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TCS News

Tobacco Cessation Information for All Mississippians, Including People with Disabilities

Free Flyers Promote Monthly Seasonal Cessation Messages

Need a push in the right direction?

Sometimes the right message at the right time can be just the trigger needed to stop you or someone you know from using tobacco. The Tobacco Control Strategies project provides free monthly tobacco cessation flyers tailored to tobacco cessation events, holidays and seasons.

www.usm.edu/disability-studies/tobacco-cessation-resources



The ACT Center's Jackson office



Dr. Thomas J. Payne, Director

ACT Center Provides Services and Supports for Mississippians Wanting to Quit Tobacco

“People who have complex lives often have greater difficulty quitting tobacco use,” said Dr. Tom Payne, director of the ACT Center for Tobacco Treatment, Education and Research. He acknowledged that tobacco use is truly a problem for many Mississippians, particularly for people with disabilities and mental illness. For almost 20 years, the ACT Center has been helping people quit tobacco and improve their health.

Although the ACT Center program was not developed specifically for people with disabilities and mental illness, skilled counselors are able to address the needs of people with disabilities and mental illness within this flexible program,

and it has helped thousands quit tobacco.

“Throughout our history, the ACT Center has focused on assisting people who don’t have a lot of resources. This includes people with disabilities and mental illness,” said Payne. “The ACT Center is currently free to all, providing both counseling and medications.”

Dr. Payne said approximately one-third of the Center’s clients have chronic health conditions—heart disease, lung disease and cancer. He estimates half have mental health concerns—depressive and anxiety symptoms, as well as carry psychiatric diagnoses. In the general population, a relatively high percentage of these individuals use tobacco, with estimates ranging from 30 to 70%.

“When you smoke, some of the substances absorbed increase the release of liver enzymes that metabolize psychiatric medications. This may result in the need for higher doses of those medications, which can produce greater medication side effects.”

Individuals coming to the ACT Center for ces-

sation services take part in an intake session, followed by six group counseling sessions with a small group of clients. Individual sessions are provided, if deemed appropriate. Many clients take cessation medications, particularly those who are more nicotine-dependent.

“Our counselors have all been trained to recognize the behavioral signs and other factors that can interfere with quitting tobacco,” said Dr. Payne. “We can tailor the help and guidance provided to improve the chances an individual will quit, and stay quit.”

Open 8 a.m. to 5 p.m., Monday through Friday, the ACT Center is located just inside the Thad Cochran Center entrance of the Jackson Medical Mall, near the Bailey Avenue entrance gate. The Center has nine satellite tobacco cessation services sites located in hospitals across the state, such as Northeast Mississippi Medical Center in Tupelo and Gulfport Memorial Hospital on the Gulf Coast. “Individuals seeking treatment can call us at 601.815.1180,” said Dr. Payne. “Our web address is www.act2quit.org.”

Tobacco Treatment Specialist Training

The Center is nationally known for its five-day tobacco treatment specialist (TTS) training that covers all aspects of tobacco cessation. Counselors come from across the United States, as well as other countries for this training accredited by the Association for the Treatment of Tobacco Use and Dependence (ATTUD). “Our training curriculum has several components that focus on special populations with medical and psychological disabilities. Trainees learn to evaluate the client and tailor treatments,” said Dr. Payne.

The Center usually offers two workshops each year, training as many as 150 people annually, but classes are also taught outside the state at the request of outside organizations. The Center has four trainings scheduled for 2017. Those completing the workshop can choose to pursue certification as well.

“Our training also provides information on vaping,” said Dr. Payne, who has become one of Mississippi’s experts on the unknown, dangerous and growing area of electronic nicotine delivery devices (e-cigarettes). Dr. Payne receives frequent requests to speak about vaping.

Research

The ACT Center has conducted tobacco-related research for a number of years. One current study funded by the Food and Drug Administration (FDA) is focused on understanding the perceptions and attitudes of specific vulnerable populations. This research will allow the FDA to develop better cessation messaging and regulations.

HUD Announces Smoke-free Final Rule for Public Housing

U.S. Housing and Urban Development (HUD) Secretary Julian Castro announced on November 30, that U.S. public housing developments will be required to provide a smoke-free environment for their residents.

“HUD’s smoke-free rule is a reflection of our commitment to using housing as a platform to create healthy communities,” said Secretary Castro. “By working collaboratively with public housing agencies, HUD’s rule will create healthier homes for all of our families and prevent devastating and costly smoking-related fires.”

The smoke-free rule will affect more than 3,100 public housing agencies that contain 940,000 units that are currently not smoke-free. The smoke-free rule will also apply to single-family units. Experts expect the ruling to improve the health of more than two million people living in public housing in the U.S., including 760,000 children.

Within 18 months of the adoption of the final rule, housing agencies will be required to implement smoke-free policies. The use of lit cigarettes, cigars and pipes will be prohibited in all living areas, indoor common areas, administrative offices and all outdoor areas within 25 feet of housing.

According to the Centers for Disease Control, most children and adults affected by secondhand smoke are exposed in their own homes. The new smoke-free policies are expected to save an estimated millions in healthcare, as well as repair costs to units where smoking is permitted.

http://portal.hud.gov/hudportal/HUD?src=/press/press_releases_media_advisories/2016/HUDNo_16-184

<https://chronicdata.cdc.gov/Policy/Going-Smokefree-Matters-Multiunit-Housing-Infograp/d9eu-6czr>

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