

Tobacco Attitudes, Usage, and Cessation Attempts Among Persons with Co- Occurring Disorders

PRESENTED BY THE LIFELONG MEDICAL CARE – EAST BAY
COMMUNITY RECOVERY PROJECT RESEARCH & EVALUATION TEAM

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Program Background



Treatment for Individuals Experiencing Homelessness



Services include:

- Outreach
- Case Management (wrap around service)
- Education and Employment Services
- Education and Prevention for HIV, Hepatitis C, and Smoking Cessation
- Counseling and Referral to Mental Health and Substance Use Services
- Connect to Housing, Benefits and Medical Appointments
- For Participants: Shower, Laundry, Safe Link and Phone Charging Station

Total Clients Screened = 33



PROJECT PRIDE IS PLEASED TO OFFER

FREE SERVICES FOR FAMILIES & SIGNIFICANT OTHERS

OF PROJECT PRIDE RESIDENTS



Services include:

- Case Management (housing, employment, benefits)
- Enhanced Parenting Education
- Men's Group
- Individual Counseling Including Assessment & Referrals
- Family & Couples Counseling
- Child Development Including Assessment & Referrals
- Tobacco Screening & Recovery Support
- Advocacy with Other Service Providers

Total clients screened = 16

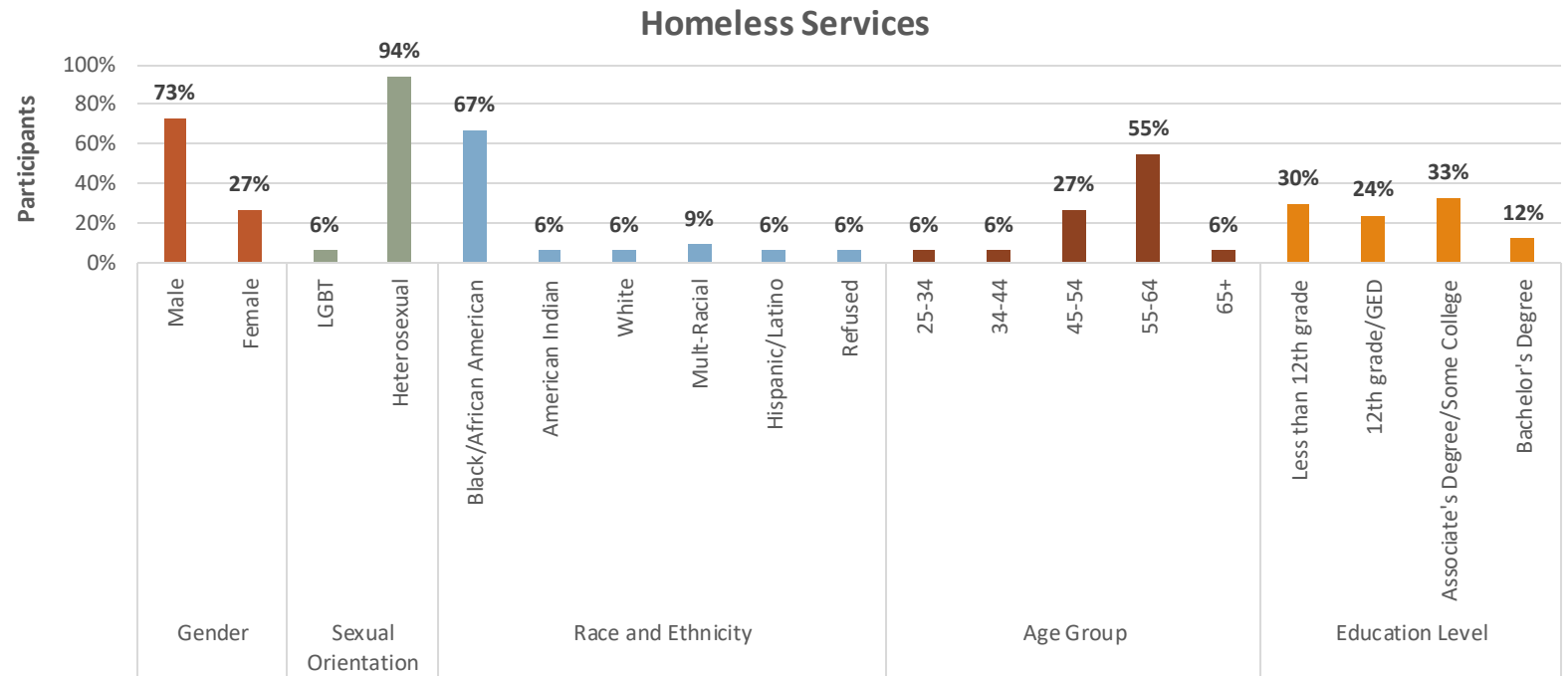
For more information, please call (510) 508-5015.

Homeless Services - Demographics

59% of the active clients in Year 2 were screened for tobacco use

The majority of clients screened were male, heterosexual, Black, and older than 45 years

Just over half of clients screened completed 12th grade or less, while just under half completed some college or a Bachelor's degree

