

# Smoking Cessation and Behavioral Health



Smoking Cessation Leadership Center  
Oregon Meeting  
May 25-27, 2010

# Smoking Cessation Leadership Center

- Steven A. Schroeder, director
- Housed at UCSF
- Aimed at helping clinicians do a better job intervening with tobacco users
- Funded by RWJF, VA, American Legacy Foundation
- New foray into behavioral health arena, from Legacy grant

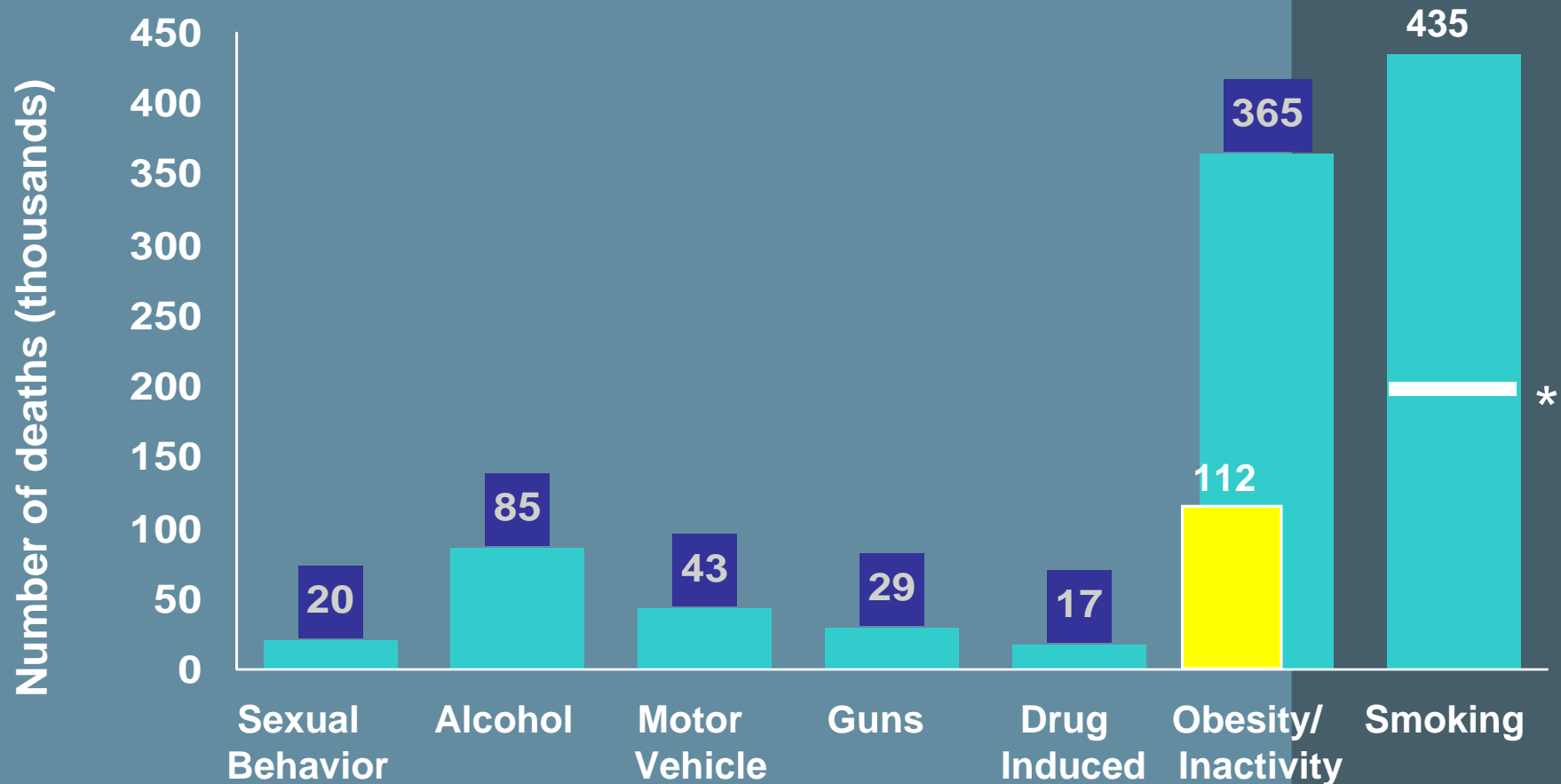
# SCLC's Aim

- Help more people who want to quit smoking to get the help and support they need to succeed
- Provide access to free cessation tools and resources

