

Lungs and Minds at Work Animated Short User Guide for Minnesota's Local Public Health Professionals



bit.ly/lungsandmindsatwork

Lungs and Minds at Work was produced by the Lung Mind Alliance with support from Anoka County SHIP. It is a resource for local public health to use in reaching out to mental health and substance use treatment providers in the community. The video aims to encourage decision makers at these organizations to feel empowered and confident to move forward in improving the health and well-being of clients and staff by integrating tobacco treatment and implementing tobacco-free grounds policies.

Why Address Tobacco Use?

TOBACCO IS THE

#1

CAUSE OF DEATH

IN PEOPLE WITH MENTAL ILLNESS
OR ADDICTION

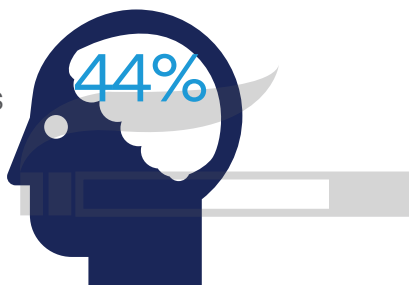
75%

OF PEOPLE WITH MENTAL ILLNESS
WANT TO QUIT
COMPARED TO 60% OF THE
GENERAL POPULATION



TOBACCO TREATMENT + ADDICTION
TREATMENT = 25% INCREASED
LIKELIHOOD OF LONG-TERM
ABSTINENCE FROM
ALCOHOL & ILLICIT DRUGS

44% OF THE US
TOBACCO MARKET IS
CONSUMED BY PEOPLE
WITH MENTAL ILLNESS
AND SUBSTANCE
USE DISORDERS



PEOPLE WHO QUIT HAVE
IMPROVED MENTAL HEALTH AND
DECREASED DEPRESSION,
ANXIETY, AND STRESS

Tobacco in this document 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.

Getting the Conversation Started

Here are questions to consider as you view the video and get ready to share in your community:

- Who provides mental health and substance use treatment services in my community?
- How can I learn more about them and how/if they address tobacco?
- What do I already know about tobacco treatment resources and/or tobacco-free grounds policies? What more do I need to learn?
- How do I monitor and measure progress?
- How can I use this animated short, *Lungs and Minds at Work*?



Resources

Visit www.LungMindAlliance.org to learn more and access free resources. Additional free help is available! Contact the American Lung Association by emailing Heidi.Larson@lung.org to connect with additional resources such as:

- Support with any of the questions above
- Trainings for community partners on this topic
- Tobacco dependence treatment referrals

