



Brattleboro Retreat

**Tobacco Free Environment
Implementation Guide**

July 2008

A Note from Rob Simpson, President and CEO

I am pleased to provide you with our Brattleboro Retreat Tobacco Free Policy Tool Kit. This informative kit will provide you with helpful and necessary tools as we move toward August 1, 2008, the day our tobacco free policy goes into effect.

As you know, the use of tobacco is the leading preventable cause of death in the United States, and costs Americans billions of healthcare dollars each year. As a healthcare network, we have a responsibility to encourage and promote healthy lifestyles throughout our community. I am proud that the Brattleboro Retreat is taking this important step forward.

One of the most important pieces will be helping staff, physicians, patients, and visitors understand the expanded policy and its benefits. This tool kit includes information, role-playing activities, and additional supports that will come in handy in educating our staff. Along with patience, understanding, and positive communication skills, this kit will provide answers to many questions and real solutions to any potential issues that may arise.

As a leader at the Brattleboro Retreat, it is your responsibility to present this information to your staff during the month of July, prior to the implementation of the policy. You will need to ensure they understand their responsibilities as well as how to obtain additional resources if necessary. Please keep this Tool Kit in an accessible location for future reference.

By demonstrating our support of this expanded initiative, we will collectively communicate Brattleboro Retreat's commitment to provide a tobacco free environment.

Thank you.

Rob Simpson

Introduction

On August 1, 2008 Brattleboro Retreat which includes Anna Marsh Behavioral Health Clinic, Starting Now, Meadows School, Tower Program, Adult Partial Hospital and Hospital Outpatient Programs, Mulberry Bush Early Learning Center will become tobacco free.

Input has been collected from a representative group of staff members to create this Tool Kit that provides managers and staff members with the information and resources necessary to ensure the smooth implementation of this policy.

Your responsibilities include:

1. Demonstrate leadership in education and implementation of this policy.
2. Present this information to your staff no later than July 2008.
3. Demonstrate or practice the role-playing exercises.
4. Ensure that your staff knows how to order/obtain information/resources.
5. Ensure that your staff knows their responsibilities and are committed to making BR a tobacco free environment.
6. Select a convenient and accessible location to keep this information kit for future reference.

By demonstrating your support of this initiative and using this information kit to ensure all staff members feel comfortable and confident about their responsibilities, we can collectively communicate Brattleboro Retreat's commitment to provide an environment free of tobacco and second-hand smoke.

Business Strategy Alignment

The Tobacco Free Campus initiative is driven by the organizational direction to follow our quality goal of providing high quality health services which will satisfy our customer needs. This will occur through good clinical outcomes, leading technology, efficient processes, competent and caring staff and well maintained facilities. As an employer we wish to provide our staff with a clean and safe environment for them to continuously provide quality care and work.

Community-wide Effort

Eliminating tobacco use from hospital campuses is a national trend that provides a healthier environment for everyone who visits the campus. This means all patients, visitors and staff members will not encounter second-hand smoke while visiting Brattleboro Retreat property.

We believe that the implementation of a tobacco free campus will:

- Create a healthier environment for everyone who visits our campus by eliminating second-hand smoke
- Demonstrate our commitment in improving the health of the community
- Increase hospital involvement in treating nicotine addiction
- Set an example we hope other organizations and businesses will follow

We join several other Vermont and Massachusetts based hospitals who have already migrated to tobacco free environments. They are: Fletcher Allen Healthcare; Northwestern Medical Center; North Country Health Services, Central Vermont Medical Center, Cooley-Dickinson Hospital in Northampton, MA and Bay State Medical Center in Springfield, MA.

