



Public Health Roadmap:
Tobacco Use Disorder
(TUD) Treatment Integration
in Behavioral Health Settings

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Tobacco Use Disorder (TUD)

Treatment Integration in Behavioral Health Settings

About this Resource

Despite advances in lowering the rate of tobacco use and its health consequences, groups who have not benefited from this progress, are people with mental health conditions and/or substance use disorders, collectively known as the behavioral health population.¹

This resource is intended for State Tobacco Control Program staff and other public health professionals, working with providers, organizations, agencies and systems serving people with mental illness and substance use disorders to treat tobacco use and dependence. The American Lung Association developed tools and curated partner resources to support this work, based on feedback from key stakeholders, including state and local tobacco control program staff, behavioral health program staff, clinical care providers and other content experts.

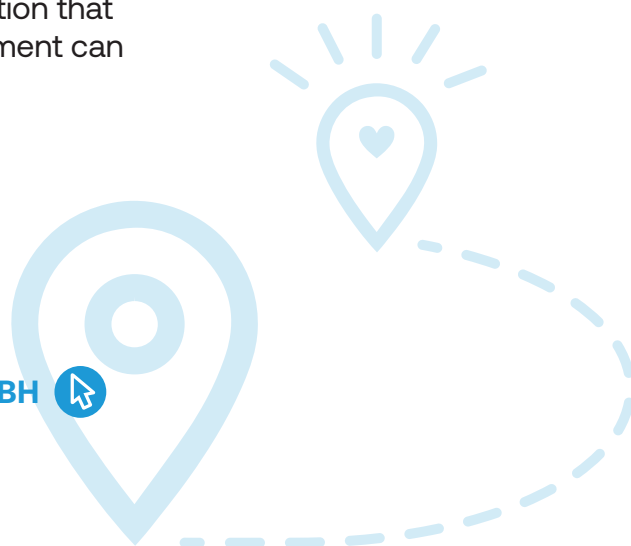
The tools within this resource reference multiple terms to describe behavioral health services related to both Serious Mental Illness (SMI) and Substance Use Disorders (SUD).

All references to “tobacco” and “tobacco products” within this guide and resource collection refer to commercial tobacco and not to the traditional use of tobacco and/or other plant mixtures grown or harvested and used by American Indians and Alaska Natives for ceremonial or medicinal purposes.

The full resource collection that
accompanies this document can
be found at:



Lung.org/CessationTA/BH





Close to 1 in 4 adults in the U.S. has some form of mental health condition



Tobacco use is the number one cause of death in people with mental illness^{2,3}

Quitting can make behavioral health treatments more effective⁷⁻⁹

- Nicotine has mood-altering effects that can temporarily mask the negative symptoms of mental health disorders, putting people with such disorders at higher risk for cigarette use and nicotine addiction.^{7,8}
- Tobacco smoke can interact with and inhibit the effectiveness of certain medications taken by patients with behavioral health conditions, often resulting in the need for higher medication doses to achieve the same therapeutic benefit.⁹



People want to quit.

Many individuals with behavioral health conditions want to quit smoking but may face extra challenges in successfully quitting and may benefit from extra help.^{4,5} Several surveys of people who are in addiction treatment have shown that 44-80% are interested in quitting cigarettes.⁶



Recovery is attainable.

Tobacco use disorder treatment
+
substance use disorder treatment
=
a 25% higher success rate.

Treatment Works!

Why Integrate Tobacco Treatment?

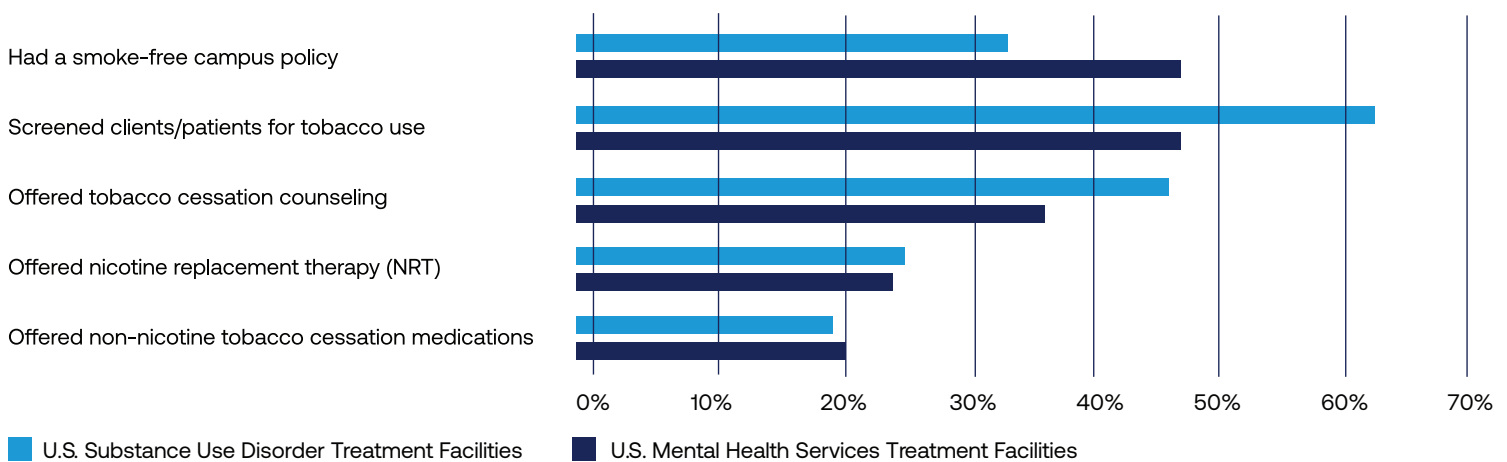
Behavioral Health care teams have a critical opportunity to concurrently address tobacco use disorder and offer treatment alongside other services that support people in the community, including people receiving substance use disorder (SUD) treatment and treatment for serious mental illness (SMI). There are safe, effective treatments for tobacco use disorder (TUD), including behavioral therapies, such as evidence-based cessation counseling and FDA-approved medications. The seven FDA-approved medications include nicotine replacement therapy in the form of patches, gum, lozenges, inhaler, and nasal spray as well as varenicline and bupropion.