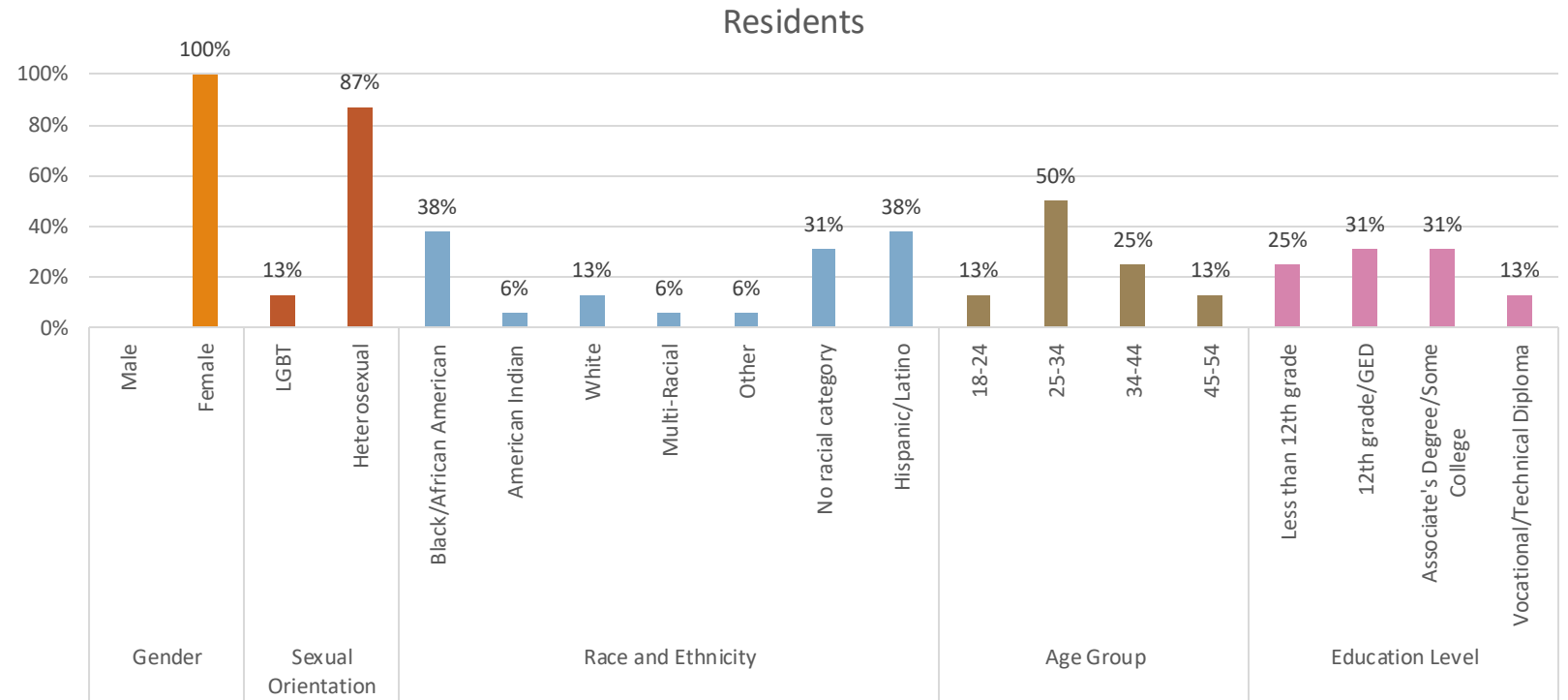


SUD Treatment - Demographics

86% of adults enrolled in Year 2 were screened for tobacco use

All were female, majority were heterosexual, the highest percentage were Black or Hispanic/Latina, and more than half were between ages 18-34.

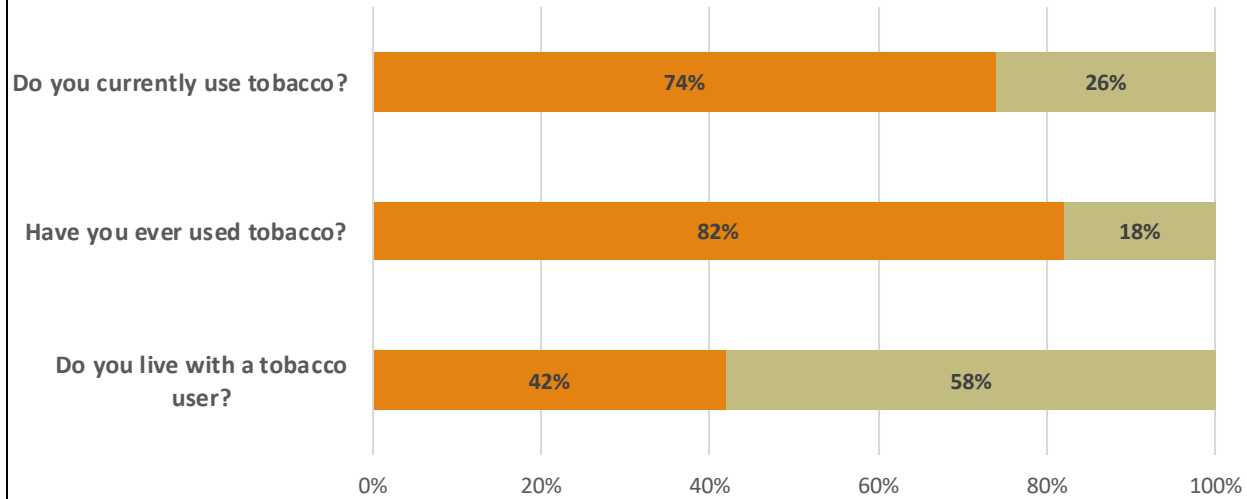
Just over half completed 12th grade or less, while just under half completed some college or a vocational degree.



