a partnership between the Philadelphia Department of Public Health Tobacco Policy and Control Program (TPCP), University of Pennsylvania's Comprehensive Smoking Treatment Program (CSTP), and the Department of Behavioral Health and Intellectual disabilities (DBHIDS) that engages behavioral health providers to incorporate evidence-based tobacco dependence treatment into their clinical and community practice.

- ❖ **Overall goal:** The overarching goal of TRWI is to improve the emotional, behavioral, physical and environmental health of people in recovery by placing tangible and effective tobacco dependence treatment tools in the hands of the DBHIDS network.
- ❖ **Key Objectives Include:**
 - Support DBHIDS' commitment to taking a holistic and wellness approach to services designed to enhance the development of the whole person and where care transcends symptom reduction by promoting wellness as a key component of all treatment and support services.
 - Provide treatment decision supports
 - Safe and effective use of FDA-approved pharmacotherapies
 - How to effectively counsel and follow-up with tobacco-using consumers
 - Making referrals to key cessation resources
 - Address biases and frequently asked questions that can present a barrier to offering consistent tobacco dependence treatment
 - Provide relevant articles and training opportunities upon providing tobacco dependence treatment for behavioral health populations
 - Establish policies which create tobacco free treatment settings across the DBHIDS network
- ❖ **Public Health Detailing (PHD)** is an example of the multiple, diverse efforts being put forward by TRWI to promote total recovery and wellness for individuals receiving behavioral health services across Philadelphia. PHD is an educational component of TRWI being implemented on the ground with providers of care. Academic detailers from the PENN's CTSP program provide a brief initial meeting with providers/staff to discuss tobacco issues and offer customized treatment education.
- ❖ **Current Efforts:** As of December 14, 2015, all Community Behavioral Health (CBH) - contracted acute inpatient psychiatric (AIP) and extended acute inpatient (EAC) providers successfully implemented tobacco-free policies. Individuals admitted to either of these levels of care are not permitted to smoke cigarettes or use any other tobacco-related products during their stay. Instead, individuals are provided with access to various, evidence-based tobacco-cessation treatments, including FDA-approved medication for treating tobacco withdrawal and tobacco use disorder. TRWI continues to provide support to these providers as they sustain their policy efforts. Local training and continuing education opportunities have been made available to further enhance staff capacity. Monthly tobacco dependence treatment Learning Collaborative meetings continue to serve as a platform for champion agencies to exchange ideas, share resources, and provide support and planning for next steps.
- ❖ **Next Steps:** On January 1, 2018, all CB-contracted residential drug and alcohol treatment providers will implement tobacco-free policies across all their treatment settings. To prepare residential drug and alcohol treatment providers for this systemic culture change, the TRWI will continue to promote Public Health Detailing within the CBH network; promote staff recovery and training, support providers to integrate tobacco treatment into substance abuse treatment services and evaluate TRWI outcomes.
- ❖ **What You Can Do Today:**
 - Add tobacco use status to current vital signs
 - Visit smokefreephilly.org for resources and support
 - Offer PA Quitline 1-800-Quit-NOW
 - Join the Learning Collaborative

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