Maximize Mental Health and Substance Abuse Outcomes with Nicotine Dependence Co-Treatment

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Our Wellness Philosophy

Leading a meaningful and fulfilling life through conscious and self-directed behaviors, focused upon living at one’s fullest potential.
Trends in U.S. Adult Smoking

~14% of adults are current cigarette smokers

49-90% Other Drug Abuse
Smoking in Addiction Treatment Programs

A review of smoking prevalence in U.S. addiction treatment programs, from 1987 to 2009, found a median annual smoking prevalence of 76%.

(Guydish et al., 2011, 2017)
# Health Disparities

<table>
<thead>
<tr>
<th>Population</th>
<th>Rates of Use Compared to General Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>Behavioral Health</td>
<td>2-3 times higher</td>
</tr>
<tr>
<td>HIV/AIDS Diagnosis</td>
<td>2-3 times higher</td>
</tr>
<tr>
<td>Homeless (or at risk)</td>
<td>Nearly 4 times higher</td>
</tr>
<tr>
<td>Justice Involved</td>
<td>3 times higher</td>
</tr>
</tbody>
</table>
Annual deaths from...

- Alcohol-related Causes: 88,000
- Opioid Overdose: 33,000
- Other Drug Overdose: 19,000
Behavioral Causes of Death in U.S.

Number of Deaths

<table>
<thead>
<tr>
<th>Causes of Death</th>
<th>Number of Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tobacco</td>
<td>480,000</td>
</tr>
<tr>
<td>AIDS/HIV</td>
<td>15,529</td>
</tr>
<tr>
<td>Homicide</td>
<td>16,238</td>
</tr>
<tr>
<td>Alcohol</td>
<td>26,654</td>
</tr>
<tr>
<td>MVAs</td>
<td>35,303</td>
</tr>
<tr>
<td>Suicide</td>
<td>35,518</td>
</tr>
<tr>
<td>Drug-Induced</td>
<td>43,544</td>
</tr>
<tr>
<td>Obesity</td>
<td>112,000</td>
</tr>
</tbody>
</table>

* Persons with behavioral health conditions
Psychiatric Symptoms Are Not Exacerbated by Smoking Cessation

Smoking cessation is associated with:

- ↓ depression, anxiety, and stress
- ↑ positive mood and quality of life compared with continuing to smoke
- The effect size seems as large for those with psychiatric disorders as those without
- The effect sizes are equal or larger than those of antidepressant treatment for mood and anxiety disorders

Taylor et al, 2014
An addiction... is an addiction... is an addiction.
Co-Treatment

- Co-Treatment is the only adequate solution
- Bio-psycho-social underpinning are similar
- And unrelated to the age, sex, race and ethnicity, gender identity, or culture

Tobacco Use Affects Treatment & Recovery from Addiction

Addressing tobacco dependence during treatment for other substances is associated with a 25% increase in long-term abstinence rates from alcohol and other substances

(Prochaska et al., 2004)
Is This a Social Justice Issue?
Recent Community of Practice Findings

- No interest in quitting: 25%
- Never used: 20%
- Used but quit: 11%
- Uses but wants to quit: 44%
Determinants of Health

Medical Care: 11%

Physical Environment: 7%

Individual Behaviors: 38%

Genetics & Biology: 21%

Social Circumstances: 23%
- Stigma
- Low SES
- Discrimination
- Chronic Stress
- Psychological Distress
- Coping Skills
- Environmental Exposure
- Industry Targeting
- Biology
- Access to Treatment

Addiction
Nicotine enters the brain, stimulating nicotine receptors in the nucleus accumbens and ventral tegmental area. This leads to dopamine release in the prefrontal cortex, creating a positive feedback loop involving dopamine reward pathways.
Coping Through Addictions

- The majority recognize they are unhealthy and life threatening
  - But mistakenly believe it has positive psychological functions
  - In particular relief from stress, anxiety, and depression
    - Used as an indirect coping strategy
    - Reinforces coping through addiction
    - Perceived stress reduction is often relief of withdrawal symptoms
Electronic Nicotine Delivery Systems (ENDS)

• A battery-powered device that provides aerosolized doses of nicotine
Young Adult (18-24) ENDS Users

- Currently Dual Using: 43%
- Never Smokers: 42%
- Former Smokers: 15%
Youth Marijuana Use

• Significant decrease in the mean age of first marijuana use

• Marijuana abuse accounts for the majority of adolescent substance-abuse admissions