Tobacco Screening

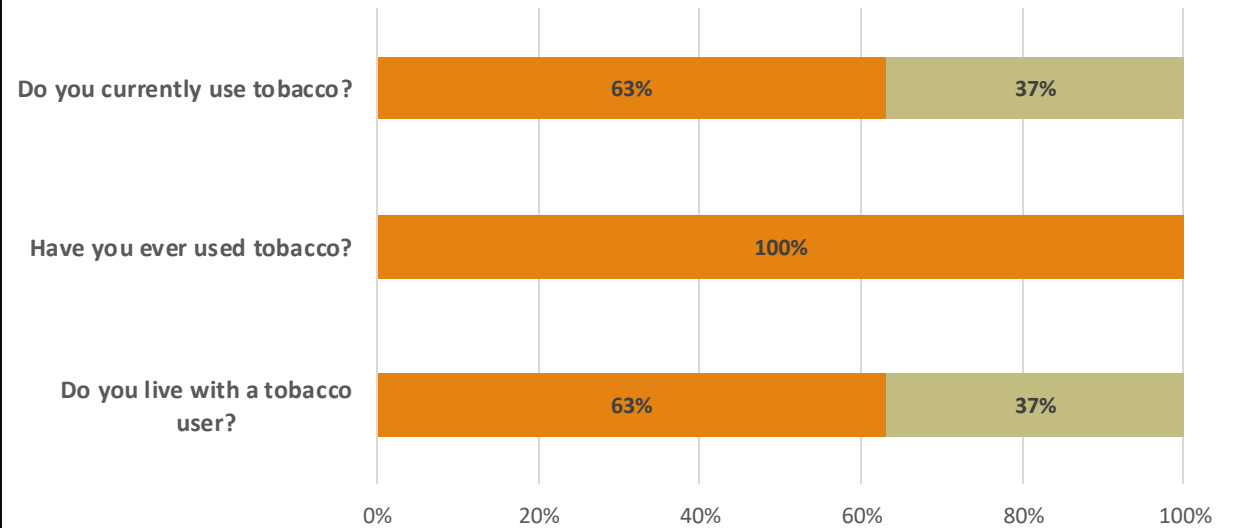
Homeless Services

Yes No



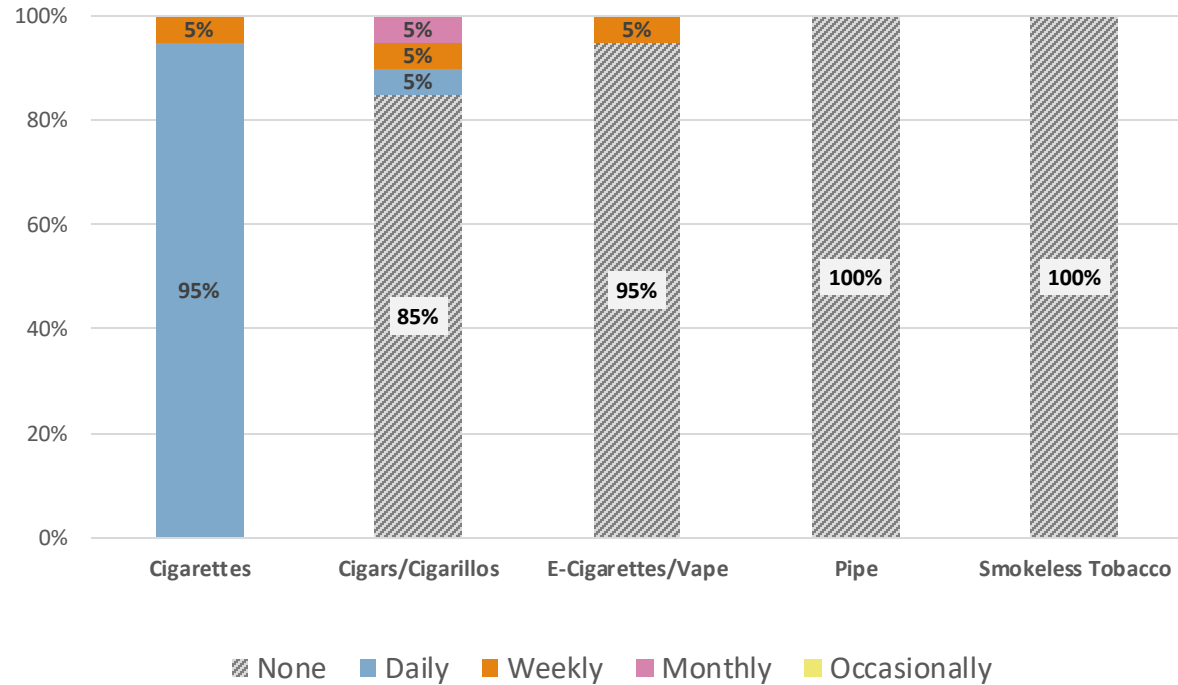
SUD Treatment

Yes No

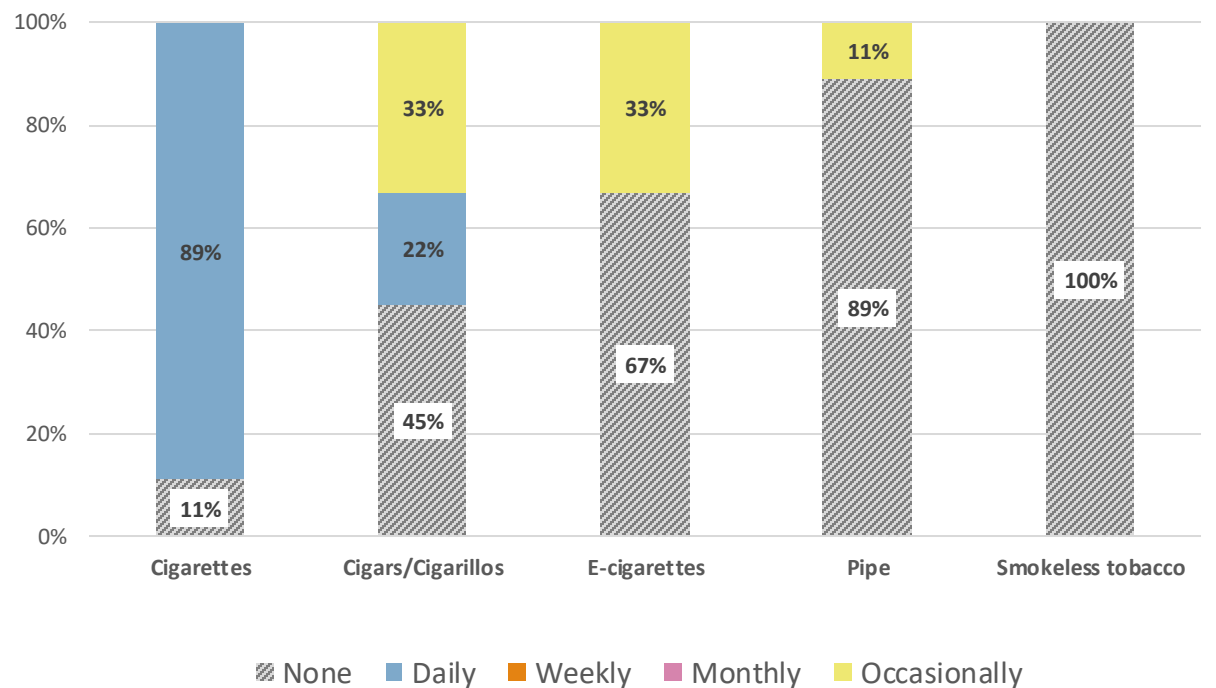


Tobacco Use Frequency

Homeless Services

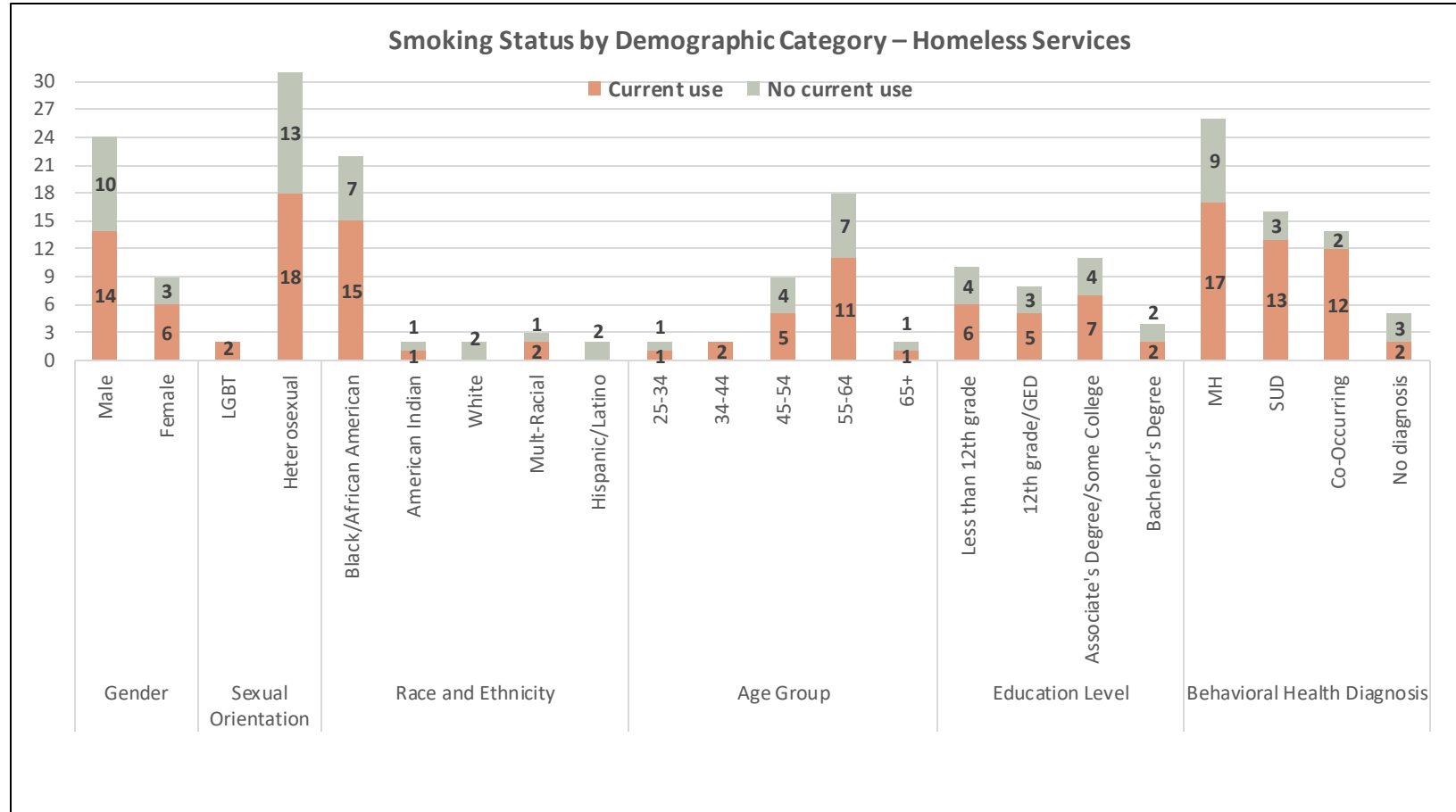


SUD Treatment



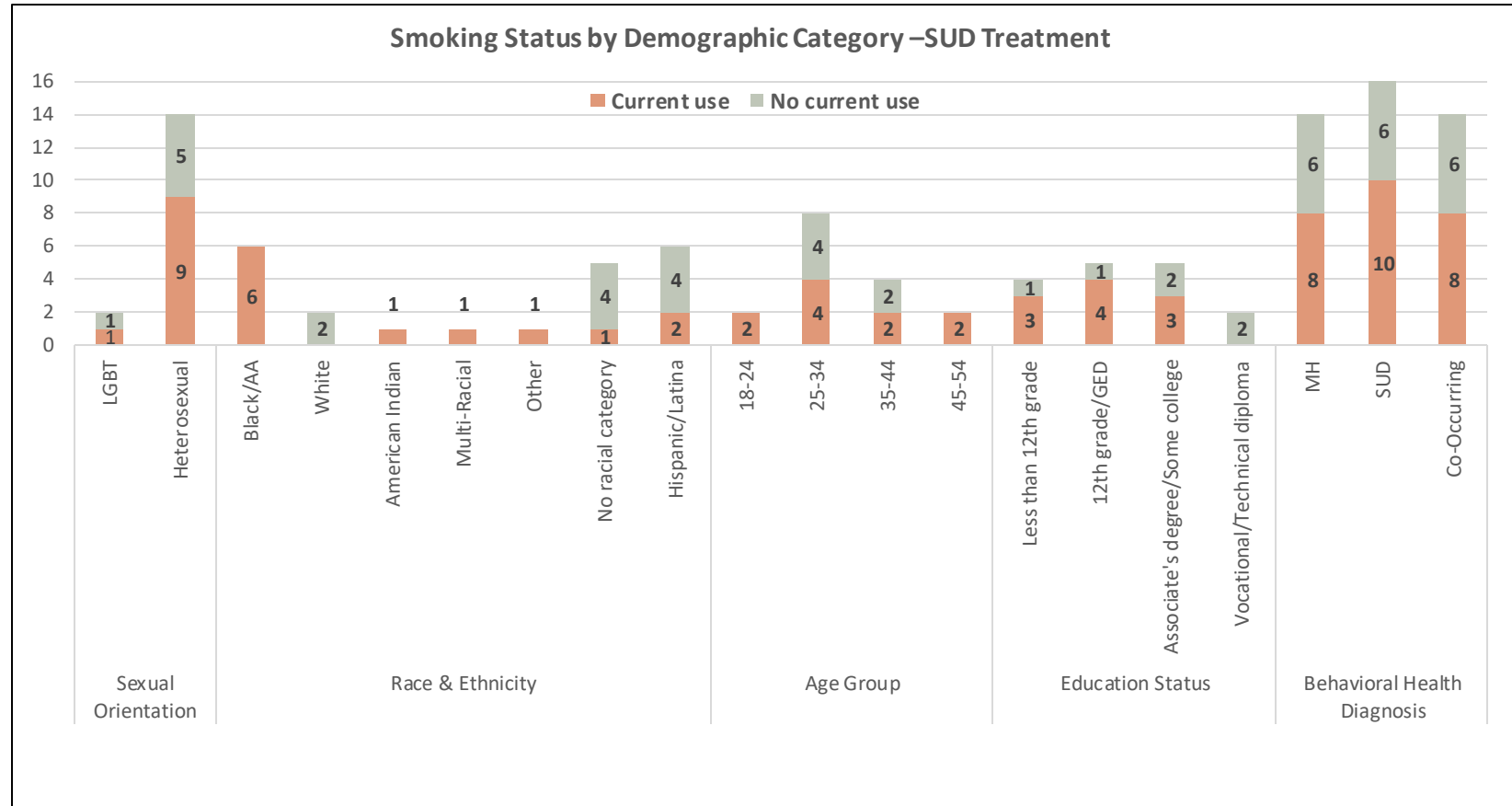
Smoking Rates – Homeless Services

- Female clients reported a slightly higher rate of smoking than male clients
- The majority of clients identified as heterosexual, however all clients who identified as LGBT reported current smoking.