# Why The Focus on Behavioral Health?

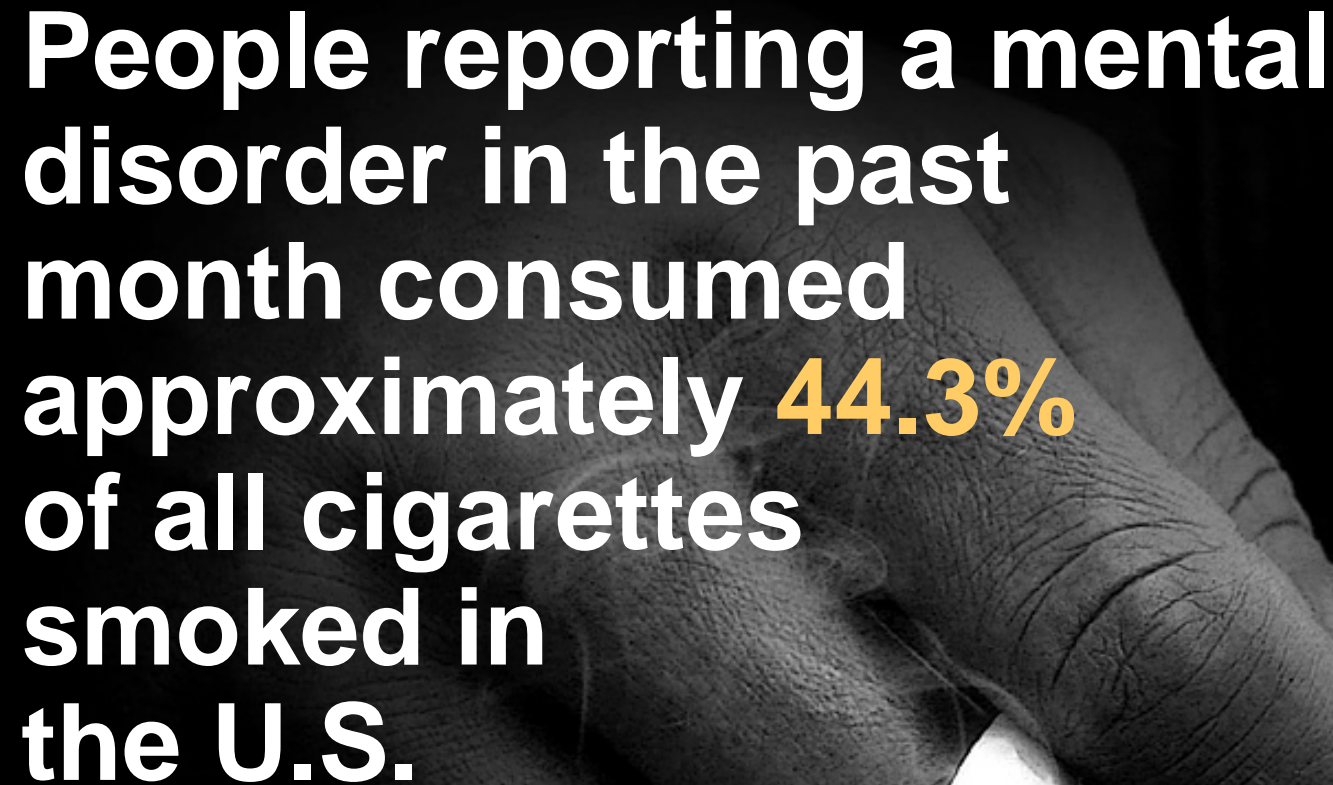
- Prevalence averages 75 percent for those with either addictions and/or mental illness, as opposed to 20.9 percent for the general population

# Behavioral Causes of Annual Deaths in the United States, 2000



Source: Mokdad et al, JAMA 2004;291:1238-1245  
Mokdad et al; JAMA. 2005; 293:293  
Flegal KM, Graubard BI, Williamson DF, Gail, MH. Excess deaths associated with underweight, overweight, and obesity. JAMA 2005;293:1861-1867

\* Also suffer from mental illness and/or substance abuse



People reporting a mental disorder in the past month consumed approximately **44.3%** of all cigarettes smoked in the U.S.

