

The Science of Nicotine Addiction in People Who Use Tobacco

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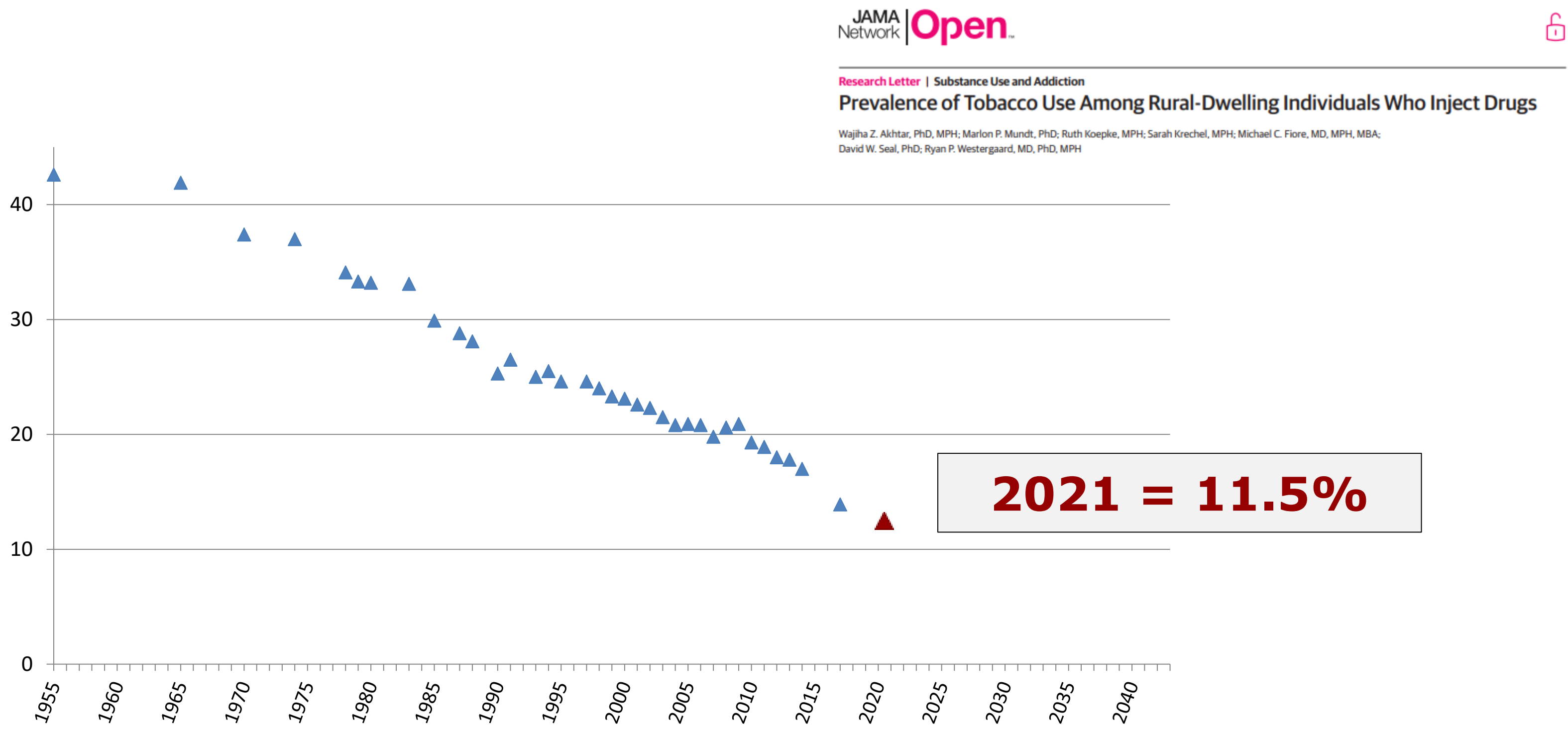
**Wis. Admin.
Code ch.
DHS
75.24(7)**

