

OHA Tobacco Freedom Policy Survey

Background

People living with mental health and addictions disorders have up to a 90% tobacco use prevalence. Tobacco-free behavioral health facilities with integrated tobacco dependence treatment programs can effectively reinforce wellness among consumers and staff.

Survey Findings

In 2014, 86 addictions and mental health residential treatment facility administrators completed an online survey to: 1) provide feedback on the successes and lessons learned around implementing the Tobacco Freedom Policy; and 2) identify supports to help reinforce tobacco-free living with consumers and staff. **The survey results demonstrate that despite some challenges, the Tobacco Freedom Policy is successfully being implemented in the majority of residential treatment facilities.**

Tobacco-Free Campuses

- Tobacco use is not occurring on most properties (70%), a major increase from 15 percent in 2010.

Tobacco Dependence Treatment Policies and Protocols

- Since 2010, significant progress was made around referring consumers to the Quit Line and in evaluating consumer tobacco use in a standard intake instrument.

Data from Consumer Charts

- Most providers (78%) asked consumers about tobacco use and recorded this information in clinical charts.
- Of these, providers advised 68% consumers to quit. 15% of consumers reported using less tobacco and 5% reported quitting.
- Consumers in residential treatment facilities are quitting at the same rate as the general population.

Culturally and Linguistically Appropriate Services

- 28% of facilities reported providing tobacco cessation materials for consumers who speak a language other than English, have low literacy levels or are living with a disability.

Benefits and Challenges of Policy Implementation

- Providers recognize that the policy helps create an environment that supports health, protects from secondhand smoke exposure and increases awareness that tobacco is a harmful and addictive substance.
- As a result of the policy, some facilities have received complaints from surrounding neighbors. A series of statewide trainings offered in 2015 shared tools for facilities to build positive relationships with neighbors.

The final report: public.health.oregon.gov/PreventionWellness/TobaccoPrevention/Pages/pubs.aspx

Next Steps

As part of the Cross Agency Health Improvement Project, the OHA Health Systems and Public Health divisions continue to partner in supporting wellness initiatives for people living with mental illness or addictions disorders. Opportunities for future collaboration include:

- **Giving facilities consistent messages about the policy.** Clinicians recommended that OHA regularly communicate the policy's importance and clarify that all facilities must participate in implementing it.
- **Exploring options for providing on-site Nicotine Replacement Therapies.** Many residential treatment service consumers are members of the Oregon Health Plan. There is an opportunity for CCOs to fund on-site FDA-approved cessation medications for tobacco users going through detox.
- **Convening additional tobacco-free policy implementation trainings for providers, staff and administrators.** This would support ongoing collaboration among OHA, residential treatment facilities and community partners in continuous quality improvement to successfully implement the policy.