- Clients identifying as Black, American Indian, and Multi-racial reported the highest rates of smoking.
- In all age groups clients reported smoking rates of 50% or higher.
- Clients who completed an Associate’s degree or some college had the highest rate of smoking.
- Clients with a mental health diagnosis, a substance use diagnosis, or co-occurring diagnoses reported higher rates of smoking than clients with no diagnosis.

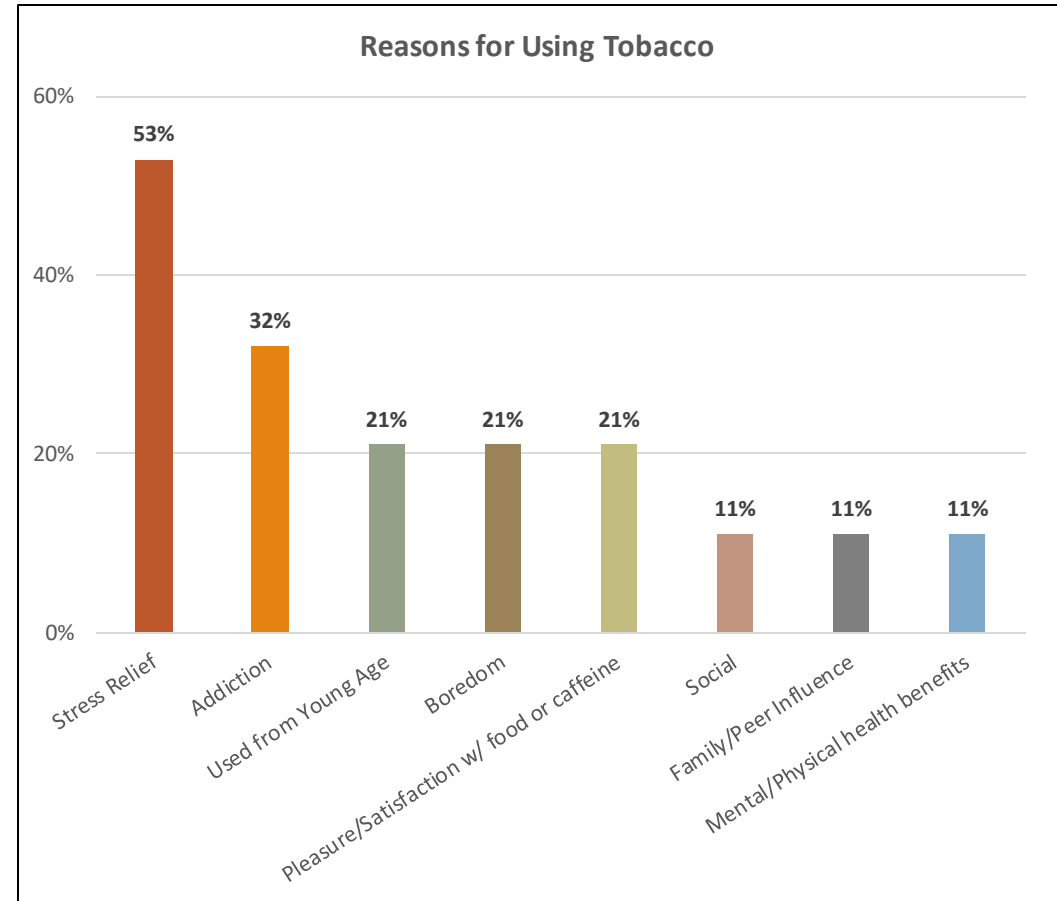
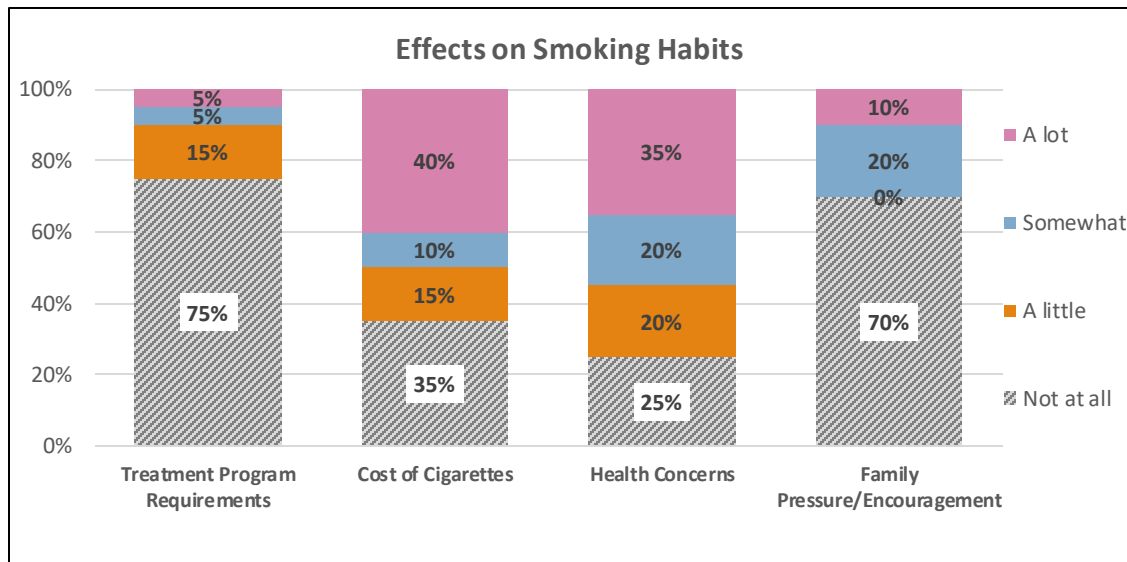