- Perceived harmfulness
- Disapproval of marijuana use
Risks of Early Marijuana Use

- Lower Cognition
- Psychosis
- Anxiety
- Structural Brain Changes
- Accidents
- School Drop-out

- Risky Sex
- Aggression
- Addiction
The Opioid Epidemic

Opioid analgesic pain relievers are now the most prescribed class of medications in the United States, with more than 289 million prescriptions written each year.
Opioids and Smoking

Chronic Pain

Smoking

- Priming & Tolerance

Illicit Opioid Use
- Methadone
- Buprenorphine

Treatment Outcomes for Smokers
- Increased Opioid Withdrawal
- Increased Cravings
- Lower Detox Completion/
  Methadone Taper
Quitting: It Can Be Done

Persons with behavioral health conditions:

- Are able to quit using
- 75% want to quit using
- 65% tried to quit in the last 12-months
DIMENSIONS Well Body Program

- Healthy eating
- Physical activity
- Stress Reduction
- Sleep

- Motivational interviewing skills
- Manualized 6-week Well Body group.
Motivational Interviewing

Planning
Evoking
Focusing
Engaging

https://www.bhwellness.org/programs/motivational-interviewing
Motivational Intervention

- Semi-structured interview
- Increase readiness
- Brief, personalized feedback about carbon monoxide levels and cost of smoking
- Encourage concrete and manageable goals
The 5As

ASK

ARRANGE

ADVISE

ASSIST

ASSESS
Integration into Standard Practice

- Assess tobacco as part of normal assessment & screening
- Add tobacco cessation to treatment plan
Tobacco Dependence Has Two Parts

Tobacco dependence is a 2-part problem

**Physical**
- The addiction to nicotine
  - Treatment
  - Medications for cessation

**Behavior**
- The habit of using tobacco
  - Treatment
  - Behavior change program

Treatment should address both the addiction **and** the habit.

*Courtesy of the University of California, San Francisco*
Behavioral Strategies

• Behavioral Treatments
  • Cognitive Behavioral Therapy
  • Contingency Management
  • Motivational Enhancement

• School-based
DIMENSIONS: Tobacco-Free Advanced Techniques

• Train the trainer model
• Developed 6-week curriculum
  • Session A: Creating a Plan
  • Session B: Healthy Behaviors
  • Session C: The Truth about Tobacco
  • Session D: Changing Behaviors
  • Session E: Coping with Cravings
  • Session F: Maintaining Change
Peer Support

• Evidence-based information about the effectiveness of peer support programs
• Step-by-step instructions to create a successful and sustainable peer support program

http://www.bhwellness.org/resources/toolkits/
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Nicotine Withdrawal Effects

- Irritability, frustration, anger
- Anxiety
- Difficulty concentrating
- Restlessness, impatience
- Depressed mood
- Insomnia
- Increased appetite

Most symptoms:
- Appear within first 1–2 days
- Peak within the first week
- Decrease within 2–4 weeks
Medication Assisted Treatment

• Combination of behavioral interventions and medications
• Highly effective treatment option for alcohol, opioid, or tobacco dependence
• Reduces illicit drug use and overdose deaths
Tobacco Cessation Medications

The only medications approved by the Food and Drug Administration (FDA) for tobacco cessation are:

- Nicotine gum
- Nicotine lozenge
- Nicotine patch
- Nicotine nasal spray
- Nicotine inhaler
- Bupropion SR tablets
- Varenicline tablets
Identify Hurdles to Pharmacotherapy

- Cost
- Training
- Workflows
- Perceived liability
Quitline Referral

Take Control

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- Primary Care

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Interventions
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Resources
Toolkits and Supplements

www.bhwellness.org
Jointly funded by CDC’s Office on Smoking & Health & Division of Cancer Prevention & Control

Provides resources and tools to help organizations reduce tobacco use and cancer among people with mental illness and addictions

1 of 8 CDC National Networks to eliminate cancer and tobacco disparities in priority populations

Visit www.BHtheChange.org and Join Today!

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Toolkits, training opportunities, virtual communities and other resources
Webinars & Presentations
State Strategy Sessions

#BHtheChange

Behavioral Health & Wellness Program
An organization of providers dedicated to the promotion of and increased access to evidence-based tobacco treatment for the tobacco user

Listserv provides up-to-date discussion and expert information

http://www.attud.org
Behavioral Health & Wellness Program

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