

## Tobacco Treatment

# Help Your Clients Get Healthy

### Myths and facts about offering TOBACCO TREATMENT as part of your mental health and substance use disorder program

## Myth

“If someone is struggling with mental health issues and substance use disorders, isn't quitting tobacco the least of their worries?”

## Facts

- Tobacco-related illnesses claim more than eight times as many lives as alcohol, legal and illegal drug use combined.
- Treating tobacco dependence not only helps improve overall health but mental health as well. When people quit tobacco, their mental health improves, including significant decreases in anxiety, depression and stress.
- People who receive tobacco treatment are 25% more successful in long-term abstinence from alcohol and other drugs.
- Tobacco dependence is in the DSM-V.

## Myth

“Do clients want to quit?”

## Facts

- 89% of people seeking services who smoke said they want staff to ask them about quitting.\*
- 92% of people felt that avoiding tobacco was very important for them to be healthy.\*
- Most do want to quit; you can provide them the resources they need to be successful in treating their tobacco addiction.

\* These surveys done in MN are consistent with surveys in other states.

## Myth

“Can people quit smoking on top of everything else?”

## Facts

- Yes they can! People can and do address smoking in addition to other treatment efforts.
- They may need more intensive support and a longer period of treatment.
- Quitting smoking can help participants remain abstinent from other substances and improve mental health.

**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.**

## Myth

**"I smoke. Can I still counsel people about quitting smoking?"**

## Facts

- Yes you can! As a provider, you offer whole health opportunities for the people you serve—eliminating tobacco use helps them to be as healthy as possible.
- Step out of your personal experiences to provide support for your clients. If they want to talk about tobacco use, use your motivational interviewing skills.
- Use this as an incentive for you to quit as well.

## Myth

**"Will I be the first organization to talk about tobacco treatment?"**

## Facts

- People Incorporated, Mental Health Resources, Avivo, and others are going tobacco-free in 2018.
- One in four mental health treatment centers nationally offers tobacco treatment services.
- The American Lung Association, MN Department of Health, MN Department of Human Services, Twin Cities Medical Society, and National Alliance on Mental Illness are able to provide staff training and resources on tobacco dependence.

## Myth

**"Should we just encourage people to use electronic cigarettes, vaping, or Juuling?"**

## Facts

- E-cigarettes are unregulated tobacco products and almost all e-cigarettes include nicotine, as well as harmful chemicals and carcinogens.
- Both the U.S. Surgeon General and the National Academies of Science, Engineering and Medicine have warned about the risks of inhaling secondhand e-cigarette emissions.
- The long-term health consequences of e-cigarettes are not yet known.
- For best chance of success at stopping smoking cigarettes, people should use FDA-approved products such as the patch, gum and lozenge, or prescription medicine under guidance of their health care provider, along with counseling.

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

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