*Lasser, Karen; Boyd, J. Wesley; Woolhandler, Steffie; Himmelstein, David U.; McCormick, Danny; Bor, David H., "Smoking and mental illness: A population-based prevalence study." JAMA, The Journal of the American Medical Association. Nov 22-29, 2000, 284, (20), 2606 - 2610.*

# 30%-35% of Mental Health Providers Smoke

Rates of smoking among treatment staff in mental health and substance abuse facilities and programs are higher than other health care professionals:



*** Primary Care Physicians	1.7 %
Emergency Physicians	5.7 %
Psychiatrists	3.2 %
Registered Nurses	13.1 %
Dentists	5.8 %
Dental Hygienists	5.4 %
Pharmacists	4.5 %

*NASMHPD Research Institute, Inc. (2006). Survey on Smoking Policies and Practices for Psychiatric Facilities.*

*\*\*\* Strouse R, Hall J and Kovac M. Survey of Health Professionals' Knowledge, Attitudes, Beliefs, and Behaviors Regarding Smoking Cessation Assistance and Counseling. Princeton, N.J.: Mathematica Policy Research, Inc., 2004, 1-16.*

# An Encouraging Trend

- About half of psychiatric facilities and grounds are smoke free
- The rest of psychiatric facilities moving in the pipeline

*NASMHPD Research Institute, Inc. (2006). Survey on Smoking Policies and Practices for Psychiatric Facilities. Presented by Joe Parks, M.D. at the NASMHPD Medical Directors Council Technical Report Meeting on Smoking Policy and Treatment at State Operated Psychiatric Hospitals.*

# Why Our Work is Important

- As smoking prevalence declines, a greater proportion of smokers are in this population
- Recent CA Smokers Helpline data show that about 80% of callers counseled have reported a mental illness

# Some of the Explanation to High Rates

- Tobacco companies actively target those with mental illness and substance use disorders
- This is proven through tobacco papers (Project SCUM)

# History in Mental Health Outreach

- In 2004, Bob Glover, executive director of NASMHPD, asked Dr. Schroeder to present at the NASMHPD Directors Meeting in San Francisco
- Interest among the MH community in doing something about tobacco was growing

# Leadership Takes a Stand

- April 2006 - Summit convened 15 commissioners and state medical directors with NASMHPD in San Francisco, which produced:
  - Technical Report on Smoking Policy and Treatment in State Operated Psychiatric Facilities*
- Led to a grant to fund effort to make state psychiatric facilities smoke free

# Eye-Opening Study

- New NASMHPD study *Morbidity and Mortality in People with Serious Mental Illness*, showed **25-year gap in life expectancy**

Thirteenth  
in a Series  
of  
Technical  
Reports

## Morbidity and Mortality in People with Serious Mental Illness

Editors:

Joe Parks, MD  
Dale Svendsen, MD  
Patricia Singer, MD  
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**National Association of State Mental Health Program Directors  
(NASMHPD) Medical Directors Council**

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[www.nasmhpd.org](http://www.nasmhpd.org)

October 2006

# Mavs fight for survival

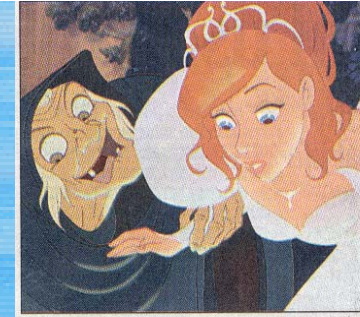
■ Tonight, Dallas stays alive or goes home vs. Golden State, 3C  
■ Portland's Roy is top rookie, 7C



By Brian Bahr, Getty Images

Dirk Nowitzki: Won Tuesday; Mavs down 3-2.