- According to Wis. Admin. Code ch. DHS 75, programs must have a written policy on assessment and treatment of concurrent tobacco use disorder
- Tobacco is included in the revision as best practice for SUD treatment and recovery
 - Aligns with ASAM recommendations to treat tobacco and implement organizational policies
- This is a result of behavioral health leaders, public health advocates, and scientists working together for years to improve health
 - Addresses significant health inequities

Learning Objectives

1. Understand prevalence of tobacco use among people with other SUDs
2. Discuss neuroscience of nicotine addiction and stress-related use
3. Understand how to support the people in your care who use tobacco

Smoking Prevalence Among Adults 18 and Older, United States, 1965-2020



Among clients in treatment for substance use disorders who smoke...

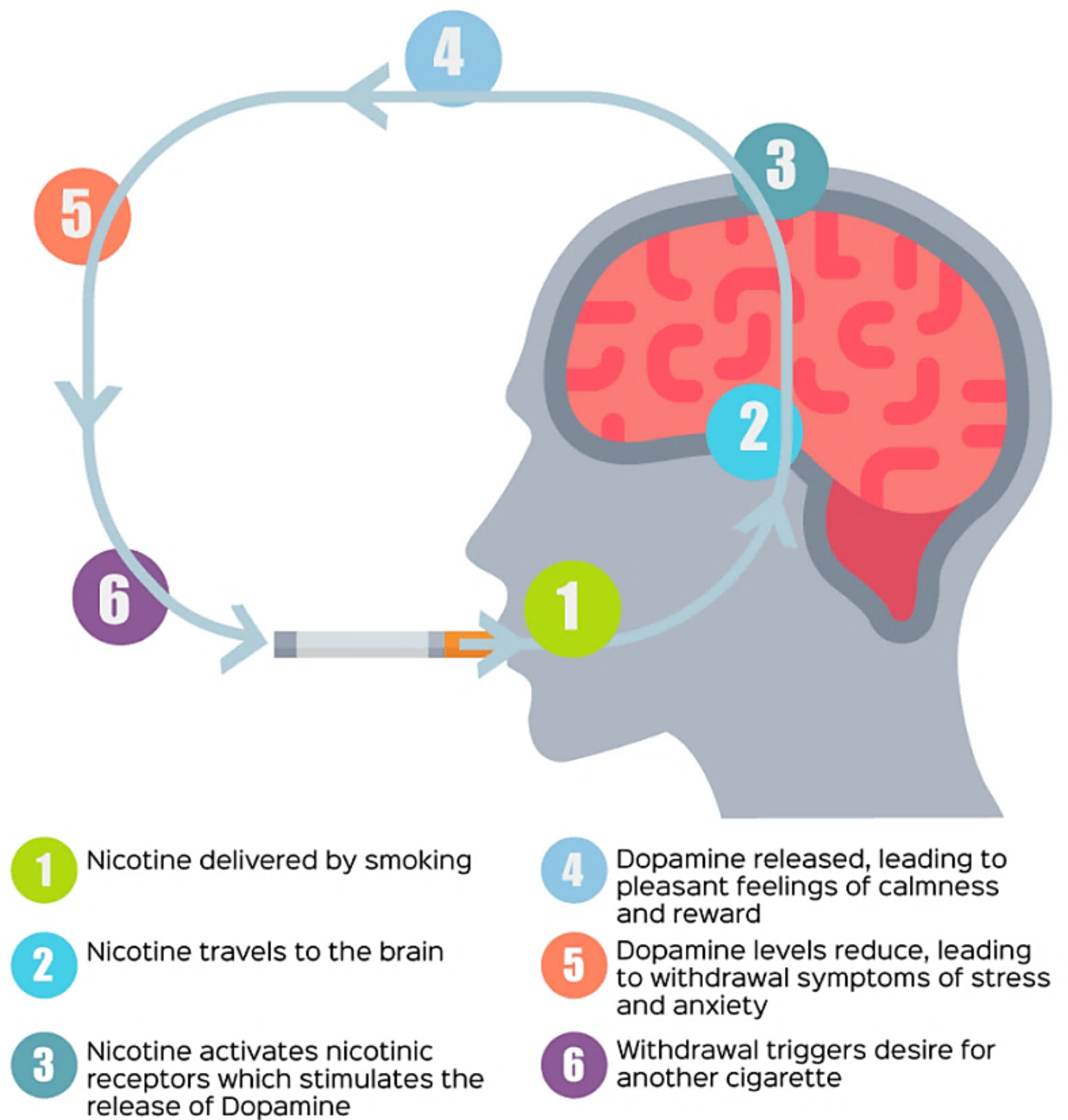


51% of deaths were the result of tobacco-related causes. That rate is ...

