



- ▶ Substance Use Treatment
- ▶ Homeless
- ▶ Smokeout

# TCS News

Tobacco Cessation Information for All Mississippians, Including People with Disabilities

## The Homeless and Smoking

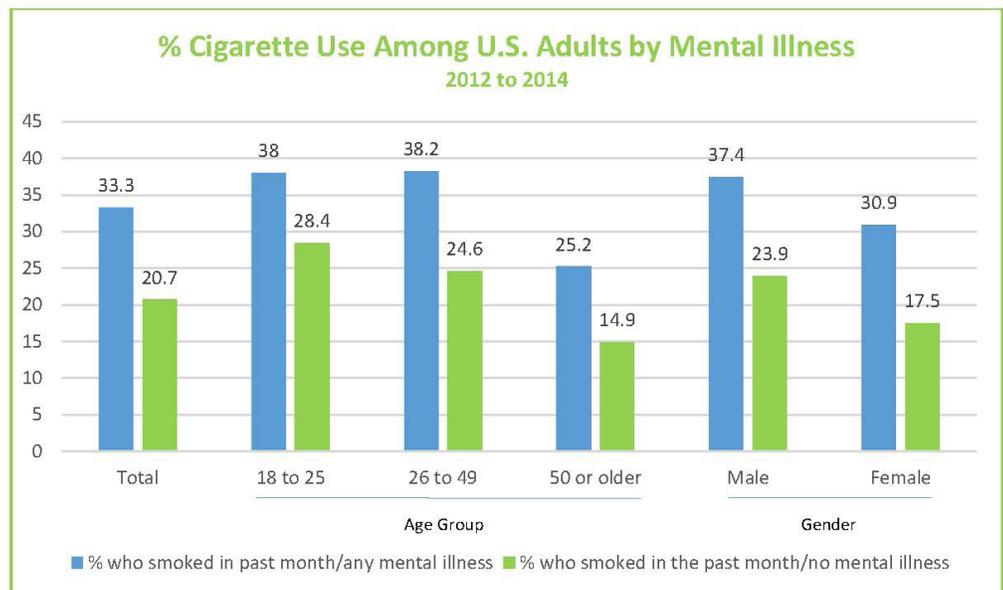
The cost of cigarettes makes habitual smoking an expensive addiction. Nevertheless, an estimated 70 to 80% of the homeless population in the U.S. smoke. Consequently, the homeless spend 36% of their meager income—income needed for priorities like food, housing and medical care—on tobacco.

Smoking is a complex problem for the homeless. Treatment professionals and researchers consider smoking to be both a learned habit and a coping mechanism. As a result, smoking cessation for the homeless requires creative solutions such as smoke-free buildings, tailored resources, and financial incentives.

<http://altarum.org/about/news-and-events/no-puff-piece>

From Altarum Institute's BHchat Newsletter, December 1, 2016

## Research Shows Successful Smoking Cessation Achievable During Substance Use Treatment



Data from *The CBHSQ Report*, March 30, 2017, published by the Substance Abuse and Mental Health Services Administration

For some years, the smoking rate for U.S. adults has declined. However, this downward trend has not affected all segments of the nation's population.

Adults with any mental illness or substance use disorder continue to smoke at much higher rates than adults without mental illness. In fact, 1 in 3 U.S. adults with mental illness smoke compared to 1 in 5 adults without mental illness. Adults with mental illness, about 25% of the nation's population, consume 40% of the cigarettes sold.

In recent years, public health and tobacco cessation researchers have expressed particular concern for people with mental illness—depression, anxiety and ADHD—as

well as people with substance use disorder (SUD) for several reasons. Research shows this group, regardless of age or gender, is more likely to smoke, smokes more frequently and is less likely to quit, which can lead to poor health outcomes and preventable deaths. Additionally, people in this population may have been affected by misinformed mental health treatment professionals and targeted by inappropriate advertising campaigns.

For years, smoking was common among patients in substance use

disorder treatment facilities. An article in the June 2017 *Journal of Substance Abuse Treatment* said tobacco use prevalence stats for individuals with SUD range from 49% to 85%. The article reveals that while SUD facilities once preferred not to deal with nicotine addiction in conjunction with other treatments, there has been a significant increase over time, from 13% to 65%, of smoking cessation services at treatment facilities. Data from 2013 reported 48% of facilities restricted smoking to outdoors, while 37% of these facilities banned smoking completely. Variations in cessation services and smoking restrictions are found from state to state and among publicly and privately funded facilities.

In other research cited in the *Journal of Clinical Psychiatry* in February 2017, article authors noted smoking cessation treatment during treatment for substance use disorders for drugs, once considered too difficult, may actually improve the risk of relapse experienced more often by smokers. One reason suggested—smokers often use cigarettes in combination with other drugs, making smoking a cue for the use of those drugs.

While researchers suggested more work is needed to provide additional information on smoking and SUD relapse, they also said treating nicotine addiction can be important to improving the addiction treatments for other drugs.

[samhsa.gov/sites/default/files/topics/alcohol\\_tobacco\\_drugs/tobacco-behavioral-health-issue-resources.pdf](http://samhsa.gov/sites/default/files/topics/alcohol_tobacco_drugs/tobacco-behavioral-health-issue-resources.pdf)

[samhsa.gov/data/sites/default/files/report\\_2738/ShortReport-2738.html](http://samhsa.gov/data/sites/default/files/report_2738/ShortReport-2738.html)

[journalofsubstanceabusetreatment.com/article/S0740-5472\(16\)30254-9/fulltext](http://journalofsubstanceabusetreatment.com/article/S0740-5472(16)30254-9/fulltext)

[researchgate.net/publication/313890320\\_Cigarette\\_Smoking\\_Is\\_Associated\\_With\\_Increased\\_Risk\\_of\\_Substance\\_Use\\_Disorder\\_Relapse\\_A\\_Nationally\\_Representative\\_Propective\\_Longitudinal\\_Investigation](http://researchgate.net/publication/313890320_Cigarette_Smoking_Is_Associated_With_Increased_Risk_of_Substance_Use_Disorder_Relapse_A_Nationally_Representative_Propective_Longitudinal_Investigation)



## Tobacco Treatment Specialist Certification Workshop

October 2-6, 2017  
Flowood, Miss.

This nationally accredited workshop is designed to prepare professionals for the delivery of an evidence-based, high-intensity, cognitive-behavioral plus pharmacotherapy treatment program for tobacco dependence. The fee is \$750 for Mississippi residents. For more information, call the ACT Center at 601.815.1180 or visit [act2quit.org/education/upcoming-events.asp](http://act2quit.org/education/upcoming-events.asp).

## Tech Tools for Quitting Tobacco



Looking for new ways to assist clients who want to quit smoking? Smartphone apps might add a technological twist that could motivate some individuals, particularly young clients and teens who respond to reminders, trackers and alarms.

QuitGuide is a smartphone app that helps smokers wanting to quit to track and understand their smoking patterns, then build the skills needed to quit smoking. quitSTART is an app for teens. Both apps are available for free, on the AppStore for iPhones and Google Play for androids.

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[www.usm.edu/disability-studies/tobacco-control-strategies-mississippians-disabilities](http://www.usm.edu/disability-studies/tobacco-control-strategies-mississippians-disabilities)



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