# USA TODAY



Disney Enterprises

Enchanted: Mixes live action, 2-D animation.

# Disney returns to pencil

■ In digital age, studio bets on 2-D animation with *Enchanted* this fall, 1-2D

# Mental illness linked to short life

## Anti-psychotics and obesity could be factors

By Marilyn Elias  
USA TODAY

Adults with serious mental illness treated in public systems die about 25 years earlier than Americans overall, a gap that's widened since the early '90s when major mental disorders cut life spans by 10 to 15 years, according to a report due Monday.

"We're going in the wrong direction and have to change course," says Joseph Parks, director of psychiatric services for the Missouri Department of Mental Health. He's lead author of the report from eight

states — Maine, Massachusetts, Rhode Island, Oklahoma, Missouri, Texas, Utah and Arizona — that will be released at a meet-

### Odds are not good

People with serious mental illness die at age 51, on average, compared with 76 for Americans overall. Their odds of dying from the fol-

*USA Today*

*Front Page*

*Thursday, May 3, 2007*

# Summit in Lansdowne

- Brought together 28 partners including leading MH organizations such as NASMHPD, NAMI, MHA, etc.
- Convened summit on March 2007 in Lansdowne, Va.
- Became known as the *National Mental Health Partnership for Wellness and Smoking Cessation*

# SAMHSA Steps Up

- \$3.2 billion agency within the U.S. Department of Health and Human Services
- Charged with responding to the nation's substance abuse and mental health prevention, treatment and service needs.
- Deeply concerned with new data demonstrating that people with serious mental illnesses are dying 25 years earlier than people without such disorders
- Connected with SCLC in early 2008

**SAMHSA and the Smoking Cessation Leadership Center  
are pleased to present:**



## Smoking Cessation for People with Mental and Substance Use Disorders

### Guest Speakers

**Dr. Steven Schroeder**

Director, Smoking Cessation Leadership Center, University of California, San Francisco  
Former President, Robert Wood Johnson Foundation

**Mr. Eric Arauz**

Motivational Speaker and Advocate for Mental Illness and Substance Abuse  
Consumers Helping Others Improve Their Condition by Ending Smoking (CHOICES Program)

**Dr. Jill Williams**

Associate Professor of Psychiatry and Director of the Division of Addiction Psychiatry,  
University of Medicine and Dentistry of New Jersey—Robert Wood Johnson Medical School

**Dr. Chad Morris**

Director of the Administration and Evaluation Postdoctoral Fellowship, Department of  
Psychiatry, University of Colorado at Denver and Health Science Center

#### ***Did You Know?***

**People with mental  
illness smoke 44%  
of all cigarettes?**

**Approximately 80% of  
alcohol, cocaine, and  
heroin abusers report  
nicotine dependence?**

**People with SMI die,  
on average, 25 years  
earlier than other  
Americans?**

**When:** Monday, July 7, 2008

**From:** 2:00 p.m. - 3:30 p.m.

**Where:** Seneca/Sugarloaf/Rock Creek  
Conference Rooms



# **SAMHSA In-Service Training: July 7, 2008**

# SAMHSA Supports National Initiative

## “100 Pioneers for Smoking Cessation Campaign”

- Incentivize 100 grantees with \$1,000 honorarium
- Free technical assistance to all 1500 grantees
- Access to free resources, webinars
- Applicants must integrate smoking cessation activity, new or existing, and increase the number of tobacco cessation interventionists

