

Tobacco Treatments Benefit Clients with Mental Illnesses and Substance Use Disorders



Smoking tobacco is the deadliest form of addiction

75% of high risk behavioral health clients smoke cigarettes

Smoking kills more people than alcohol, AIDS, car accidents, illegal drugs, homicides, and suicides

People who smoke are also at **greater risk for** diabetes, high blood pressure, & COPD

Research has shown that tobacco treatment only positively affects ongoing mental illness and substance use treatments

80% of clients in substance use disorder treatment have **expressed an interest in tobacco cessation**

Substance use disorder treatment attendance did not differ between the groups receiving tobacco treatment and those receiving treatment as usual

Most smokers try to quit alone every year and are unsuccessful, **treatments can increase likelihood of staying quit by 4X**



In fact, 85% of participants completed the 10-week active treatment period concurrent with tobacco treatment

Smoking cessation is at least as effective as antidepressants for treating depression and anxiety

Tobacco use addiction treatments increased likelihood of long-term abstinence from alcohol and illicit drugs by 25%

Steps to Integrate Smoking Cessation into Behavioral Health

- 1** Set an example with a tobacco-free policy
- 2** Ask every client if they want to quit tobacco
- 3** Refer clients to quitlines
- 4** Support clients that want to quit by discussing progress
- 5** Co-treatment (methadone/NRT patches/counseling)

We are here to help!
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