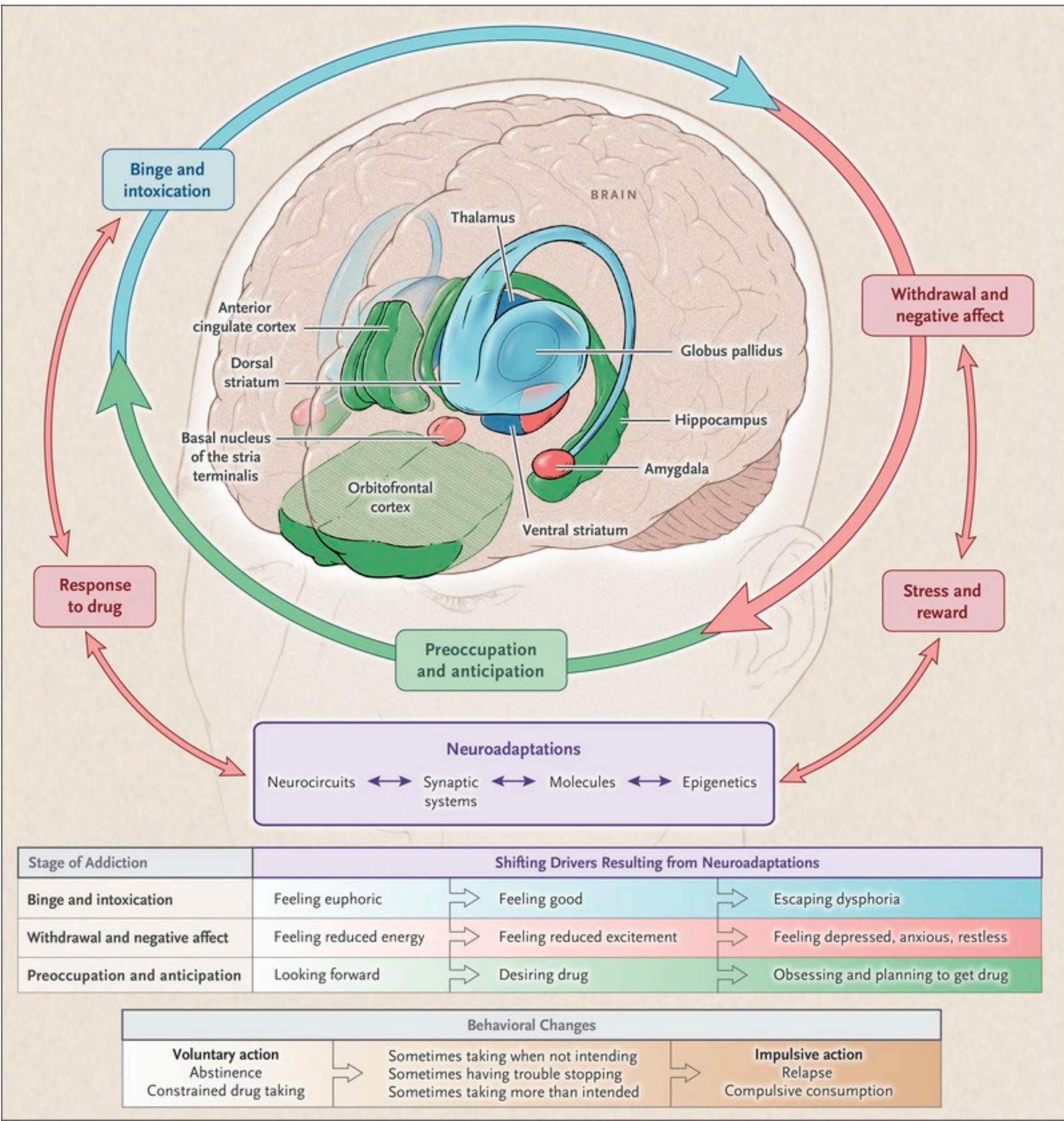


the rate found in the general population.

How Nicotine Addiction Develops



Volkow ND, Koob GF, McLellan AT. Neurobiologic Advances from the Brain Disease Model of Addiction. N Engl J Med. 2016. PMID: [26816013](#)



Like Other Addictions, Nicotine Addiction Is Both Physical And Psychological

Physical Dependence on Nicotine