Smoking Rates – SUD Treatment

- Heterosexual residents reported a higher smoking rate than LGBT residents (however, the majority identified as heterosexual).
- Only White residents reported no current smoking, while the highest smoking rates were reported by Black, American Indian, Multi-racial, and residents identifying as another race.
- Although less than half of residents were between ages 35-54, this group reported a slightly higher smoking rate.
- Over half of residents had completed 12th grade or less and reported a higher rate of smoking than residents who had completed some college or a vocational degree.
- All residents have a behavioral health diagnosis; residents with a substance use disorder reported a higher rate of smoking than residents with a mental health disorder or co-occurring diagnoses.



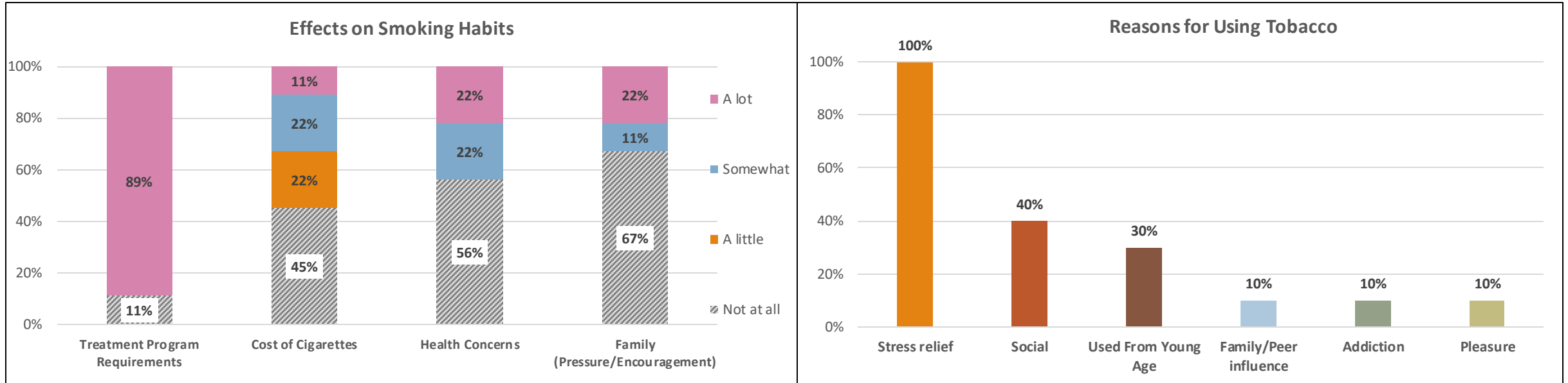
Homeless Services



*Clients reported the cost of cigarettes and health concerns had the most impact on their smoking habits.

*Over half of clients reported using tobacco for stress relief

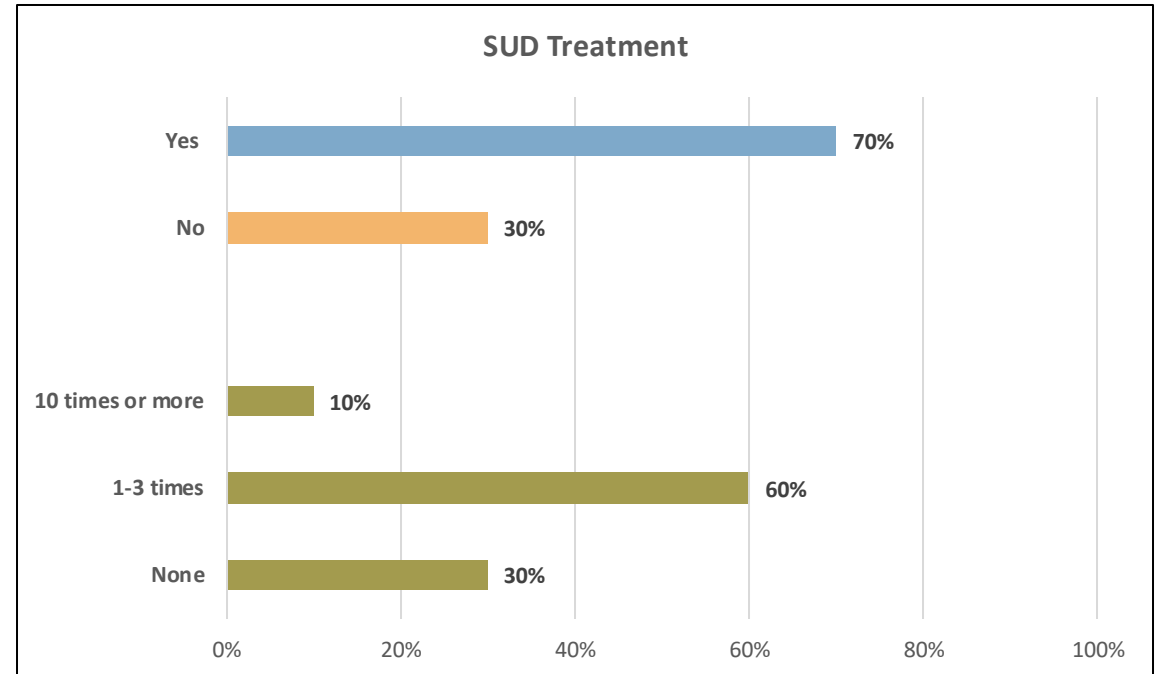
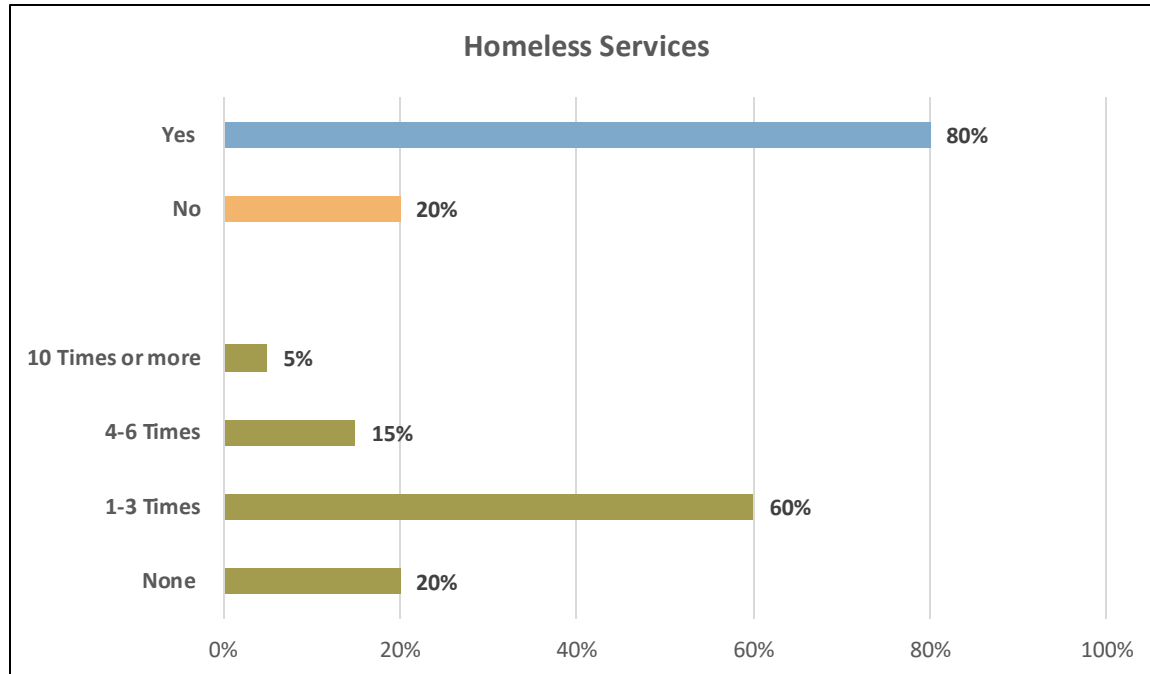
SUD Treatment



