

Resources for Implementing Tobacco Cessation

- **Advisory: Tobacco Use Cessation During Substance Abuse Treatment Counseling.** Contains pertinent information for counselors. http://www.acbhcs.org/tobacco/docs/conference/SAMHSA_tobacco_cessation_SUD_counseling.pdf
- **Advisory: Tobacco Use Cessation Policies in Substance Abuse Treatment: Administrative Issues.** Provides a brief introduction to implementing tobacco-free policies and practices in treatment settings. http://www.acbhcs.org/tobacco/docs/conference/SAMHSA_Advisory_Tobacco_Admin_Issues.pdf
- **Final Recommendation Statement: Tobacco Smoking Cessation in Adults, Including Pregnant Women: Behavioral and Pharmacotherapy Interventions.** Provides grading for recommendations for smoking cessation. <https://www.uspreventiveservicestaskforce.org/Page/Document/RecommendationStatementFinal/tobacco-use-in-adults-and-pregnant-women-counseling-and-interventions1>
- **Million Hearts® Tobacco Cessation Protocols.** Provides a template and an implementation guidance document to help institutions integrate tobacco cessation protocols into identification and intervention clinical workflow. <https://millionhearts.hhs.gov/tools-protocols/protocols.html#TCP>
- **Smokefree.gov.** Provides smokers who want to quit with free, evidence-based smoking cessation information and on-demand support. <https://smokefree.gov/>
- **Tobacco Treatment for Persons with Substance Use Disorders: A Toolkit for Substance Abuse Treatment Providers.** Contains information and step-by-step instructions on identification of clients, assessing readiness to quit, range of treatments, community resources (in Colorado), and recommended agency policies for tobacco treatment and control. <https://www.dshs.wa.gov/sites/default/files/BHSIA/dbh/documents/COTobaccoToolkit.pdf>
- **Treating Tobacco Use and Dependence: Quick Reference Guide for Clinicians.** Contains updated strategies and recommendations for addressing tobacco use. <https://www.ahrq.gov/sites/default/files/wysiwyg/professionals/clinicians-providers/guidelines-recommendations/tobacco/clinicians/references/quickref/tobaqrg.pdf>
- **U.S. Department of Veterans Affairs.** Provides resources for Veterans including a Quit VET quitline. <https://www.publichealth.va.gov/smoking/quitline.asp>
- **1-800-QUIT-NOW (1-800-784-8669).** Connects individuals directly to their state's tobacco quitline. https://www.cdc.gov/tobacco/quit_smoking/cessation/pdfs/1800quitnow_faq.pdf



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Substance Abuse and Mental Health
Services Administration

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.
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Quitting Tobacco

Help Your Clients to a Healthier Life



SAMHSA

Substance Abuse and Mental
Health Services Administration

Why Combine Smoking Cessation and Substance Use Disorder Treatment?

As providers, you know that most of your clients use tobacco. Some of them do not realize that smoking causes more deaths than do illnesses related to other substance use. A growing body of research shows that quitting smoking increases the odds of long-term abstinence, whereas continued smoking following treatment increases the likelihood of substance abuse relapse. Build on positive changes your clients have already made in treatment for substance use—help them quit smoking and live longer, healthier lives. Recent data on tobacco use show that:

- Approximately 74% of people ages 12 and older who received substance use disorder (SUD) treatment in the past year reported past-month smoking.
- The rate of tobacco-related death rates is higher among persons with substance use problems only (53.6%) and those with both substance use and mental health problems (46.8%), compared with the general population (30.7%).

Missed Opportunity

Less than half of SUD treatment facilities offer tobacco cessation services. Only a quarter offer pharmacotherapy for tobacco use (nicotine replacement therapy and/or non-nicotine smoking/tobacco cessation medications).

Set Your Program Apart: Set Your Clients Up for Success

Helping your clients successfully quit smoking can:

- Improve their SUD treatment outcomes.
- Enable them to reap mental health benefits.
- Increase their sense of mastery.
- Encourage them to focus on a positive lifestyle.

More Reasons To Offer Tobacco Cessation Services

Your clients who participate in tobacco cessation programs can:

- Save thousands of dollars each year by quitting smoking.
- Experience physical health benefits almost immediately upon quitting.
- Expect improvement in mood and anxiety levels after initial withdrawal symptoms are addressed.
- Increase their chance of quitting if they are also on nicotine replacement therapy or other cessation medication.

The 5 A's

Begin a quit-smoking intervention with a client in five easy steps.

ASK – Document each client's tobacco use status at every visit.

ADVISE – Respectfully urge every tobacco user to quit.

ASSESS – Determine whether the tobacco user is willing to try quitting.

ASSIST – Use counseling and pharmacotherapy to help willing clients quit.

ARRANGE – Schedule follow-up phone calls or meetings, preferably the first week after the quit date.

Medications Improve Quit Rates

The following nicotine replacement therapies have been approved by the Food and Drug Administration (FDA) for smoking cessation:

- Nicotine patch, gum, or lozenge (over the counter)
- Nicotine nasal spray or inhaler (prescription)

The following non-nicotine medications have been approved by the FDA for smoking cessation:

- Bupropion (Zyban®, prescription)
- Varenicline (Chantix®, prescription)

Healthcare providers should check prescription labeling information of the smoking cessation drugs available at Drugs@FDA to determine potential drug interactions, use in specific populations, and warnings.

For details, visit Drugs@FDA at

<https://www.accessdata.fda.gov/scripts/cder/daf/>



WHAT CLIENTS ARE SAYING

“ [The person] who ran the group . . . brought in this guy to help motivate us because he had quit. That really ended up helping, seeing somebody . . . that

quit. Everyone in the group said, 'Yeah, I can do it too.' People in the group who said they couldn't quit ended up quitting and it motivated me to quit. Me quitting motivated some of my friends to quit, and then other people in the group quit. It was like a chain reaction.”

“ [Since I stopped smoking] I actually have money saved, my health, [I am] sleeping better, all aspects of my life [have improved]. Breathing better, I got more energy, and the biggest thing, I've saved like \$5,000 over the last 2 years. . . . I would be counting money in my car right now for change for cigarettes if I was still smoking, so the group is definitely a lifesaver. . . . The last thing I want to do is have another cigarette.”



Benefits of a Tobacco-Free Environment

Modeling the benefits of a smoke-free lifestyle sends a positive message to clients who are trying to quit. If you were once a smoker, consider sharing your personal strategies for quitting—doing so may give clients the encouragement they need to quit for good.