Smoking to feel good and to disrupt nicotine withdrawal symptoms, which include:

- Negative affect (sadness, anxiety, anger)
- Inability to concentrate
- Hunger
- Disrupted sleep
- Drowsiness/fatigue/restlessness
- Headaches/dizziness
- **Cravings**



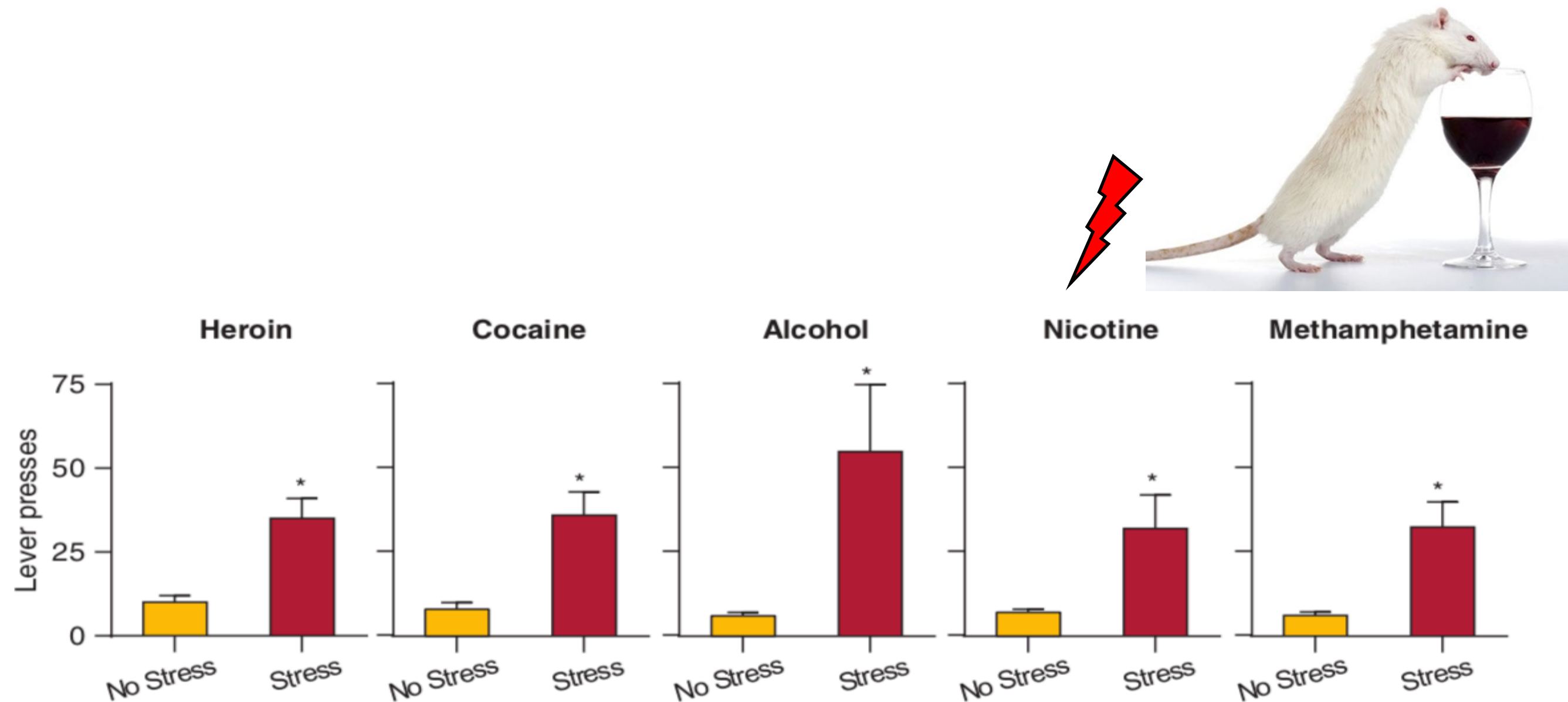
Like Other Addictions, Nicotine Addiction Is Both Physical And Psychological

