

# The Case for Integrating Treatment of Tobacco Use Disorder in the Treatment of Other Substance Use and Mental Health Disorders

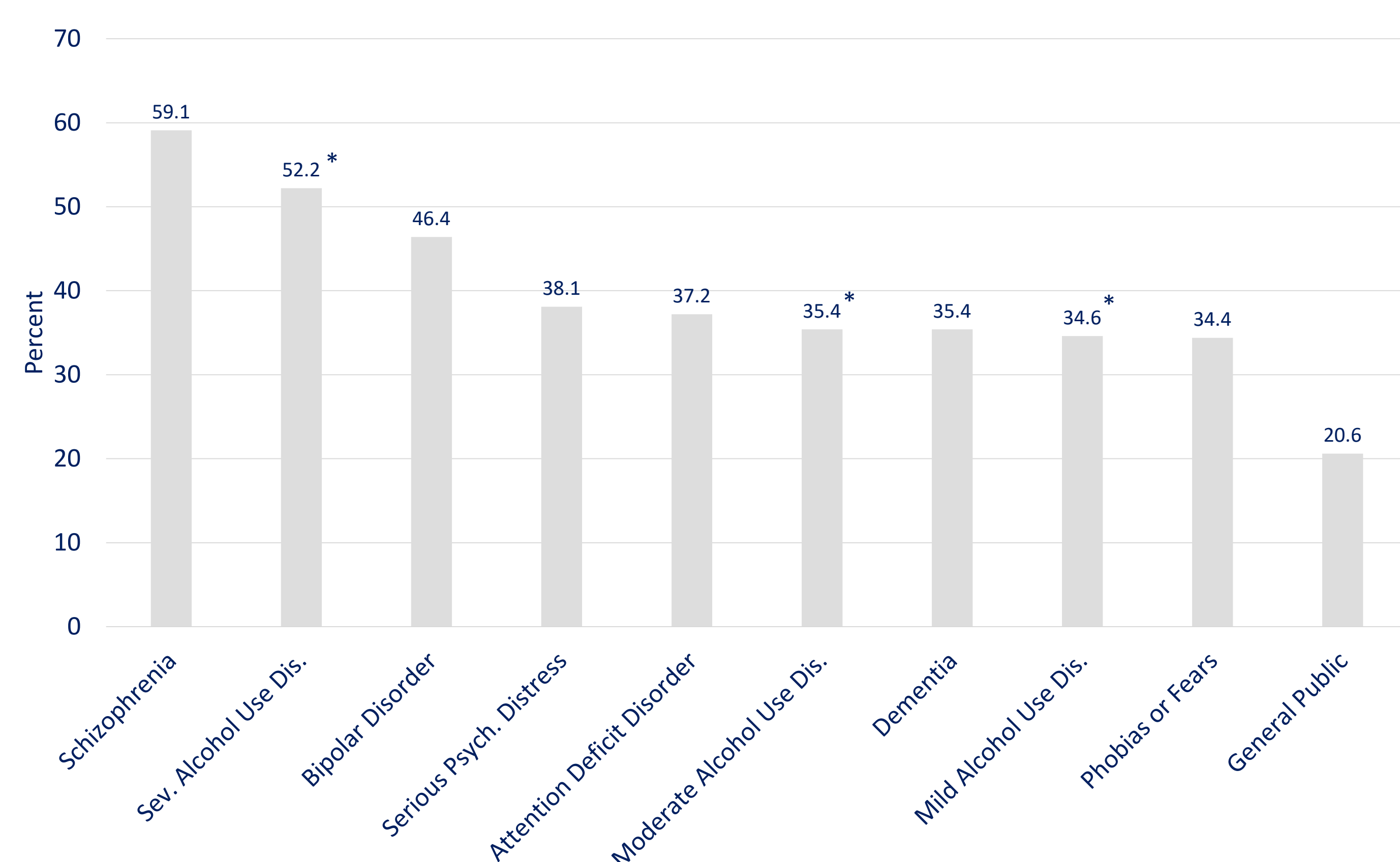
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## The Need:

### Prevalence

#### Smoking Prevalence Among People Affected by Mental Illness/Alcohol Use Disorder



McClave et al., "Smoking Characteristics of Adults with selected Lifetime Mental Illnesses: Results from the 2007 National Health Interview Survey." *American Journal of Public Health*. 110:12 (2010).