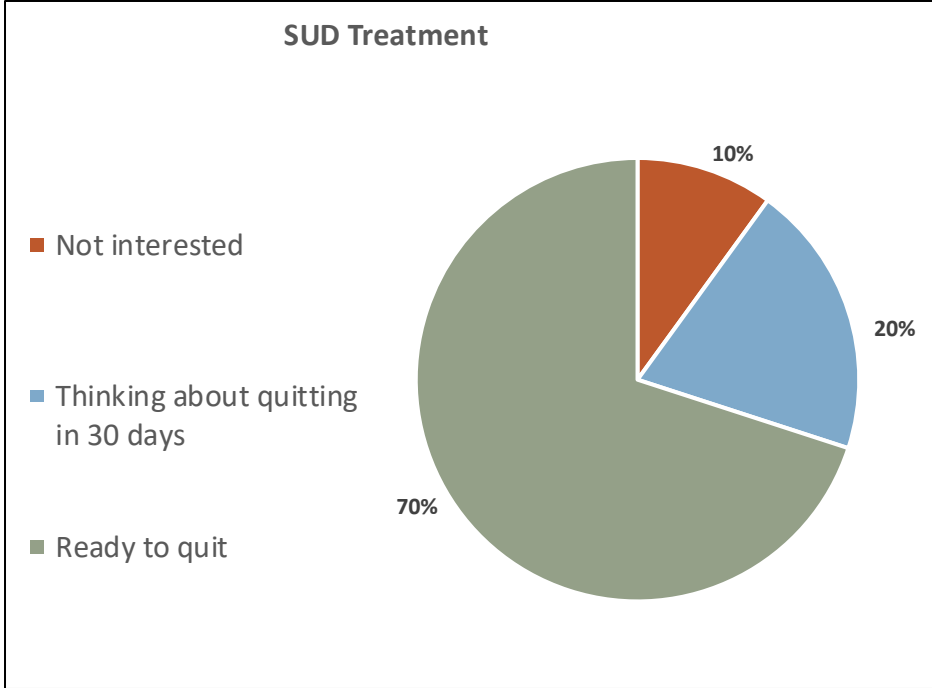
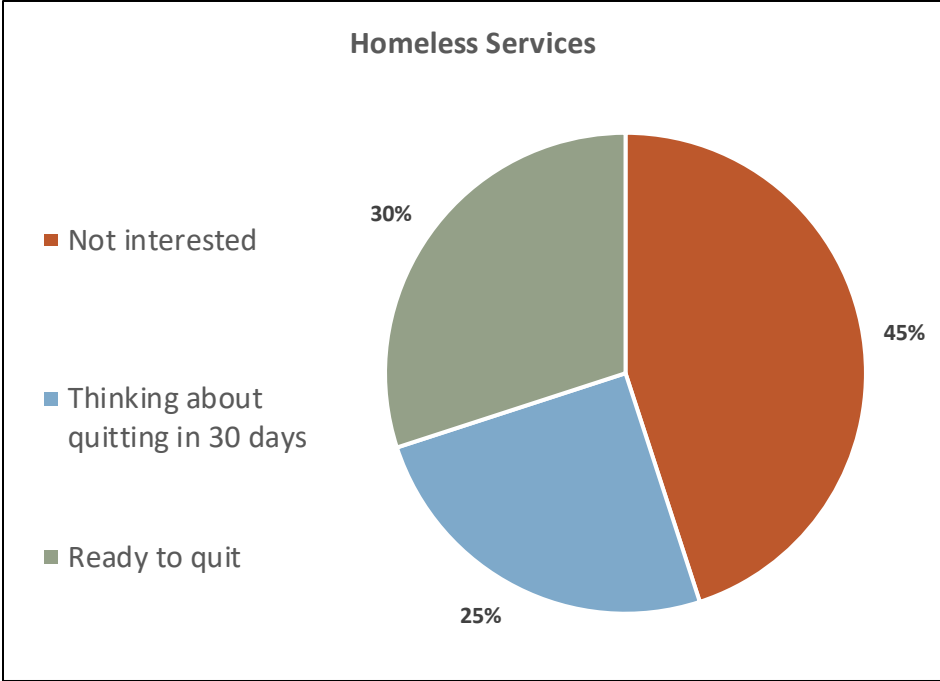
*Residents reported that treatment program requirements have the most impact on their smoking habits, compared to other factors