Effects of Tobacco Use

The effects of tobacco use include:

- Leading preventable cause of death and disease in the United States
- Number one cause of drug addiction in adults and children in the United States
- Leading single cause of diseases in the United States
- Major cause of hospital admissions and readmissions
- Number one cause of both cancer and emphysema
- Leading cause of heart disease and strokes

Effects on people who smoke include:

- Twice the rate of wound infections
- Slows wound healing, both surgical and traumatic
- Longer hospital stays and 20 percent higher costs in the recovery room
- Most common form of pulmonary morbidity during surgery and anesthesia
- Gastrointestinal, prenatal, and orthopedic complications

Effects of second-hand smoke:

- U.S. Environmental Protection Agency has classified it as a “Group A” carcinogen
 - “Group A” carcinogens are the most toxic substances known to cause cancer in humans, also including benzene, radon and asbestos
- Increases non-smoker’s risk for heart disease and worsens symptoms of adults already suffering from asthma, allergies, and/or bronchitis
- Is associated with as many as 300,000 cases of bronchitis and pneumonia each year in infants up to 18 months of age
- In June 2006, the U.S. Surgeon General’s report clearly stated that there is no longer any scientific debate about the dangers of secondhand smoke - that secondhand smoke causes serious diseases, including lung cancer, heart disease and respiratory illnesses such as bronchitis and asthma, and that the only way to protect everyone from these health hazards is to completely eliminate exposure

Employer costs related to tobacco use include:

- Increased direct medical costs per smoking employee per year
- Increased indirect medical costs to employee's family
- Costs of lost productivity per employee per year (\$1,200-\$1,600)
- Increased overall health costs to the business
- Smokers have 6.5 more absent days per year
- Smokers have 6 more visits to health care facilities for themselves
- Smokers make 4 more visits to health care facilities for their dependents

Cessation treatment is the most cost-effective form of medical intervention in the United States.

PROJECT CHARTER	
Project Name: Moving Brattleboro Retreat to a Tobacco Free Environment as of August 1, 2008	Project Date: March 2008 – August 2008 Charter Date: Revision Date:
Project Participants: Project Champion: Executive Team Project Sponsor: Rob Simpson Project Lead: Greg Miller, MD Project Team: Vareen Domaleski-O'Keefe, Gwynn Yandow Flood, Julia Sorensen, Kirk Woodring, Sherrie French, Sen Pu, Marc Laurens, Jeff Kelliher, Sheila Lavertue, Christina Mancini, Cherie Moran, Sally Caltrider, Bruce Hart, Geoff Kane, Marlene Meinelt, Carmen Benejan, Lynne Irwin	Link to Organization Direction:

Project Background

The Tobacco Free Campus initiative is driven by the organizational direction to follow our quality goal of providing high quality health services which satisfy our customer needs through: good clinical outcomes, leading technology, efficient processes, competent and caring staff and well maintained facilities. As an employer we wish to provide our staff with a clean and safe environment for them to continuously provide quality care and work.

Furthermore, eliminating tobacco use from hospital campuses is a national trend that provides a healthier environment for everyone who visits the campus. This means all

patients, visitors and staff members will not encounter second-hand smoke while visiting Brattleboro Retreat property.

We believe that the implementation of a tobacco free campus will:

- Create a healthier environment for everyone who visits our campus by eliminating second-hand smoke
- Demonstrate our commitment to improve the health of the community
- Increase hospital involvement in treating nicotine addiction
- Set an example we hope other organizations and businesses will follow

Project Scope

Brattleboro Retreat will implement and promote a tobacco free environment which will support the health and well-being of all staff members, visitors and patients who visit our facilities. Tobacco use is the leading preventable cause of death in the United States. As the leading provider of mental health and substance abuse services in Windham County, we have a responsibility to encourage, support and set the example in promoting a tobacco-free environment for our staff.

