

**For leaders of mental health and substance use disorder programs**



## **Tobacco-Free Grounds And Tobacco Treatment Services Are Right For Your Program**

**Fulfill Your Mission | Be A Leader | It's A Win-Win**



### **Fulfill Your Mission**

**As a provider of mental health or substance use disorder (SUD) treatment services, offering treatment for tobacco dependence is aligned with your mission.**

- Tobacco use disorder is an addiction with serious consequences. Your staff are in the perfect position to talk with clients about making the changes needed to live a healthy life.
- Tobacco treatment strategies work, and people with mental illnesses and substance use disorders can successfully quit using tobacco.
- Quitting tobacco helps improve mental health and significantly reduce anxiety, depression, and stress.
- Providing tobacco treatment enhances recovery from other substances.
- Offering tobacco treatment services as a part of SUD treatment can increase long-term recovery from other substances by 25%.



### **Be A Leader**

**The widespread inclusion of tobacco treatment and tobacco-free grounds into mental health and SUD treatment programs will soon be the norm.**

- Offering tobacco treatment services firmly positions your agency as a leader in your field.
- Many organizations in Minnesota have gone tobacco-free and are integrating tobacco treatment into their existing services.
- The more you stand out as a leader the more successful you will be in not only creating a client base but also finding and recruiting qualified staff.
- Both the National Association of State Mental Health Program Directors and Substance Abuse and Mental Health Services Administration (SAMHSA) encourage the integration of tobacco treatment into services and the adoption of tobacco-free grounds for all behavioral health settings.



## It's A Win-Win

Not only is offering tobacco treatment services and tobacco-free grounds beneficial to the health and well-being of clients, it is also a valuable selling point for a treatment provider.

- Programs that offer a range of desired services, like tobacco treatment, will better accommodate individuals and staff looking for more comprehensive and specialized programming.
- Everyone deserves access to clean air. When coupling treatment with tobacco-free grounds, fewer individuals are exposed to secondhand smoke.
- Many people entering treatment are interested in creating an overall healthier life for themselves and want to quit smoking.
- Surveys have found up to 80% of people in mental health and SUD treatment are interested in quitting tobacco.

*Tobacco in this work refers specifically to the use of manufactured, commercial tobacco products, and not to the sacred, medicinal, and traditional use of tobacco by American Indians and other groups.*

## Find Out More

**You don't have to go it alone.** Lung Mind Alliance partners have resources to help you be successful. Programs such as yours and leaders such as you are available to mentor and provide real-world answers to all your questions.



To get involved or learn more visit [LungMindAlliance.org](http://LungMindAlliance.org) or contact [Reba.MathernJacobson@Lung.org](mailto:Reba.MathernJacobson@Lung.org)

For a complete list of research and resources, please visit: <http://bit.ly/LMAResearchandResources>

# Lung Mind Alliance

The Lung Mind Alliance is a group of leaders and advocates in public health, mental health, substance abuse, and tobacco control who have joined together around the goal of reducing disparities related to the impact of commercial tobacco on people with mental illness and/or substance use disorders. **We invite you to join us in this statewide movement.**



*The American Lung Association provides coordination for the Lung Mind Alliance through funding from the Center for Prevention at Blue Cross and Blue Shield of Minnesota.*