Tobacco treatment can be included in existing behavioral health programs as part of an overall approach to recovery and wellness.

There is also an opportunity to further promote tobacco treatment in wraparound programs and services such as case management, housing and employment placement assistance, and other clinical and non-clinical programs that often work alongside behavioral health programs.

Tobacco use disorder is a behavioral health condition in the DSM-5,¹¹ and can be treated safely and effectively with FDA-approved medications and/or evidence-based counseling.¹²

Tobacco-related policies and practices in Mental Health and Substance Abuse Treatment Facilities:¹³



Only about half of mental health and one-third of substance use disorder treatment facilities report having smoke-free campuses,¹³ and less than half of behavioral health treatment facilities offer comprehensive tobacco treatment services.¹³

Learn more about the facts related to Tobacco Use and Behavioral Health:



bit.ly/FactsBH



Steps to Tobacco Use Disorder Treatment Integration

using the Million Hearts® Tobacco Cessation Change Package

Key Foundations:

Make tobacco treatment a practice and system priority.

Equipping Care Teams:

Prepare and motivate behavioral health staff to consistently address tobacco use disorder.

Screening:

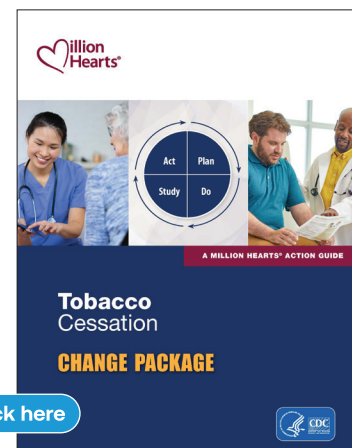
Approaches and tools that promote consistent universal screening for tobacco use.

Treatment:

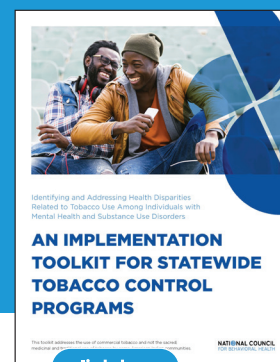
Resources to establish a tobacco treatment protocol, enhance clinical decision support, and implement standardized tobacco treatment efforts.

Referral and Follow-Up:

Resources that can supplement treatment provided by behavioral health care teams.



Foundational Resources for Public Health Professionals to support Health Systems Change in Behavioral Health Settings:



Integration in Action

Organizational assessments can help Tobacco Control Program staff understand an organization, system or clinic's current policies, perceptions, and capacity to integrate tobacco use disorder (TUD) treatment services. The Lung Association has developed an easy-to-access tool that can help to evaluate strengths and identify both barriers and opportunities to promote and sustain the integration of comprehensive tobacco treatment services in behavioral health settings. This can be used as a foundational step with new partners, or it can be used to identify how to sustain and enhance existing partnerships.

Tobacco Treatment Integration Assessment

Take a look at current practices and workflows in organizations that are interested in prioritizing tobacco treatment through systems change efforts.

Learn More: Explore how the assessment works and how you can put this tool to use today with community partners:



bit.ly/HSCAssessment



Focused Resources to Support Tobacco Control Programs working with Behavioral Health Systems:

Prioritizing a Tobacco-Free Culture in Behavioral Health Settings

- Addressing tobacco use effectively requires changes in organizational culture. Access tools, practices, and examples of successful implementation of tobacco treatment in behavioral health settings, including:
 - Recent publications to supplement professional development and education about tobacco use disorder (TUD), cessation programs, and other relevant resources to aid in prioritizing tobacco treatment in behavioral health settings
 - **Communication Tools & Templates**
Materials to promote tobacco-free policies in the physical environment.

Building Capacity to Provide Tobacco Treatment

- Guides and tools to **engage care teams and organizational staff at every level** to successfully integrate tobacco treatment into existing processes. Learn more about **strategies to supplement and amplify the impact of behavioral health staff** to provide comprehensive tobacco treatment based on national guidelines and best practices
 - Enhance **educational opportunities for behavioral health staff at all levels** with training curricula that has been developed to address the unique needs of clients and patients in behavioral health settings.
 - **Help stakeholders optimize their billing practices** to ensure reimbursement for services—which can be uniquely challenging for behavioral health providers


Quality Improvement and Sustainability Strategies

- Build sustainability and promote continued quality of treatment with resources and tools for quality improvement in the integration of tobacco use disorder (TUD) treatment services




Technical Assistance for Tobacco Control Program Staff:

The American Lung Association provides expert technical assistance to states and the tobacco control community on tobacco cessation coverage policy and health systems change to increase tobacco cessation and treatment integration.

In addition to one-on-one technical assistance, the Lung Association has many resources available, on-demand at Lung.org/CessationTA. 

Technical Assistance includes:

- [Comprehensive Cessation Resource Library - including on-demand webcasts, trainings, toolkits and more](#) 
- [Technical Assistance Listserv](#) 
- [State Cessation Coverage Database](#) 
- [Peer Cohort Group Learning Opportunities](#) 
- [One-on-One tailored technical assistance to help address challenges and identify opportunities](#) 



Request Technical Assistance from
American Lung Association:



Lung.org/CessationTA



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