Project Goals & Objectives

- Brattleboro Retreat wishes to eliminate the use of tobacco products on the Brattleboro Retreat campus.
- Brattleboro Retreat wishes to set an example as the leading healthcare delivery system in Windham County and that the health and well being of our patients and staff are of utmost concern
- Brattleboro wishes to continue fostering quality healthcare to all who seek psychiatric care at Brattleboro Retreat by eliminating potential health threats, i.e., second-hand smoke, tobacco product use, etc.
- Brattleboro Retreat wishes to continue to educate all staff and members of the community about the adverse affects of nicotine addiction.
- Brattleboro Retreat wishes to reduce direct medical costs per smoking employee per year

Overall Communication

Various communication tactics (i.e., letters, media, brochure) are planned to inform and communicate this policy to:

- Business
- Clergy
- Contractors
- EMTs/Paramedics
- Fire Department
- Law enforcement
- General community

News media
Patients
Physician's offices
Referring hospitals
Students
Vendors
Visitors
Volunteers

Keys to a Successful Transition

- Top leadership commitment is a must
- Tell employees why we are doing this
- Offer employees a chance to respond/vent/question
- Make sure everyone who smokes knows that quitting assistance is available
- Reassure everyone who smokes that this change does not mean that anyone has to quit smoking
- Education of managers and supervisors so they can help employees understand
- Empower and educate staff.
 - This needs to be a priority for several months after implementation

TOBACCO FREE ENVIRONMENT POLICY

Replaces:

Section:	Management of Environment	Date Last Approved
Source:	Administration	Date Last Revised
		Replaces N/A - New
Approval:	Administration	Date Last Reviewed
	Medical Affairs	Date Last Reviewed
	Patient Care Services	Date Last Reviewed

PURPOSE:

Tobacco use is the leading cause of preventable death in the United States. As a leader in healthcare delivery in Windham County, we have a responsibility to encourage, support and set the example in promoting a tobacco-free environment. The purpose of this policy is to provide a clean, tobacco-free environment for our patients, employees and others consistent with our standards of service and healthcare excellence.

POLICY:

1. Use of tobacco products of any type is prohibited anywhere on Brattleboro Retreat grounds, including buildings, bathrooms, parking lots, sidewalks, grassy areas, etc.
2. All employees have the responsibility of educating patients to the Brattleboro Retreat's Tobacco Free Policy and providing health information about smoking. Policy information will be presented to all patients at admission and be included as part of an individualized treatment plan.
3. All residential and inpatients will be requested to turn in their tobacco related materials upon admission.
4. Visitors are not to bring in cigarettes or other tobacco products to patients.

PROCEDURE:

Education and Notification

1. Each patient and employee will be informed of the potential harmful effects of smoking and the hospital will offer the opportunity to participate in a smoking cessation program. Resource materials will be provided to all employees and

patients to assist in smoking cessation. Those patients and employees who seek specific treatment for smoking cessation will be supported in their effort. As part of each patient's individual assessment by his/her treating psychiatrist, the various options for helping that patient avoid the distraction and discomfort of smoking cessation will be addressed. This will allow the patient to better focus on the primary reason for their hospitalization.

2. Patients and visitors will be informed of the Brattleboro Retreat's Tobacco-Free Policy.
3. Employees who violate this tobacco-free environment policy will be subject to progressive discipline.
4. Employees who choose to use tobacco are encouraged to be sensitive to possible adverse effects on our patients, their co-workers, and the Retreat as a whole. This includes being aware that returning to a patient care area smelling of tobacco can be harmful and smoking on the sidewalk in front of the Retreat can undermine community perception.
5. Additional Information

Visitors, patients or employees who wish to cease the use of tobacco products should contact Marc Laurens at the Brattleboro Retreat at ext. 6137 or any of the following resources:

- Vermont Quit Line 1-877-YES-QUIT
Operates 24 hours/7days a week by the American Cancer Society
- Anywhere in the USA, 1-800-Quit-NOW (1-800-784-8669)
- For more information, www.tobaccoStories.org or www.VermontQuitNet.com

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Tobacco Free Questions and Answers

Q. *Why is the Brattleboro Retreat becoming a totally tobacco free facility?*

A.