*All residents reported using tobacco for stress relief

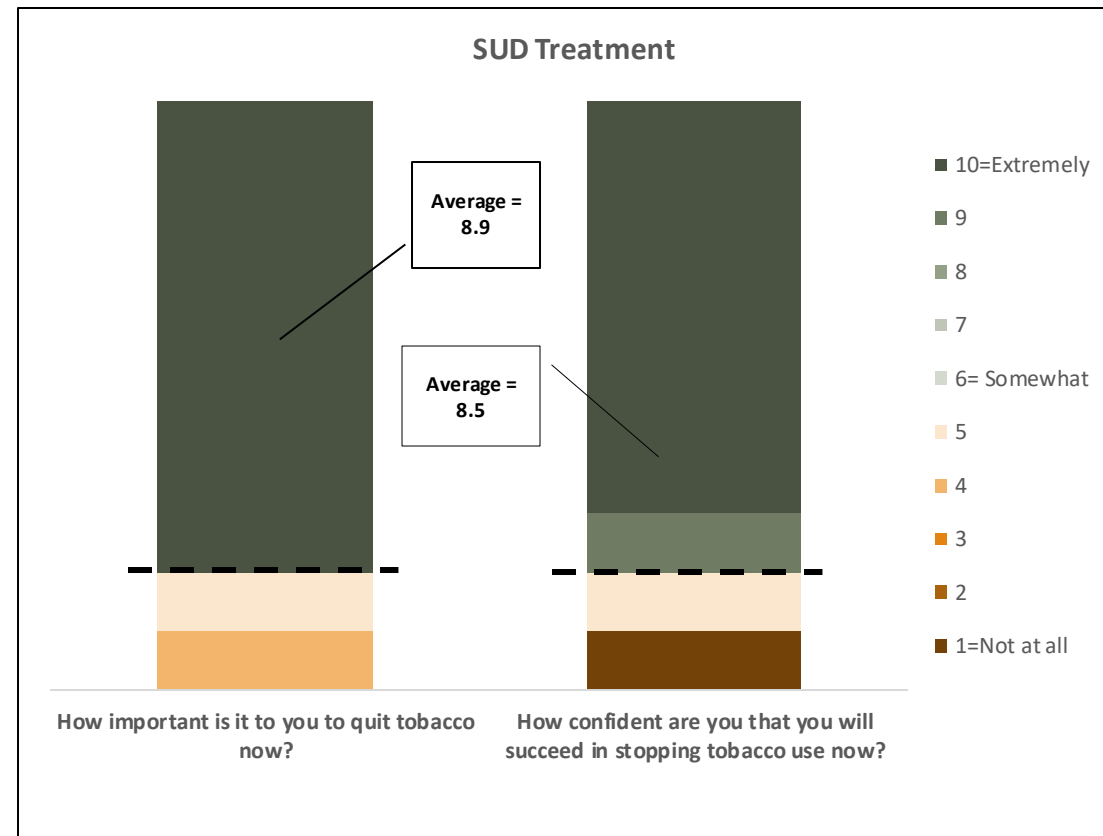
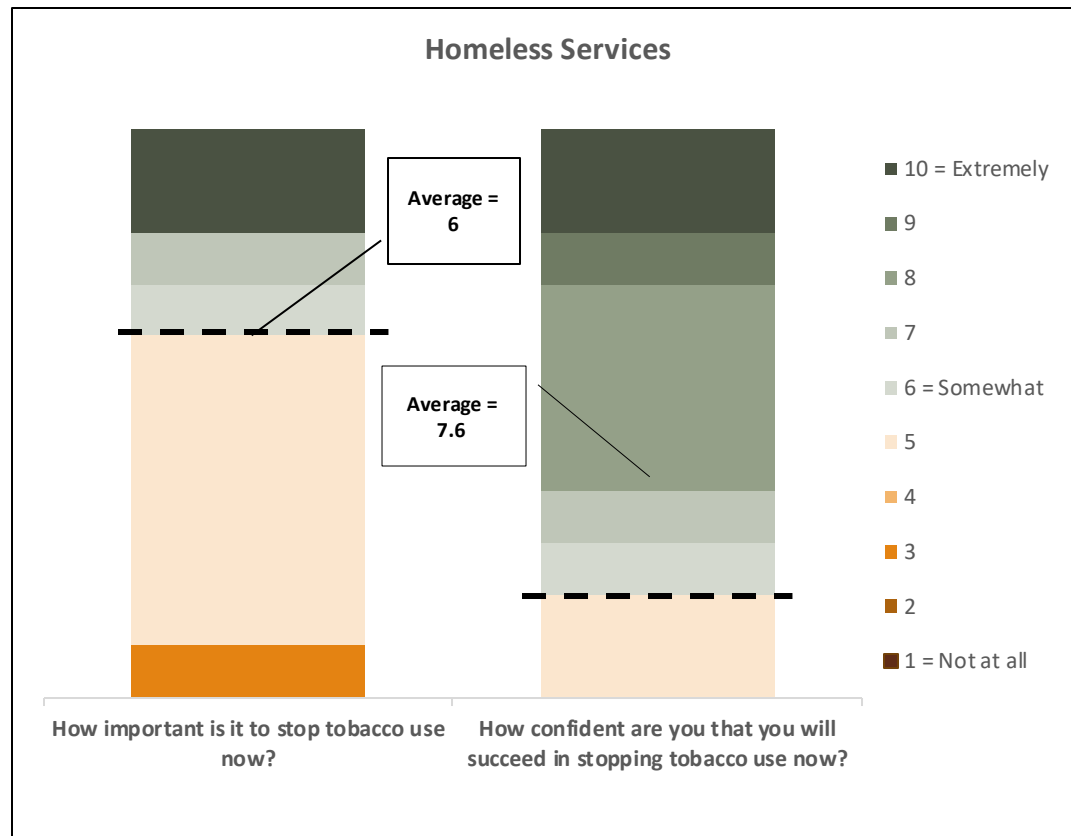
Quit Attempts