\*Weinberger, et. al. Cigarette Use Among Individuals with Alcohol Disorders in the United States, 2002-2016: Trends Overall and by Race/ethnicity. *Alcoholism: Clinical and Experimental Research*. Nov. 8. doi:10.1111/acer (2018).

### Mortality

National Annual Mortality from Drugs, Alcohol and Tobacco	
Tobacco-related deaths	556,000 <sup>1</sup>
Tobacco deaths of those with mental health and substance use disorders	200,000 <sup>2</sup>
Alcohol-related deaths	88,003 <sup>3</sup>
Opiate overdose deaths	47,600 <sup>2</sup>
Total drug-related deaths	70,237 <sup>2</sup>

More than 200,000 Americans coping with a mental illness or other addiction die from smoking every year.

### Why?

- Addiction treatment programs are not treating tobacco use disorders the way they treat alcohol, opiate and other substance use disorders eligible for addiction treatment even though tobacco dependence is a well-recognized addiction.
- Tobacco use is the leading cause of preventable disease and death among those with behavioral-health disorders.
- Our behavioral health providers already have the skills, knowledge and programs to provide.

## The Response:

# A TIME TO LEAD

## The Case for Integrating Treatment of Tobacco Use in the Treatment of Other Substance Use and Mental Health Disorders



Prepared by the National Tobacco Integration Project, Inc.  
 Authored by Jim Wrich and David Macmaster

Explore **A Time to Lead**, the most compelling case for integrating tobacco treatment in our behavioral health programs by national experts. Get it FREE at:

[www.HelpUsQuit.org](http://www.HelpUsQuit.org)

- See 10 myths and misconceptions about behavioral health and nicotine dependence.
- Includes recommendations for insurance companies, treatment programs, professional organizations, and mutual health organization.

### Did You Know?

Nationally, in 2011, there were more than **500,000** trained clinicians that can help eradicate the greatest preventable cause of disease and death in America.<sup>4,5</sup> Integrating the treatment of tobacco dependence into behavioral healthcare opens a very large pool of gifted, trained behavioral health clinicians to address tobacco use by their clients.

## Your Call to Action: visit [www.HelpUsQuit.org](http://www.HelpUsQuit.org) and:

Review, download, support, and share **A Time to Lead**.

- See how others integrated evidence-based tobacco use treatment into their substance use and mental health treatment programs – like L.E. Phillips Libertas Center (pictured below).
- Learn how YOU can, too. (It's not as hard as you think! Just ask Libertas.)
- Make your campus nicotine-free by implementing policies and procedures – we have free samples on our site!
- Work with state decision-makers to lead integration efforts as the clinical and ethical thing to do.



L.E. Phillips integrated tobacco policy and treatment throughout its clinical program. It now promotes and markets itself as "tobacco-free and scent-free." Their administrators have reported that becoming tobacco-free had NO negative impact on referrals, census, or admissions.

### Get FREE CE Credit

More than 440 behavioral health professionals have taken our online training to help their patients quit tobacco use. Don't miss your chance to get 6 free credits! Take the training at [www.HelpUsQuit.org](http://www.HelpUsQuit.org)

### References

- Centers for Disease Control.
- Drug Overdose Deaths. Centers for Disease Control, National Vital Statistics System, Mortality. US Department of Health and Human Services, 2018.
- Centers for Disease Control, Steven A. Schroeder, MD: "Tobacco Dependence: A Grand Rounds Presentation." March 3, 2010, Slide 14.
- Heisler EJ. The Mental Health Workforce: A Specialist in Health Services. Congressional Research Service. April 20, 2018.
- Bouchery E, Dey J. Substance Use Disorder Workforce Issue Brief. June 1, 2018.

**WiNTiP**  
 Wisconsin Nicotine Treatment  
 Integration Project

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