- Tobacco use is the leading preventable cause of disease and death in the United States
- We wish to create a healthier environment for everyone on our campus

Q. *Who is participating in this initiative?*

A. The Brattleboro Retreat will be participating in this initiative. This joint effort will create a tobacco free environment for all of Brattleboro Retreat services including buildings, surrounding grounds and parking lots.

Q. *How does this policy differ from our existing smoking policies/practices?*

A. Our existing policies/practices prohibit smoking inside any Brattleboro Retreat building but allows patients, visitors and staff to smoke in designated areas. Effective August 1, 2008, the new policy will prohibit tobacco use anywhere on our campuses.

Q. *What other hospitals in Vermont have a similar policy or plan to implement a tobacco free campus?*

A. In Vermont:

Fletcher Allen Healthcare
North Country Health Services
Central Vermont Medical Center
Northwestern Medical Center
Mt. Ascutney Hospital – planned for August 1, 2008
Rutland Regional Health System – planned for August 1, 2008

In Western Massachusetts:

Cooley-Dickinson Medical Center, Northampton, MA
Bay State Medical Center, Springfield, MA

In Western New Hampshire

Dartmouth Hitchcock Medical Center – July 1, 2008

Q. *What kind of support is the Brattleboro Retreat providing to those who wish to stop the use of tobacco?*

A. We will continue to address nicotine use by providing access to education and intervention as appropriate.

Nicotine gum will be made available during August, September, and October of 2008 to staff while at work. Talk to your manager about details.

For information on Smoking Cessation classes and nicotine replacement products contact Marc Laurens at Brattleboro Retreat at ext.6137 or any of the following resources:

- Vermont Quit Line 1-877-YES-QUIT (1-877-937-7848)
- Anywhere in the USA, 1-800-QUIT-NOW (1-800-784-8669)

Q. *How are we educating patients, visitors, and the public?*

A. Between now and August 1, 2008, we will continue to provide comprehensive information and educational materials about our initiative as outlined in this booklet. Letters have been sent to stakeholders and A&E has begun informing patients and referral sources. A pamphlet will be available in all patient care areas and sent to providers and referral sources entitled “About the Brattleboro Retreat’s Tobacco Free Policy”.

Q. *Can patients go off-campus to smoke?*

A. For health and safety reasons, patients must remain on Brattleboro Retreat property.

Q. *Why doesn’t Brattleboro Retreat continue to have designated smoking areas?*

A. Eliminating tobacco use on our campuses supports those who are trying to quit, eliminates odors on staff that come in contact with patients, and provides better care to patients and staff that may have allergies and illnesses. We need to effectively eliminate the triggers that make smoking cessation difficult. This will also eliminate chronic exposure of patients and visitors to second-hand smoke.

Q. *Isn’t the use of tobacco products a personal legal right?*

A. Recent court rulings maintain that users of tobacco are not entitled to protection against discrimination as “addicts” or as “disabled persons”. Tobacco users are addicted to the nicotine, not the cigarette or product, which is the delivery device. Historically, unions have fought for *safe working conditions*. Knowing cigarettes are loaded with toxic chemicals, including 60 known carcinogens, we should expend our energy working together on safety and health.

Q. *Smoking calms down consumers. When they can’t smoke, won’t we experience complete mayhem?*

A. Banning smoking in psychiatric hospitals actually *reduces* mayhem. Facilities that don't allow smoking report fewer incidents of seclusion and restraint and a reduction in coercion and threats among patients and staff. We are carefully planning this effort so the consumers, staff, and visitors here have plenty of time and support to prepare for change. We will reduce uncomfortable nicotine withdrawal symptoms by appropriately using nicotine replacement therapy. Meanwhile, we invite you to voice your concerns and join our team as we become tobacco-free and embrace recovery.

Q. *How can we expect people to quit smoking, while they're quitting everything else? Patients don't want to quit. Even those who want to quit, won't be able to.*

A. Cigarettes are *real* drugs. They contribute to more illness and early death than any other drug, legal or illegal. As we create a healthier environment, we will train staff and consumers about smoking, the quitting process, and how smoking impacts other addictions. Evidence suggests that smoking actually harms recovery from the addiction to other drugs because it can trigger the use of those substances. We will make every attempt to keep patients comfortable while they are here with nicotine replacement and coping skills to manage cravings.