Psychological Dependence on Nicotine

- Continue using tobacco despite the known health consequences
- Use tobacco to enhance mood or as a coping mechanism for stress or anxiety
- Consistency: like relying on a good friend who is always there for you
- Paired with other behaviors
 - Nicotine enhances response to other substances



Rodent models stress-induced relapse



Mantsch JR, Baker DA, Funk D, Lê AD, Shaham Y. Stress-Induced Reinstatement of Drug Seeking: 20 Years of Progress. Neuropsychopharmacology. 2016. PMID: [25976297](https://pubmed.ncbi.nlm.nih.gov/25976297/).

Cigarette smoking increases the likelihood of relapse among people in recovery from substance use disorders



SUD Recovery Reasons to Stay Smoke-Free

Smoking cessation during SUD treatment enhances long-term recovery

- Abstinence rates are about 25% greater for patients in treatment for SUD when smoking cessation treatments are provided
- One study found people who quit smoking in the first year of alcohol use disorder treatment were 2-3 times more likely to be abstinent 9 years later
- Treating smoking is a key part of recovery as a trigger/cue for other substances

Evidence-Based Treatment: Counseling and Medications

- Tobacco Use Disorder has diagnostic criteria in DSM-V
- Counseling
 - Cognitive behavioral therapy (CBT) and Motivational Interviewing (MI) are effective for treating tobacco use disorders
 - There is a consistent relationship between counseling intensity and outcome – but even 3 minutes helps
- Medication
 - 7-FDA approved options reliably improve abstinence rates. Most effective:
 - Varenicline/Chantix
 - Combination of nicotine patch (slow) + nicotine gum/lozenge (fast)

