



MINNESOTA LEADERSHIP ACADEMY COLLABORATIVE STATEMENT ON TOBACCO DEPENDENCE TREATMENT AND TOBACCO-FREE POLICIES IN MENTAL HEALTH AND SUBSTANCE USE TREATMENT SETTINGS

Commercial tobacco use continues to have a devastating impact on the health of Minnesotans. This impact is felt in every facet of life, including high healthcare costs of tobacco-related disease and disability. Despite recent success in lowering the rate of adult tobacco use and its health consequences among the general population, this benefit has not been realized among persons with mental illness or substance use disorders. The disproportionate impact of tobacco use on these individuals' lives is striking.

[Recent studies](#) show that people with mental illness or substance use disorders (SUD) are more than twice as likely to smoke cigarettes as adults without these conditions, are more dependent on tobacco, smoke more heavily, and are more likely to die from tobacco-related illness than from their mental health or substance use conditions.

Opportunities for improvement are cited in a recent article by the Centers for Disease Control and Prevention (Marynak et al., 2018)¹ which highlights the need to implement tobacco-related policies and practices in mental health treatment facilities and substance abuse treatment facilities. The article states that among 240 mental health treatment facilities in Minnesota, only 44.6 percent reported having a smoke-free campus policy. Of the 369 substance abuse treatment facilities in Minnesota, only 15.2 percent reported having a smoke-free campus policy.

Studies show that treating tobacco dependence concurrently with other mental or substance use disorders does not impair outcomes, and actually enhances treatment success and improves quality of life.

The Minnesota Leadership Academy Collaborative (LAC) is a group of leaders and advocates in public health, behavioral health and tobacco control who have come together around the goal of reducing disparities related to the impact of commercial tobacco in people with mental illness and/or substance use disorders. The LAC works collaboratively in three areas 1) building momentum toward tobacco-free grounds policies; 2) changing social norms around integrating tobacco treatment into services and 3) identifying and disseminating promising practices for commercial tobacco treatment in systems for individuals with mental illness and/or SUD.

Working with local, state, and governmental organizations, the LAC has developed [materials](#) to encourage organizational staff and leadership to adopt tobacco-free policies and has developed a user guide to support changes in mental health and substance use treatment settings that promote health and wellness for mental health and substance use disorder treatment staff and consumers.

As a partnership committed to reducing tobacco-related disparities among those living with mental illness and/or substance use disorders, the LAC supports efforts to integrate tobacco treatment and to increase tobacco-free environments in all Minnesota mental health and substance use treatment settings.

Approved by the Minnesota Leadership Academy Collaborative on October 18, 2018.



Center for
Prevention



¹ Marynak K, VanFrank B, Tetlow S, et al. Tobacco Cessation Interventions and Smoke-Free Policies in Mental Health and Substance Abuse Treatment Facilities — United States, 2016. MMWR Morb Mortal Wkly Rep 2018;67:519–523. DOI: <http://dx.doi.org/10.15585/mmwr.mm6718a3>

This statement is signed by these MN Leadership Academy Collaborative members:

American Lung Association of Minnesota

Avivo

Center for Prevention at Blue Cross and Blue Shield of Minnesota

CentraCare

ClearWay Minnesota

Hennepin County Public Health

Medica

Mental Health Resources

Minnesota Department of Health

Minnesota Department of Human Services

Minnesota Psychiatric Society

People Incorporated

Public Health Law Center

Twin Cities Medical Society

This statement can be found at <http://lung.org/behavioralhealth-minnesota>, along with these supporting documents:



For more information about this statement or to engage the Leadership Academy Collaborative, contact Reba.MathernJacobson@Lung.org