Q. *Won't patients just start smoking again once they are discharged?*

A. Many of our clients *will* smoke again. We don't refuse treatment for other addictions, even when we believe a client is not motivated to remain abstinent. We give everyone the opportunity to detoxify while in treatment with the hope that they will choose a substance-free life. Quitting is hard, especially in environments where tobacco use is acceptable. By incorporating tobacco cessation in our recovery philosophy, we can help clients learn refusal skills, identify triggers, and regain control if they relapse.

Q. *Where can I get Nicotine replacement products?*

A. Free nicotine replacement is available through the State of Vermont by filling out an application for a smoking cessation class. Applications are available through **Marc Laurens at ext. 6137**

Expectations

Leaders are expected to train staff members to tactfully and respectfully explain the policy to anyone they encounter using tobacco products on Brattleboro Retreat property. Leaders are also expected to handle staff member abuse of this policy following the guidelines in place for general staff member conduct and progressive discipline. No one person or department is responsible for enforcing this policy. A team approach will provide the best enforcement and surveillance for the organization as a whole.

All staff members are accountable and responsible for utilizing the following protocol for occasions when any person uses tobacco products in prohibited areas:

- Staff member courteously and tactfully approaches the person and explains the Tobacco-Free Environment policy. Sample scenario scripting is provided in this guide.
- Staff member offers information for assistance with smoking cessation. Sample scenario scripting provided in this guide.
- Staff member reports incident to the appropriate supervisor. The supervisor should handle the violation through appropriate channels.

Clinical Protocols

Pre-Admission

Before a patient is admitted to the Brattleboro Retreat, the staff member or designee should discuss the Brattleboro Retreat Tobacco-Free Policy.

The admitting RN or NP should discuss the use of Nicotine Replacement Therapy during hospitalization and order Nicotine Replacement Therapy if medically necessary.

Patients and visitors will also be informed that tobacco use is prohibited on Brattleboro Retreat campus through pre-admission phone calls, letters or the pamphlet “About the Brattleboro Retreat’s Tobacco Free Policy”.

Inpatient Protocols

Note: Clinical staff will receive policy education and protocol training on their unit via the guide and their director.

Smoking assessment:

- The staff member will determine if the patient smokes during the pre-admission or admission interview.
- If the patient smokes, the staff will assess the patient’s awareness of the Brattleboro Retreat’s Tobacco-Free policy.

Options for Inpatients:

- Drug Therapies: Nicotine gum, patches.
- Psycho education groups
- Relaxation techniques.
- Information for those wanting to quit local resources

Policy Enforcement Scripting/Role-Playing Exercises

How to use this information?

Questions and answers have been scripted for your use in situations that will most likely occur related to Brattleboro Retreat decision to become a tobacco-free campus.

All situations/discussions should be enhanced by providing the pamphlet “**About the Brattleboro Retreat’s Tobacco Free Policy**” to the individual, as appropriate.

Should you have any questions associated with this information, please feel free to discuss this matter further with your manager or supervisor. It is Brattleboro Retreat’s goal to provide you with ideas on how to effectively interact with others should you find yourself in one of these situations.

*General: Employee, Patient, Family Members, Contractors, Clergy,
Paramedic/EMT/Ambulance Driver, Vendor, Volunteer*

Q. *What do I say to someone when they are lighting up in an area in which tobacco use is prohibited?*

A. “Brattleboro Retreat became a tobacco-free campus in August. We would appreciate you not smoking on the Retreat grounds.”

Q. *What do I say and do when I see someone smoking in a car, truck, or other vehicle in a Brattleboro Retreat parking lot? “Brattleboro Retreat’s parking lot” being defined as any parking area which Brattleboro Retreat has made available to individuals.*

A. “Brattleboro Retreat asks that any location in which employees or other individuals are assigned to park be respected as a tobacco-free area. It would be appreciated if you would not smoke in this vehicle.