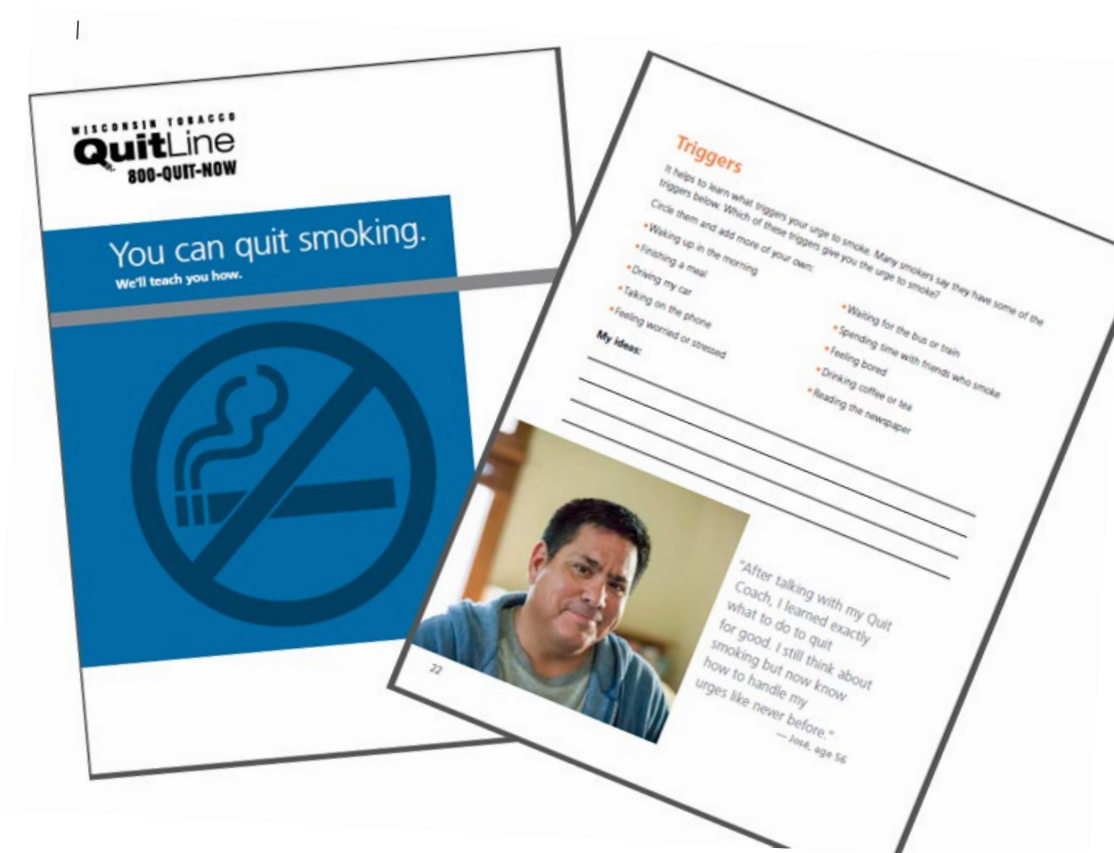
Combining medication and counseling is more effective than either alone

How Can The Wisconsin Tobacco Quit Line Support Someone With Quitting?

Free, confidential, available 24/7

Counselors provide expert, tailored coaching over the phone, over the web, or through text message

Free quit guide, tailored materials, and services are provided in virtually every language



Medications are offered to anyone 18 years and older who calls 1-800-QUIT-NOW or registers at www.wiquitline.org

Meds include 2 weeks of free nicotine replacement patches, gum, or lozenges directly mailed to the address provided

www.wiquitline.org

DHS 75 Tobacco Treatment & Smoke-Free Environments

www.HelpUsQuit.org

Free Technical Assistance:

In partnership with the Wisconsin Division of Care and Treatment Services and the Wisconsin Tobacco Prevention and Control Program, the UW Center for Tobacco Research and Intervention (UW-CTRI) is [available to assist you](#) in meeting the new requirements in DHS 75.24 Service Operations.

Toolkits:

Digital toolkits for how to assess for tobacco use and establish a smoke free policy at your facility with downloadable tools, case studies, examples, videos, print materials

- **[Integrating Tobacco Dependence Treatment in Behavioral Health Settings](#)**
- **[Implementing Tobacco-Free Environments in Behavioral Health Settings](#)**

Additional Tobacco Treatment Training Opportunities

Free CE credit available with online trainings at helpusquit.org

- General Tobacco Cessation Treatment Training
- “Bucket Approach” on how to help smokers coping with mental illness to quit
- Training for Systems Change: Addressing Tobacco and Behavioral Health