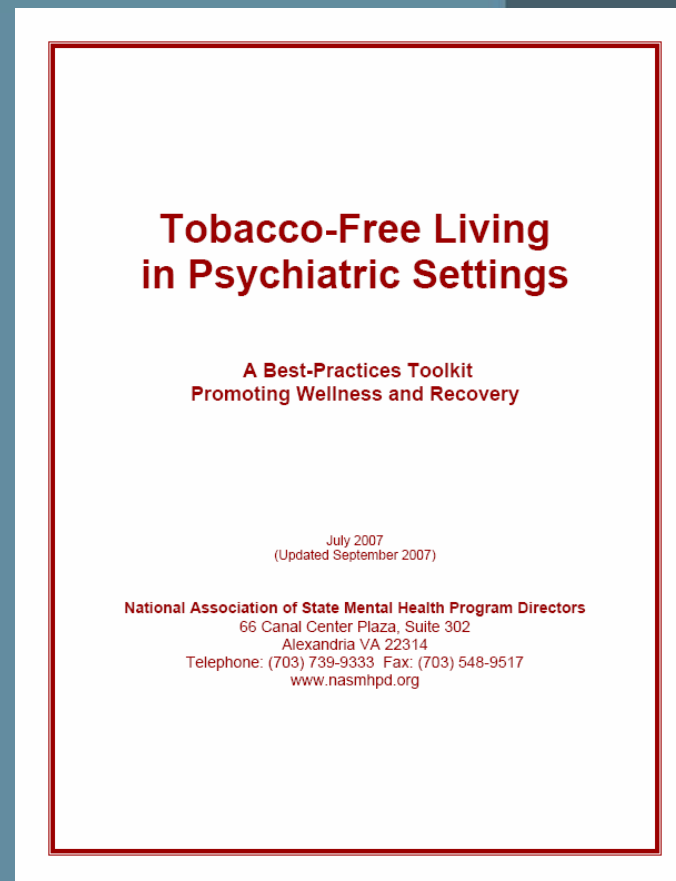
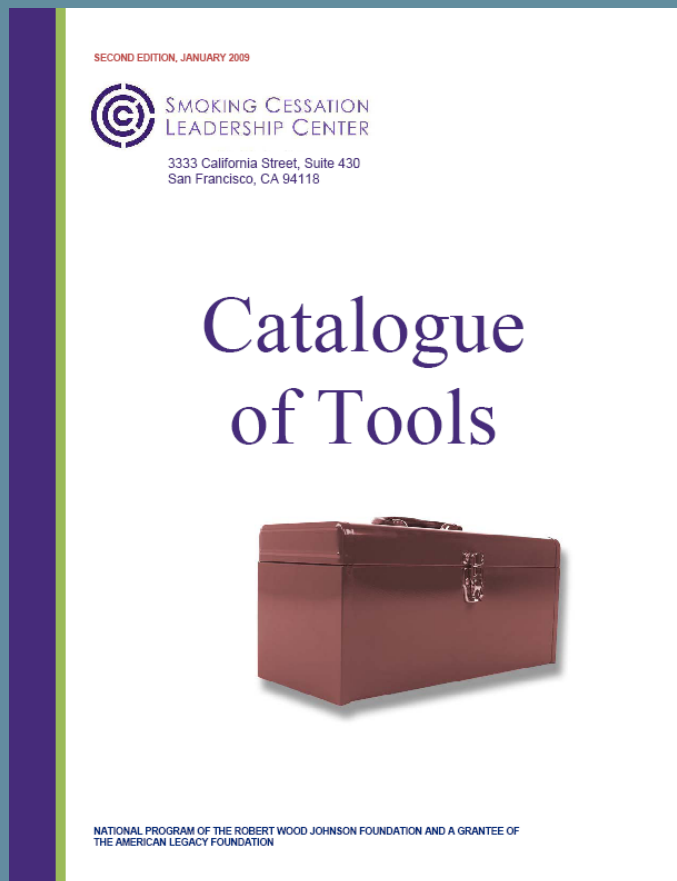
# SAMHSA: There's More!



## PHASE II (2010 roll out)

- A) 25 of current Pioneers chosen to take initiative to the next level, more funds available
- B) 5 States eligible for Performance Partnership training

# Available Tools



# Final Thoughts

- Many smokers with behavioral health issues would like to quit, but it is not easy.
- Few clinical situations present such an opportunity to improve health!
- Lots of free resources are now available to help smokers quit.

SCLC Toll-Free Technical Assistance Line:

**(877) 509-3786**

SCLC Website:

<http://smokingcessationleadership.ucsf.edu>