

# Tobacco Dependence Screening and Treatment in Behavioral Health Settings

## The Burden of Tobacco Use

# Tobacco Use Causes Death

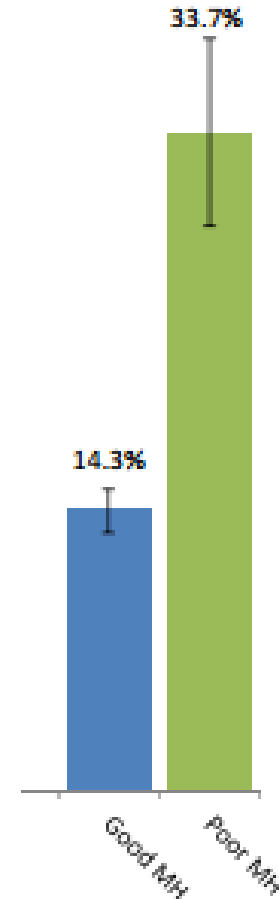
- Tobacco use is the number one cause of preventable disease and death
- Every year, approximately 25,500 New Yorkers die prematurely as a result of their tobacco use
- More than 500,000 New Yorkers live with serious tobacco-caused illnesses and disabilities
- Exposure to secondhand smoke causes about 3,000 premature deaths from diseases including heart disease, lung cancer, and stroke in NYS every year

# Tobacco is Addictive

- Most tobacco users become addicted to nicotine, a drug that is found naturally in tobacco
- More people in the United States are addicted to nicotine than to any other drug
- Research suggests that nicotine may be as addictive as heroin, cocaine, or alcohol
- Quitting tobacco is hard and may require several attempts.
- People who stop tobacco often start again because of withdrawal symptoms, stress, and weight gain.
- Nicotine withdrawal symptoms may include feeling irritable, angry, or anxious, having trouble thinking, craving tobacco products and feeling hungrier than usual

# Tobacco Use Rates & Mental Health

- In NYS, smoking prevalence is 33.7% among adults with poor mental health compared to 14.3% among adults who do not have poor mental health.
- 1 in 5 adults in the United States have some type of mental illness.



# Tobacco Use Rates & Substance Use Disorders

Current Illicit Drug and Alcohol Use Among Adult Cigarette Smokers Compared with Non-Smokers<sup>±4</sup>

	Smokers	Non-Smokers
<b>Current illicit drug use (in past month)</b>	<b>18.9%</b>	<b>4.2%</b>
Marijuana	15.3%	3.0%
Cocaine	1.8%	0.2%
Heroin	0.3%	0.0%
Hallucinogens	0.7%	0.2%
Inhalants	0.3%	0.1%
Non-medical use of prescription drugs	5.3%	1.2%
<b>Current alcohol use (in past month)</b>	<b>65.2%</b>	<b>48.7%</b>
Binge drinking <sup>5</sup>	42.9%	17.5%
Heavy drinking <sup>¶</sup>	15.7%	3.8%

# Addressing Tobacco Use with Behavioral Health Patients

- There are concerns about providing cessation services to behavioral health patients:
  - Don't want to take tobacco away while they are trying to manage symptoms
  - Patient might leave treatment
  - Not sure how to implement or how staff will react
- Despite challenges, it is important to implement treatment services
- Individuals with a Behavioral Health condition, like all clients, want to quit, can quit and can benefit from proven stop-smoking treatments

# Treating Tobacco Dependence Using Evidence-Based Strategies

- Tobacco dependence is a chronic, relapsing disease that requires repeated intervention and multiple attempts to quit
- Providers need to consistently identify and document tobacco use status and treat every tobacco user seen
- Ongoing counseling, support, and appropriate pharmacotherapy are required to achieve long-term abstinence
- Counseling and treatment need to be offered at every visit to every patient willing to quit to maximize their chances of successfully quitting