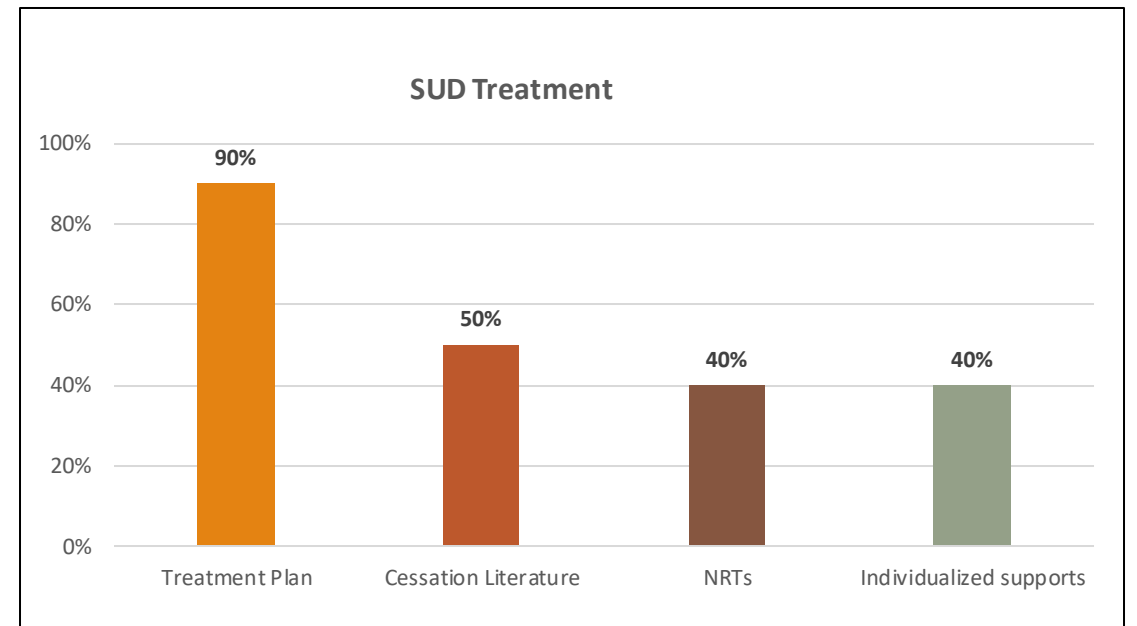
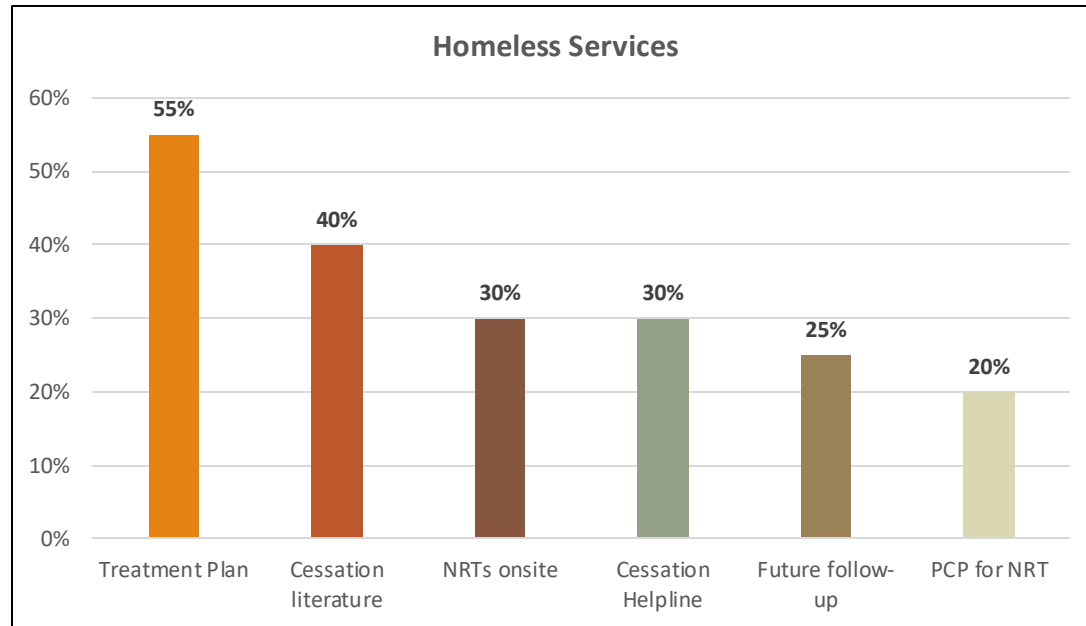
Readiness to Quit



Quit Attempt Rankings



Cessation Support





PATHWAYS TO FREEDOM



TOP 10 TIPS TO QUIT SMOKING

Counselors from the California Smokers' Helpline provide their top 10 tips to quit for good.



Enroll online at www.nobutts.org

This material made possible by the California Department of Public Health and First 5 California.

WINNING THE FIGHT AGAINST TOBACCO

- 1. FIND A REASON TO QUIT**
Do you want to breathe easier? Be around longer for your family? Save money? Whatever gets you fired up, write it down. A strong reason can get you started. And it will help you stay quit when you're tempted to smoke.
- 2. MAKE A PLAN**
Think about what triggers you to smoke. Is it stress? Being around smokers? Alcohol? Or something else? Plan to get through those times without smoking. Keep your hands busy and your mind off cigarettes. Examples: drink water, wash the dishes, talk to a nonsmoker.
- 3. CALL 1-800-NO-BUTTS**
People who call the Helpline are twice as likely to quit for good. A trained counselor will help you make a personal plan and offer support along the way. It's free, and it works!
- 4. GET SUPPORT**
Research shows that support while quitting can really help. Talk with your family and friends about your plan to quit. Let them know what they can do to help you.
- 5. USE A QUITTING AID**
Quitting aids, like nicotine patches and gum, and other FDA-approved medications are helpful. They can cut withdrawal symptoms and increase your chance of quitting for good. Your health plan or Medi-Cal benefits may cover these products. Talk with your doctor about which quitting aids are right for you.
- 6. MAKE YOUR HOME & CAR SMOKE-FREE**
Having smoke-free areas can help you stop smoking. And your friends and family will enjoy cleaner air and a longer, happier life - with you still in it!
- 7. SET A QUIT DATE**
Choose a date when you will quit. This shows you're serious. And you're more likely to give it a try.
- 8. QUIT ON YOUR QUIT DATE**
Sounds obvious, right? But what good is a quit date unless you actually try to stop smoking? Planning is good, doing is even better.
- 9. PICTURE BEING A NONSMOKER**
After you quit, you have a choice to make. Are you a smoker who's just not smoking for now? Or are you a nonsmoker? For nonsmokers, smoking is not an option in any situation. Choose to see yourself as a nonsmoker.
- 10. KEEP TRYING**
Most people try several times before they quit for good. Slips don't have to turn into relapses - but if they do, remember each time brings you closer to your goal.

If you keep trying, you will succeed!

JUUL and E-Cigarette Side Effects

Common side effects of vaping include dry mouth and coughing. While the long-term side effects of vaping aren't well known, Juul and other e-cigarettes have been linked to serious health problems, such as severe lung injuries, seizures, nicotine addiction and poisoning, and an increased risk of heart attacks and strokes.

FREE QUIT SMOKING PROGRAM



Doubles Your Chance of Quitting for Good

Enroll today for one-on-one support from caring, trained professionals. We know it's hard to quit smoking, but you can do it. We have lots of tools to help you!

- TELEPHONE COUNSELING
- SELF-HELP MATERIALS
- MOBILE APP
- TEXT MESSAGING PROGRAM

Hours
Mon thru Fri, 7 am-9 pm and Sat, 9am-5pm

Languages
English, Spanish, Chinese, Korean and Vietnamese

Call Today!



Enroll Online
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How to Quit

- Know your reasons
- Get medication like the patch and gum/lozenge
- Talk to someone who can help
- Learn ways to relax like deep breathing, movement or meditation
- Remember every attempt is a step closer to quitting for good



8 Reasons to Quit Smoking

- Save money
- Breathe easier
- Sleep better
- Smell nicer
- Less tooth and gum disease
- Less cancer risk
- Less addiction
- Less stress



Smoking: A Women's Health Issue

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Smoking for anyone, at any age, is dangerous and can lead to preventable disease, and even death. But, for women, smoking carries certain additional risks. While many Americans may know that smoking can cause cardiovascular disease and certain cancers, like lung cancer, they may not be aware that smoking can also negatively impact a woman's reproductive health, as well as lead to cervical cancer.³

I drank and smoked before I knew I was pregnant. Will my baby be okay?

By [Amy @ Planned Parenthood](#) | Sept. 27, 2010, 4:26 p.m.

Category:

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What if you didnt know you pregnant and drank and smoked the first month, could that harm or affect the growth and development of the unborn fetus?

Conclusions

Both programs were able to increase the amount of clients screened for tobacco use between the first and second grant years

Clients in Homeless Services (**74%**) and SUD Treatment (**63%**) have a higher smoking rate compared to California or Alameda County overall – this is not surprising as program data represents a smaller and more at-risk population

More clients in Homeless Services were ready to quit tobacco, compared to the previous year. The same percentage of residents were ready to quit tobacco, compared to the previous year.

Clients reported a range of reasons for using tobacco but the most cited reason in both programs was *stress relief*

Residents in SUD treatment reported that “treatment program requirements” had the most impact on their smoking habits. While this indicates the strength of Project Pride’s tobacco-free grounds policy, it also highlights the importance of encouraging residents to find other motivations to remain quit after leaving the treatment environment.