Helpers Program to Improve Tobacco Cessation in Behavioral Health Treatment Recipients and Agencies
Presenters

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Project Partners

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Learning Objectives

- Importance of tobacco intervention & treatment
- Barriers to implementing tobacco intervention & treatment
- Helpers’ Program for Behavioral Health
- Feasibility study design and progress
- Identifying opportunities and challenges
- Preliminary discussion of lessons learned
The national rate of smoking in the general population is 18%. What is the rate for persons with behavioral health disorders?

<table>
<thead>
<tr>
<th>Option</th>
</tr>
</thead>
<tbody>
<tr>
<td>Half</td>
</tr>
<tr>
<td>Same</td>
</tr>
<tr>
<td>Double</td>
</tr>
<tr>
<td>Triple</td>
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<tr>
<td>Quadruple</td>
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</tbody>
</table>
**What percentage of deaths for people with mental health disorders is directly attributed to tobacco use?**

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Votes</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-10%</td>
<td></td>
</tr>
<tr>
<td>11-20%</td>
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</tr>
<tr>
<td>21-30%</td>
<td></td>
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<tr>
<td>31-40%</td>
<td></td>
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<tr>
<td>41-50%</td>
<td></td>
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</tbody>
</table>
## Tobacco Related Mortality
### Persons with Mental Health Disorders

<table>
<thead>
<tr>
<th>Primary Diagnosis</th>
<th>% of Deaths From Tobacco</th>
</tr>
</thead>
<tbody>
<tr>
<td>Schizophrenia</td>
<td>53%</td>
</tr>
<tr>
<td>Bipolar Disorder</td>
<td>48%</td>
</tr>
<tr>
<td>Major Depression</td>
<td>50%</td>
</tr>
</tbody>
</table>

*Callaghan, et al., 2015*
What percentage of deaths for people with substance use disorders is directly attributed to tobacco use?

- 0-10%
- 11-20%
- 21-30%
- 31-40%
- 41-50%
### Tobacco Related Mortality
**Persons with Substance Use Disorders**

<table>
<thead>
<tr>
<th>Primary Substance</th>
<th>% of Deaths From Tobacco</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>49%</td>
</tr>
<tr>
<td>Cocaine</td>
<td>40%</td>
</tr>
<tr>
<td>Opioids</td>
<td>39%</td>
</tr>
<tr>
<td>Methamphetamine</td>
<td>36%</td>
</tr>
</tbody>
</table>

*Callaghan, et al., 2015*
In your experience, what percentage of clients who use tobacco are interested in quitting?
Is There An Interest In Quitting?

“If you ask them, people with behavioral health conditions want to quit at the same rate as the general population...”

Chad Morris, PhD

70% indicate a desire to quit

40% have made a quit attempt
True or False: People with behavioral health disorders experience symptom relief from using tobacco.

True A
False B
Mental Health Disorders & Tobacco

- Myth: Provides symptom relief
- Reality: Relief is from tobacco withdrawal

- Myth: MH diagnosis leads to smoking
- Reality: MH Tx culture influences smoking

- Myth: Other problems are a priority
- Reality: Persons who quit benefit

The tobacco industry has long targeted this population.

Taylor, 2014
Substance Use Disorder & Tobacco

- Myth: Doomed by genetics
- Reality: Genetics accounts for 40-60%

- Myth: Will distract from treating “primary” addiction
- Reality: Persons who quit benefit in multiple ways

- Myth: Other problems are a priority
- Reality: Cause of premature deaths, illness and relapse

The tobacco industry has long targeted this population.
Consider Your Experience

What has changed or will need to change in the behavioral health SYSTEM to reduce tobacco use among our members?

2-3 volunteers to share their experience
• Responses
Helpers Program for Behavioral Health
Clinical System Intervention

- Recruit Leadership & Champions
- Staff buy-in
- Environmental assessments
- Helpers BH Training
- Client Materials
- Support & technical assistance
Helpers BH Strategies

- Be consistent with staff roles and activity flow
- Offer and document Helping Conversations
- Create change talk cues in the milieu
- Address tobacco in groups
Helping Conversations

- Structured Conversation
- Client centered, client driven
- Active Listening (purpose & intent)
- Supported by materials and special knowledge
- Establish a helping relationship
Feasibility Study Flow

1. Formative Tasks
   - Recruit community partners
   - Survey sites, admin, staff, members
   - Adapt Helpers intervention

2. Implementation
   - Baseline measures
   - Training delivery and support
   - Follow-up Surveys & Data Sharing

3. Analysis & Writing
   - Prepare & analyze study data
   - Interpret findings
   - Write up & publish results
Workshop Activity

• Work in a group with your table mates.

• Use your “Tobacco Action Plan” handout.

• Group discussion of each item.

• Write down your responses.

• Volunteers to report out.
Tobacco Action Plan

Think About Your Workplace…

1. What are some ideas **you** have that can help clients who use tobacco consider quitting?

2. What are some things that your clinical site or agency could start doing that would impact tobacco use among your clients?

3. How will you know if you’re succeeding in your efforts to help?

2-3 volunteers to share their experience
Take Action!

In the next 90 days, what will you commit to doing back in your home agency to foster a milieu that encourages quitting tobacco?

2-3 volunteers to share their commitment
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