

Tobacco Cessation Resources for Behavioral Health Systems

In providing technical assistance related to implementation of the OHA Tobacco Freedom Policy, here is a list of tools related to promoting cessation in addictions and mental health residential treatment facilities licensed by OHA.

- [OHA Tobacco Freedom Policy](#): This became effective January 1, 2013. The Tobacco Freedom Policy describes requirements for tobacco-free facilities that comply with all applicable Oregon Administrative Rules (OAR), Oregon Revised Statutes (ORS) and federal regulations. For more information, please visit [the Addictions and Mental Health Tobacco Freedom website](#).
- [2014 Tobacco Freedom Policy Survey Report](#): This report outlines how addictions and mental health residential treatment facilities licensed by OHA are maintaining tobacco-free properties and supporting consumers and staff in quitting tobacco.
- [Tobacco-Free Toolkit for Community Health Facilities](#): Developed for a broad continuum of public health organizations and treatment facilities, particularly those serving persons with mental illness or addictions, this toolkit is intended for administrators, direct providers, and support staff in an organization considering or implementing tobacco-free policies.
- [Smoking Cessation for Persons with Mental Health Illness, A Toolkit for Mental Health Providers](#): Developed by the University of Colorado and revised for national use by experts in behavioral health, primary care and public health, this user-friendly guide provides step-by-step instructions for behavioral health providers to help their patients quit smoking.
- [Tobacco Treatment for Persons with Substance Use Disorders, A Toolkit for Substance Abuse Treatment Providers](#): A concise, user-friendly guide to tobacco treatment for counselors and policy recommendations for supervisors and administrators. The toolkit is intended to help providers fully integrate tobacco treatment into existing substance abuse treatment practices.
- [Bringing Everyone Along Resource Guide](#): This guide assists an array of health professionals to adapt tobacco cessation services to the unique needs of tobacco users with mental illness and/or substance use disorders.
- [Help to Quit Toolkit and Training, Effective Treatment for Tobacco Users with Mental Illness and/or Substance Abuse Disorders](#): Developed by beBetter Health, these materials are designed for self-directed organizations that want to improve treatments and policies to better help individuals living with mental illnesses and/or substance abuse disorders overcome nicotine dependence.

Additional information and materials are available from the [University of Colorado Behavioral Health and Wellness Program](#) and the [UCSF Smoking Cessation Leadership Center](#)