(or)

“I just wanted to let you know that this parking lot is part of the Brattleboro Retreat’s Tobacco-Free Campus. We would appreciate your not smoking on the campus.”

In any situation, it is appropriate to say, “Let me refer you to our brochure about the Brattleboro Retreat’s Tobacco Free Initiative which may be found in the Main Entrance area.”

Q. What do I say and do when a reminder about Brattleboro Retreat's Tobacco-Free Campus decision is met with a response of, "I'm going to smoke here anyway!"

A. "We wish you'd make a different choice." Then walk away. Do not engage in a confrontation with anyone about the Retreat's tobacco free policy.

**If a person becomes angry or confrontational, walk away and call security.*

Q. When a reminder about Brattleboro Retreat's Tobacco-Free Campus decision is met with a response of, "Then where am I supposed to smoke?"

A. "Here at Brattleboro Retreat we are a tobacco-free campus. You are free to smoke once you have left the property but there is no smoking on campus. Thank you for your cooperation."

Employee Specific

Q. What do I do if a co-worker says, "If I can't smoke on campus, I'll just leave campus multiple times throughout the day / smoke in my car etc." or if I see them doing this?

A. Refer the situation to your supervisor.

Q. What do I do if an employee comes to work smelling of smoke?

A. Refer the situation to your supervisor.

Patient Specific

Q. What do I do if a patient says, "If I can't smoke on campus, I'll just leave your campus."

A. "We need you to stay throughout the course of your treatment. Let's talk about how we can make you more comfortable when you can't smoke."

Additional Employee, Patient, Family Member Possibilities

Q. What do I do if someone is getting extremely irate and is appearing to get out of control about **NEEDING A CIGARETTE?**

A. Empathize, recognize their feelings, deny request, use self disclosure, and explore options. For example, "I can see how frustrating it is to want a cigarette and have no place to go. There is no smoking on our campus. We are dedicated to making

this a safe and healthy environment for you and your family. We do have other options. Let's talk about how we can make you more comfortable."

Q. What do I do if someone spends an excessive amount of time talking about the fact that they cannot smoke at the Brattleboro Retreat?

A. Recommend that the individual speak with their respective treatment team / providers as applicable or, in the case of an employee, with their manager.

Q. What if someone says, "If I can't smoke at the Brattleboro Retreat, I'll go to another hospital?"

A. "I'd hate to see you make that decision. We will do everything we can to make you comfortable while you are here. Let's talk about some of those options." It is also appropriate to point out that most other hospitals are also tobacco free.

Smoking Cessation Support for Staff

We understand that implementation of this policy will be stressful for some staff members who choose to smoke. We have listened to the concerns of smokers and are pleased to provide the following support options to ease the transition as smokers cope with adapting to a totally tobacco-free environment while at work.

Smoking Cessation Programs

In support of the Tobacco-Free Environment Campus Initiative,

- Other over-the-counter cessation aids are available, at cost, at your local pharmacies. Nicotine gum will be available for staff during the first 3 months of implementation while at work. It can be picked up in the Pharmacy.
- Employees may call the VERMONT QUIT LINE at 1-877-YES-QUIT or 1-877-937-7848

Smoking Cessation Classes

A calendar of smoking cessation classes will be provided to Brattleboro Retreat employees via e-mail and postings.

Tobacco-Free Information and Support Resources

Please keep this list in a handy location in your department at all times.

Printed Materials

<i>Document</i>	<i>Source</i>
Paper Implementation Guide	Human Resources
Tobacco-Free Campus Brochure	Outreach & Education
Tobacco-Free Environment Policy	Policy & Procedure Manual and on the S:drive

Signs

Temporary signage will be posted in various locations for a number of months. Permanent signage will be installed in August, 2008.

