



FOR MISSISSIPPIANS WITH DISABILITIES

- ▶ Interventions
- ▶ Policies
- ▶ Cessation Resources



INSTITUTE FOR DISABILITY STUDIES
THE UNIVERSITY OF SOUTHERN MISSISSIPPI

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TCS News

Tobacco Cessation Information for All Mississippians, Including People with Disabilities

States Offer Promising Treatment Practices

Sixty-eight percent of mental health services treatment facilities in Oklahoma offer cessation counseling, the highest percentage in the nation. Patients who smoke can expect to be screened for tobacco use and offered counseling and therapies. Oklahoma stakeholders began working together in 2011 to craft their cessation policies.

New York is tops in offering tobacco cessation counseling among substance abuse treatment facilities, with 85.0% of facilities providing counseling to patients quitting smoking. The state began 10 years ago with a smoke-free facility policy.

<https://www.cdc.gov/tobacco/disparities/promising-policies-and-practices/grant-funding-in-oklahoma-changes-systems-for-tobacco-use.html>

<https://www.cdc.gov/tobacco/disparities/promising-policies-and-practices/new-york-implements-tobacco-free-campus-policies.html>

Quitting Smoking

Mental Health and Substance Use Treatment Facilities Using Cessation Interventions, Policies

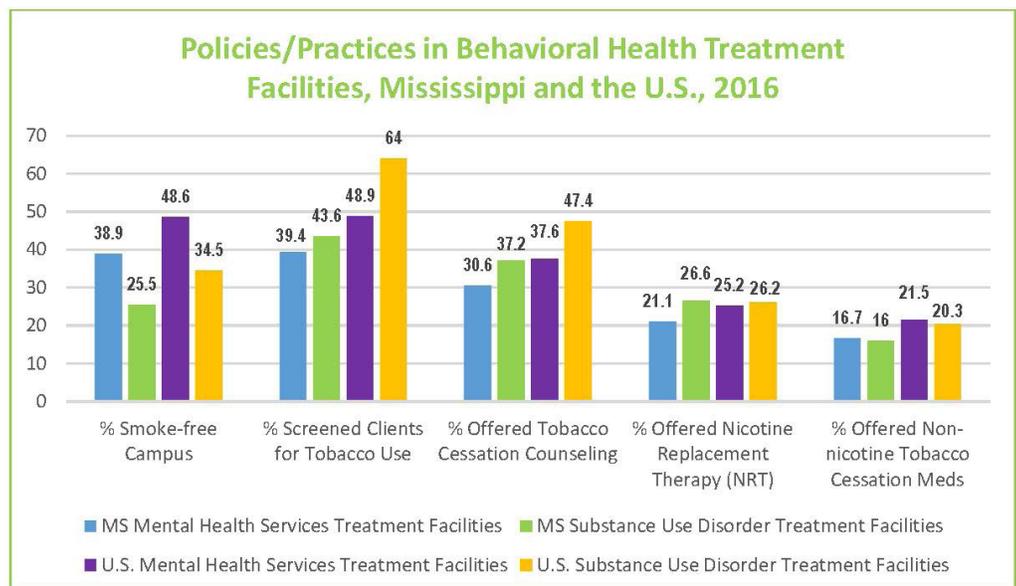
People with mental illness and substance abuse disorder can and do quit smoking. For their interventions to be successful, they often require more intensive treatment, including additional counseling.

The Centers for Disease Control (CDC) and the Substance Abuse and Mental Health Services Administration (SAMHSA) collaborated on a data-focused report appearing in the *Morbidity and Mortality Weekly Report (MMWR)* on May 11, 2018, that provides state-by-state information on tobacco cessation interventions and smoke-free policies in mental health services and substance use

treatment facilities. Based on two national surveys taken in 2016, the report looks at these five key cessation measures for facilities:

- smoke-free campus
- screening for tobacco use
- cessation counseling
- nicotine replacement therapy (NRT)
- non-nicotine cessation medications

The availability of tobacco interventions and treatment varies widely. “Too many smokers lack



Data from *Morbidity and Mortality Weekly Report*, May 11, 2018, “Tobacco Cessation Intervention and Smoke Free Policies in Mental Health and Substance Abuse Treatment Facilities—United States, 2016.”

access to proven interventions that could ultimately help them quit smoking,” said Corinne Graffunder, Dr.P.H., director of the CDC’s Office of Smoking and Health, in a press release accompanying the report.

Nationally, 12,136 mental health treatment facilities and 14,263 substance abuse treatment facilities provided data for the surveys. This number was a response rate of 91.1% and 91.4% respectively of all the eligible public and private facilities in the United States.

As reported by the chart on the front page, nationally, almost half (48.9%) of the mental health facilities and more than one-third (34.5%) of the substance abuse facilities had smoke-free campuses.

Only slightly more than one-third (38.9%) of the 180 mental health facilities in Mississippi reported having smoke-free campuses, while only one-fourth (25.5%) of the 94 substance use disorder facilities were smoke-free.

Nationally, screening is the most common intervention in both types of facilities followed by counseling, NRT, and non-nicotine cessation medications.

Mississippi, compared with national data, falls below the national average in each of the four treatment areas for both types of facilities.

Factors cited in the report as contributing to the lack of interventions in treatment facilities include providers’ greater concern for the clients’ behavioral treatment and few incentives such as insurance reimbursements for cessation treatment.

The report summary succinctly notes these implications for public health practice: “Tobacco-free campus policies and integration of tobacco cessation interventions in behavioral health treatment facilities could decrease tobacco-related disease and death and could improve behavioral health outcomes among persons with mental and substance use disorders.”

In July, the CDC developed a new web page to complement the *MMWR* article and highlight the work states have done to provide tobacco cessation services to people with behavioral health conditions.

<https://www.cdc.gov/mmwr/volumes/67/wr/pdfs/mm6718a3-H.pdf>

<https://www.cdc.gov/tobacco/disparities/promising-policies-and-practices/pdfs/osh-behavioral-health-promising-practices-20160709-p.pdf>

Cessation Resources Available

“Using any kind of tobacco product is not safe,” reminded Pamela Luckett, a tobacco cessation consultant with the Mississippi Public Health Institute, in the opening of her interview with Taylor Carley for a recent episode of *Chit Chat Thursday with Taylor*. Taylor, a self-advocate at The University of Southern Mississippi Institute for Disability Studies (IDS), hosts weekly interviews on topics important to people with disabilities.

This YouTube interview and another with former smoker Leonard Ealy are both available along with video public service announcements (PSAs) of posters, printable posters and flyers on IDS’ website and the website for the Mississippi Leadership Academy for Wellness and Smoking Cessation. Some printed posters are also available by contacting Alma Ellis at alma.ellis@usm.edu.



Pamela Luckett and Taylor Carley on *Chit Chat Thursday with Taylor*.

<https://www.usm.edu/disability-studies/tobacco-cessation-resources>

<https://msleadership.org/monthly-poster-series>

<https://msleadership.org/youtube-ads>

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<https://www.usm.edu/disability-studies/tobacco-control-strategies-mississippians-disabilities>



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