UW-CTRI Outreach Specialists



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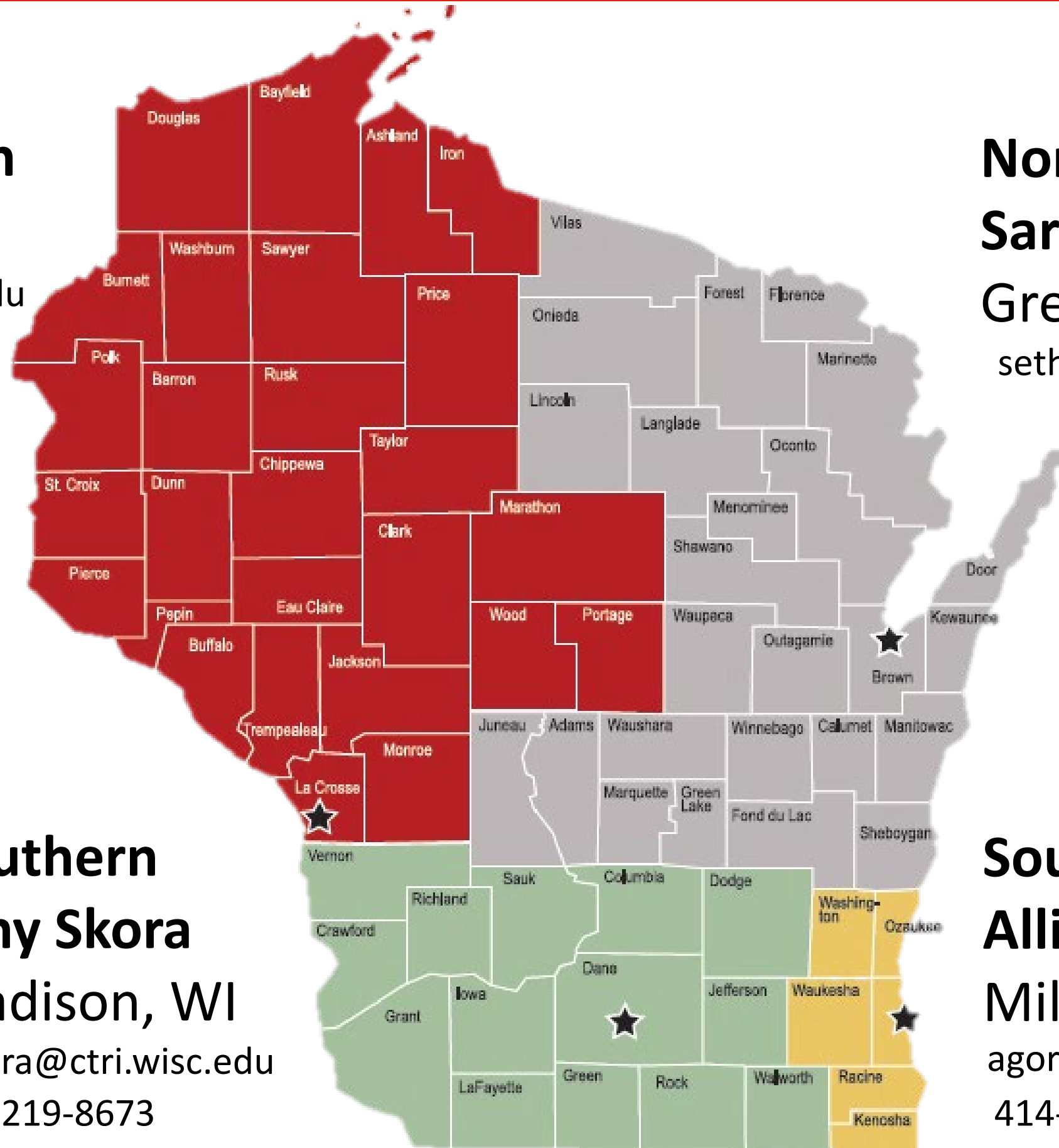
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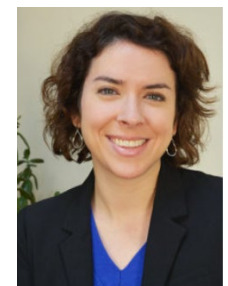
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