Internet/Intranet Information

All documents will be reviewed and updated to reflect the tobacco-free environment and placed on the internet or the BRATTLEBORO RETREAT portal. Patients, visitors and staff should understand when accessing www.brattlebororetreat.org that Brattleboro Retreat will be tobacco-free as of August 1, 2008.

Thank You

Thank you for your help and cooperation to implement the Tobacco-Free Environment Policy. Your support is appreciated.



Brattleboro Retreat

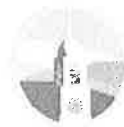
TOBACCO-FREE LIVING IN PSYCHIATRIC SETTINGS:

PROMOTING WELLNESS AND RECOVERY

On August 1, 2008, the Brattleboro Retreat will adopt a campus wide, tobacco free policy. The goal of the tobacco –free policy is to improve the health of the Retreat’s patients, visitors and staff, prevent illness, and reduce the risk of disease.

This is the second in a series of informational and educational tools designed to assist in creating a healthier environment for ourselves and the people we serve.

- **People with serious mental illness die 25 years younger than the general population due largely to conditions caused or worsened by smoking.**
- **Smokers with schizophrenia spend more than one-quarter of their total income on cigarettes.**
- **Tobacco interferes with psychiatric medications.**
- **Although more than two-thirds of smokers want to quit, only 3 percent are able to quit on their own. They are far more successful with the kind of help we will be offering.**
- **Even highly addicted smokers with mental illness *can* quit and are more likely to succeed with a combination of medications and behavioral therapy.**



Brattleboro Retreat

TOBACCO-FREE LIVING IN PSYCHIATRIC SETTINGS:

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On August 1, 2008, the Brattleboro Retreat will adopt a campus wide, tobacco free policy. The goal of the tobacco –free policy is to improve the health of the Retreat’s patients, visitors and staff, prevent illness, and reduce the risk of disease.

This is the first in a weekly series of informational and educational tools designed to assist in creating a healthier environment for ourselves and the people we serve. It is intended to raise the awareness about the harm caused by tobacco and provide an environment of care that is appropriate to facilitate a healthier environment. There is undisputable evidence that the use of tobacco products is detrimental to good health. Silently and insidiously, tobacco sales and smoking became an accepted way of life, not only in our society, but also in our mental health treatment facilities.

When, what, and how much to smoke are often the only choices consumers make as inpatients, reinforcing cigarette use by virtue of the autonomy it appears to allow. More troubling, **cigarettes maybe used as negative reinforcement by staff to control consumer behavior.** While taking seriously and treating illicit drug use by those with mental illness for some time, a substance far more deadly and pervasive, and disproportionately used by this population, has largely been ignored.

Smoking promotes coercion and violence in facilities among patients and between patients and staff. It occupies a surprising amount of staff and patient time that could be better used for more productive activities. It is a poor (and often only) substitute for practice in decision-making and relationship building and is inappropriate as a means to manage behavior within the treatment milieu. And, while smoking can be framed as the one ‘choice’ consumers get to make while inpatients, and a personal ‘choice’ for staff and others, it is critical to realize that addiction is not a choice.



Brattleboro Retreat

TOBACCO-FREE LIVING IN PSYCHIATRIC SETTINGS:

PROMOTING WELLNESS AND RECOVERY

On August 1, 2008, the Brattleboro Retreat will adopt a campus wide, tobacco free policy. The goal of the tobacco –free policy is to improve the health of the Retreat’s patients, visitors and staff, prevent illness, and reduce the risk of disease.

This is the third in a series of informational and educational tools designed to assist in creating a healthier environment for ourselves and the people we serve.

Smoking Prevalence among People with Mental Illnesses

Major Depression	50 to 60%
Anxiety disorder	45 to 60%
Bipolar disorder	55 to 70%
Schizophrenia*	65 to 85%

*20% of those with schizophrenia started smoking at college age and many began smoking in mental health settings, receiving cigarettes for good behavior.

