

Washington County Mental
Health Services, Inc.
Tobacco Cessation on a
Multi-faceted Campus



Mary Moulton, Executive Director

Friday, January 29, 2016

Testimony to

Vermont Senate Health & Welfare Committee

Campus Composition



- œ 32 buildings
 - œ 6 office buildings
 - œ 2 vocational, wellness, and recovery centers
 - œ 1 school
 - œ 2 crisis bed programs
 - œ 21 housing facilities (approx. 100 units of housing)
 - œ Group homes; supervised apartments; independent apartments; transitional housing

MOTIVATION FOR A TOBACCO-FREE POLICY

People with Mental Health and Substance Abuse Disorders



- ☞ Are nicotine dependent at rates **2-3 times higher**
- ☞ Represent over **44%** of the U.S. tobacco market
- ☞ Consume over **34%** of all cigarettes smoked
- ☞ Mortality Rate for people with severe and persistent mental illness is 20 years less than average population --- determinants of death: COPD; CHF; Respiratory Issues; Diabetes as primary dx

- ☞ Tobacco Use by Diagnosis
 - ☞ Schizophrenia 62-90%
 - ☞ Bipolar disorder 51-70%
 - ☞ Major depression 36-80%
 - ☞ Anxiety disorders 32-60%
 - ☞ Post-traumatic stress disorder 45-60%
 - ☞ Attention deficit/ hyperactivity disorder 38-42%
 - ☞ Alcohol abuse 34-80%
 - ☞ Other drug abuse 49-98%

Tobacco Cessation – Phase I



- ∞ 2003 Campaign Began to Address Tobacco Addiction in CSP/CRT Clients – Motivational Interviewing
- ∞ 57% of CSP clients smoked
- ∞ 79% with co-occurring disorders w/addiction smoked
- ∞ 17% engaged in treatment
- ∞ 9% quit
- ∞ Subsequent years with continued groups and successful engagement of 16 individuals on-going in groups with 20 quitting and 48% remaining engaged

œ Enhanced Wellness, Recovery and Vocational Program
2008 – Sunrise House for CSP Clients

œ Program took person-centered approach

œ Areas addressed:



œ Exercise Equipment

œ Community Fitness

œ Smoking Cessation

œ Yoga

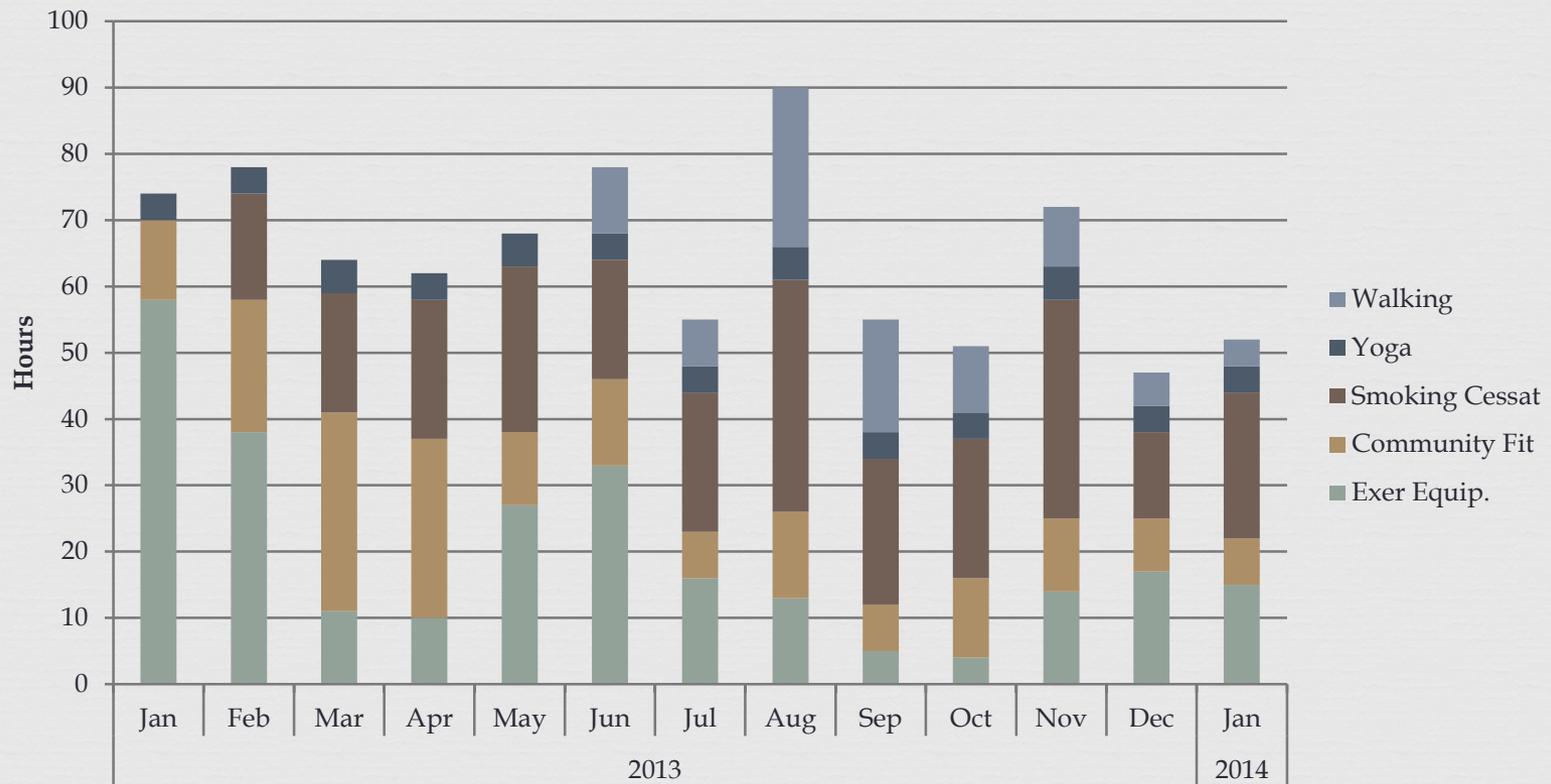
œ Cooking; Monthly Wellness

œ Art Therapy

œ Walking

Tobacco Cessation and More Phase 2

Hours of Programming Tracked



New Wellness Center

Creating an Environment for Health

2013



-
- Wellness Campaign for Staff and Clients
 - Posters on Exercise and Wellness
 - Collaborations with Local Trainers and Fitness Centers
 - Jazzercise; Cross-Fit; Boot Camp; Kettle Bells; Yoga; Individually Approached Training; Mindfulness
 - Assistance with Tobacco Cessation: Assessments with Clients in Residentials; 1:1 Tobacco Cessation Supports and Groups

Phase 3: Preparation



- ☞ Tobacco Cessation Work Group & Technical Assistance to Program Directors
- ☞ Delivery of Campus Smoking Cessation Guide for all Buildings: Phone numbers for assistance
- ☞ Signs for smokers regarding Smoking Cessation Aids while waiting
- ☞ Information up front regarding the policy
- ☞ Assessments and Assistance
- ☞ Environmental Changes (removal of smoke eaters; butt containers, etc.)



Resources Available:
 Human Resources, WCMHS: 802-229-1399 x726
 Tobacco Free Workplace Committee: 802-223-6328
 VT Dept. of Health Quit Line: 1-800-QUIT NOW (1-800-784-8669)
 Web Site: vtquitnetwork.org



LOGO PLACEHOLDER 

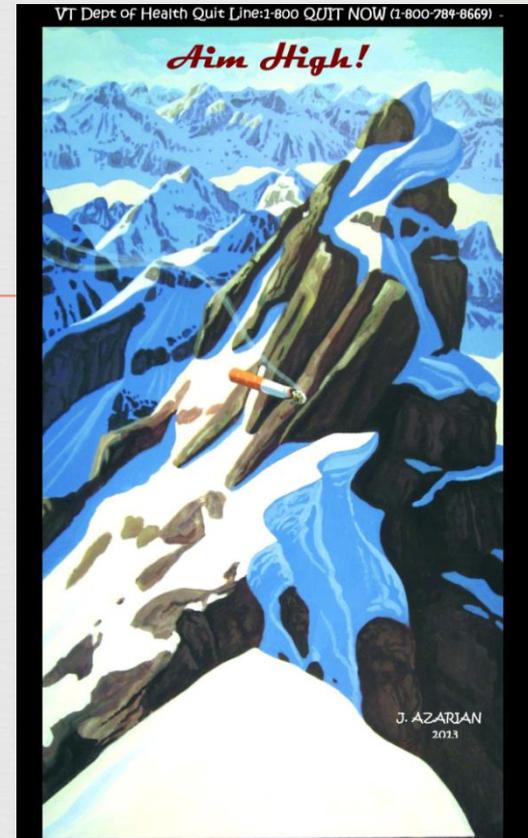


THIS BUILDING IS

TOBACCO-FREE

Thank you for honoring our commitment
by not using tobacco products.

2014



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 Web site: vtquitnetwork.org - smoking cessation resources

The Campaign of Signage and Messaging

Phase 4: Smoke-Free Campus



- ☞ July 1, 2014 - All Offices
- ☞ July 1, 2015 - All Buildings, including WCMHS Apartment Buildings
- ☞ Sunrise House Reduced Smokers in Program by approximately 80%
- ☞ Active Tobacco Cessation Assistance 1:1 and Group

Challenges



- ∞ Preparation; Preparation; Preparation
- ∞ Address Feelings of Discrimination for Smokers
- ∞ Staff Breaks: hanging out on sidewalks, in the woods --- we recommend “enjoy a walk – keep moving”
- ∞ Crisis Bed Programming
 - ∞ Culture Change for Staff and Clients
 - ∞ Expressed sentiment that it’s too much for clients to give up cigarettes while in crisis
 - ∞ Mixed Messages upon Admission & Staff and Clients Smoking Together
 - ∞ Review of Unintended Consequences: people not going to the crisis bed; people leaving the crisis bed

Strategies



- ∞ Ask, Advise, Assist, Assess, Arrange
- ∞ Continue motivating messages and education
- ∞ Consistent messaging regarding options for people in crisis – nicotine patch; smoking off campus; assessment
- ∞ Be confident in delivering the plan for smoking cessation treatment and assistance
- ∞ Plug in counseling as soon as possible
- ∞ Infuse wellness & recovery planning
- ∞ Quarterly updates with stories
- ∞ Lessons learned from the hospital policy implementing 10 years ago

HOPE



**DO NOT GIVE UP, THE
BEGINNING IS ALWAYS
THE HARDEST.**

