

SCLC National Center of Excellence for Tobacco-Free Recovery Communiqué

UCSF Smoking Cessation
Leadership Center

National Center of Excellence for
Tobacco-Free Recovery

Communiqué | November 2021



Louisiana Convenes State Leadership to Further Tobacco-Free Recovery Work

Despite the destruction caused by Hurricane Ida earlier in the month, more than 60 participants representing tobacco control, behavioral health, public health, cancer control, primary providers, non-profit organizations, and other services from across Louisiana, gathered at a virtual summit at the end of September to find solutions to reduce the prevalence of tobacco use among adults with behavioral health disorders in the state.

The summit took place on September 29 and 30 and was planned and sponsored by:

- Louisiana Department of Health (LDH)
- Substance Abuse and Mental Health Services Administration (SAMHSA)
- US Centers for Disease Control and Prevention (CDC)
- National Behavioral Health Network for Tobacco and Cancer Control (NBHN)
- Smoking Cessation Leadership Center (SCLC)/University of California, San Francisco (UCSF) as SAMHSA's National Center of Excellence for Tobacco Free-Recovery (CTFR)



The summit planning team proposed achieving targets via five strategy workgroups: Data, Policy, Education, Systems Change, Health Equity.

Dr. Courtney Phillips, Secretary of the Louisiana Department of Health, thanked the group for their time and commitment, saying, “In all that we have been through in Louisiana, the fact that our team and stakeholders are continuing to move forward with the situation is just an amazing testimony to who we are and to what we do.”

The next Leadership Academy state to host a summit will be Kansas who is holding a virtual reconvening on December 15 and 16. [Read more about Leadership Academy states](#)



Navajo Nation Bans Most Indoor Smoking, Including Casinos

Research shows American Indian/Alaskan Native populations experiencing disproportionately higher rates of mental health problems when compared with the rest of the US population. Traumas forced upon them, including forced removal from their land and the government-led separation of AI/AN children from their parents, spiritual practices, and culture have resulted in high rates of substance use disorders (SUDs), posttraumatic

stress disorder (PTSD), suicide, and attachment disorders in many AI/AN communities.¹

Not coincidentally, AI/AN adults have the highest smoking rate in the U.S. at 22.6%, compared to 13.7% of adults overall.²

This month, Navajo Nation President Jonathan Nez, The leader of the largest Native American reservation in the U.S. signed legislation banning indoor smoking in many locations, including the tribe's 4 casinos (three [3] in New Mexico and one [1] in Arizona).³

He called the ban a "monumental achievement and bold step in the right direction to promote healthy living among our Navajo people."

Wisconsin Requires All BH Providers to Have Tobacco-Free Policies by 2022

Wisconsin behavioral health providers who treat substance use disorders are required by October 2022 to formulate plans to assess and treat tobacco use and have a policy about smoke-free environments. It's thanks to the State of Wisconsin's revised Administrative Code Chapter 75 published last week.



Service Levels of Care includes added language that strengthens standards regarding tobacco treatment and smoke-free facilities:

- (7) TOBACCO USE DISORDER TREATMENT AND SMOKE-FREE FACILITY. A service shall have written policies outlining the service's approach to assessment and treatment for concurrent tobacco use disorders, and the facility's policy regarding a smoke-free environment.

"This is an exciting opportunity for Wisconsin's Behavioral Health System to implement best practices related to tobacco treatment and smoke-free policies," said Karen Conner, project manager for the Wisconsin Nicotine Treatment Integration Project (WiNTiP), which works to help behavioral health patients to quit using tobacco.

Learning Opportunities



Upcoming SCLC Webinar:

"Stress and Cigarette Smoking among Black and Latinx Adults with Psychiatric Disorders"

Free CME/CEUs Available

**Thursday, December 9, 2021 02:00pm to 03:00pm EDT
(60 minutes)**

We are honored to have the following speakers presenting on this important and timely topic:

- **Danielle M. Shpigel, PhD**, Licensed Clinical Psychologist, Arlington, DC Behavior Therapy Institute, Rehabilitation Neuropsychologist & Founder, NeuroCognitive & Behavioral Diagnostics, Adjunct Faculty, Department of Applied Psychology, Steinhardt School of Culture, Education, and Human Development, New York University

- **Andrea H. Weinberger, PhD**, Licensed Clinical Psychologist, Associate Professor, Ferkauf Graduate School of Psychology, Yeshiva University, Research Assistant Professor, Department of Epidemiology and Population Health, Albert Einstein College of Medicine

Webinar Objectives:

- Identify two disparities in cigarette use and consequences for individuals with psychiatric disorders and/or who are from racial/ethnic minority groups.
- Analyze the relationship between stress and cigarette smoking.
- Explain two of the findings from a study about stress and cigarette smoking in a sample of adults from racial/ethnic minoritized groups with psychiatric disorders.
- Describe psychosocial stress and psychiatric-related stress and smoking in relation to working with clients.

One and a quarter hours of **FREE** credit can be earned, for participants who join the **LIVE** session, on **Thursday, Dec. 9, 2021**. You will receive instructions on how to claim credit via the post webinar email.

BONUS! ACCREDITATION FOR CALIFORNIA ADDICTION COUNSELORS

The UCSF office of continuing medical education is accredited by the California Consortium of Addiction Programs and Professionals (CCAPP), to provide continuing education credit for California addiction counselors. UCSF designates this live, virtual activity, for a maximum of 1.0 CCAPP credit. Addiction counselors should claim only the credit commensurate with the extent of their participation in the activity. Provider number: 7-20-322-0722.

Register Here

GASO Webinar Bundle: Collection D

Today is American Cancer Society's **Great American Smokeout!** In honor of GASO 2021, SCLC is pleased to announce a new webinar bundle. "Collection D" includes seven (7) webinars from 2021 for a total of **7.25 FREE CE credits**. Topics include COVID-19 and the effects of tobacco use, I COVID Quit - personal stories, IQOS, digital cessation, recovery-oriented tobacco interventions in addiction services, tobacco cessation with adult inpatient psychiatric clients, and e-cigarettes and smoking cessation.

Please use the discount code **SAMHSA23**, unless you are a California provider, use **CADPH23**, to waive the \$65 fee.



Read more and register

FREE Quit Cards Available

Want to acknowledge GASO? It's a cause we can get behind all day, every day, so SCLC has developed a plastic "Quit Card" the size of a credit card to help promote the national quitline. You can order them for your organization - **free!**

Eighty-five percent of groups who purchased it found that the card helped streamline their organization's ability to provide tobacco cessation assistance to patients, and 80% said it has increased the number of patients in their organization who receive advice on



quitting.

Health professionals, counselors, and peers have distributed more than 4 million QUIT NOW cards.



Order Free Quit Now Cards

Resources

- What can we do for marginalized communities? Check out info from [The Robert Wood Johnson Foundation on health equity](#)
- CDC's Office on Smoking and Health has published a new guide: *Best Practices User Guide: Putting Evidence into Practice in Tobacco Prevention and Control*. The [online version of the guide is available on CDC's Smoking & Tobacco Use website](#)
- In addition to SCLC's social media campaign I COVID Quit, you can find free and low-cost tobacco education campaign materials at the [CDC's Media Campaign Resource Center \(MCRC\)](#)
- Check out what other SAMHSA State Academies are up to and borrow successful resources available on our [Leadership Academy page](#)
- [Visit TobaccoFreeRecovery.org](#) for more resources, including materials created by Leadership Academy States

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