Treating Tobacco Use and Dependence in Smokers with Substance Use Disorders

August 7, 2012 from 12:00 – 1:15 PST

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UCSF, Department of Medicine & Institute for Health Policy Studies

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Unity Behavioral Health
Smoking prevalence in 42 US drug treatment studies and the US population

Nicotine & Tobacco Research (2011), 13, 401-411
# Summary of Barriers to Providing Smoking Cessation in Substance Abuse Treatment Settings

<table>
<thead>
<tr>
<th>Source</th>
<th>Resource Limitations</th>
<th>Beliefs</th>
<th>Other Factors</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Lack of staff knowledge or training</td>
<td>Lack of staff time</td>
<td>Perceived risk to sobriety</td>
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<tr>
<td><strong>Staff Surveys</strong></td>
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<tr>
<td>Bobo &amp; Gilchrist (1983)</td>
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<td>Bobo et al. (1995)</td>
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<td>Hahn et al. (1999)</td>
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<td>Gill &amp; Bennett (2000)</td>
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<td>Olsen et al. (2005)</td>
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<td>Fuller et al. (2007)</td>
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<td><strong>Director Surveys</strong></td>
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<td>Knapp et al. (1993)</td>
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<td>Willenbring et al. (2004)</td>
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<td>McCool et al. (2005)</td>
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<td>Richter (2006)</td>
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<td><strong>Director &amp; Staff Surveys</strong></td>
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<td>Walsh et al. (2005b)</td>
<td>✓</td>
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</table>

Organizational Change Intervention
Study Design

Clinic 1
- Pre
- Pos
- F.U.

Clinic 2
- Pre
- Pos
- F.U.

Clinic 3
- Pre
- Pos
- F.U.
ATTOC Client KAS

Knowledge*(S)

<table>
<thead>
<tr>
<th></th>
<th>Pre</th>
<th>Post</th>
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<tbody>
<tr>
<td>4.5</td>
<td></td>
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<tr>
<td>4</td>
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<tr>
<td>3.5</td>
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Attitudes*(S,T)

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<tr>
<th></th>
<th>Pre</th>
<th>Post</th>
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<tr>
<td>4</td>
<td></td>
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<td>3.5</td>
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<td>3</td>
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Services*(T, SxT)

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<tr>
<th></th>
<th>Pre</th>
<th>Post</th>
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<td>3</td>
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(S) = significant site effect
(T) = significant time effect
(S x T) = significant site x time interaction

Drug and Alcohol Dependence (2012), 121, 30-37
New York System Intervention

- 4 year planning period
- Statewide conference calls
- Online counselor training linked to CEU
- NY Dept of Health
  - $4 mil for training
  - $4 mil for nicotine replacement therapy
- Compliance included in program licensing reviews
New York policy intervention to improve tobacco treatment (2008)

- (a) Tobacco-free grounds: prohibiting the use of all tobacco products in facilities, on grounds and in vehicles...
- (b) No evidence of staff smoking
- (c) All patients receive cessation intervention if wanted
Interactions of Time by Treatment: Client Survey Scale

Attitudes

Program Services

Clinician Services

2.0  2.5  3.0  3.5  4.0
Pre  Post  Pre  Post  Pre  Post

Outpatient

Residential

Methadone

American Journal of Public Health (2012), 102, e17
Interactions of Time by Treatment Type: Staff Survey Scales

![Graph showing interactions of time by treatment type for Staff Survey Scales. The graph is divided into two sections: Efficacy and Practice. Each section has a horizontal axis labeled 'Pre' and 'Post', and a vertical axis labeled with numerical values from 2.0 to 4.0. The Efficacy section compares three types of treatment: Outpatient, Methadone, and Residential, indicated by solid, dotted, and dashed lines, respectively. The Practice section also compares the same three types of treatment, showing a different trend from the Efficacy section.]
A Changing Policy Environment

- Increasing tobacco regulation through The Family Smoking Prevention and Tobacco Control Act (Tobacco Control Act), June 2009

- Increasing interest in tobacco and vulnerable populations at Health and Human Services (HHS)
  - NIH/NIDA
  - SAMHSA
  - CDC
  - FDA

- Changing models of care under the Affordable Care Act will affect addiction treatment
Questions?
California Smokers’ Helpline

Implementation Strategy for Tobacco Interventions in Addiction Services

Tony Klein, MPA, CASAC, NCACII
tklein@unityhealth.org
Tobacco Interventions

Two Fundamental Goals:

1. “Denormalize” tobacco use within the alcohol & drug recovery culture.
2. Provide treatment to assist clients to establish and maintain tobacco abstinence as part of “a day at a time” recovery.
# System Changes

<table>
<thead>
<tr>
<th></th>
<th>Current System</th>
<th>Change</th>
<th>Related Tasks</th>
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<tbody>
<tr>
<td>Assessment</td>
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<tr>
<td>Intake/Orientation</td>
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<tr>
<td>Treatment Planning</td>
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<tr>
<td>Program Therapies</td>
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<tr>
<td>Psychoeducation</td>
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<tr>
<td>Case Review/QI</td>
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<tr>
<td>Discharge Planning</td>
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</table>
**Tobacco Dependence Treatment**

Two Levels of Behavioral Counseling to Match Interventions to Client Stage-Readiness:

<table>
<thead>
<tr>
<th>Tobacco Awareness</th>
<th>Tobacco Recovery</th>
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<tbody>
<tr>
<td>(Cognitive)</td>
<td>(Behavioral)</td>
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<tr>
<td>▪ Engagement</td>
<td>▪ Learn Coping Skills</td>
</tr>
<tr>
<td>▪ Develop Interest</td>
<td>▪ Elevate Confidence</td>
</tr>
<tr>
<td>▪ Highlight Importance</td>
<td>▪ Embrace Lifestyle Change</td>
</tr>
<tr>
<td>▪ Enhance Stage-Readiness</td>
<td>▪ <strong>Always</strong> with Pharmacotherapy</td>
</tr>
</tbody>
</table>
Recovery-Oriented Message

Working Definition of Recovery

A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.
Four Major Domains That Support Recovery

- **Health**: overcoming or managing one’s disease(s) as well as living in a physically and emotionally healthy way.
- **Home**: a stable and safe place to live.
- **Purpose**: meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income and resources to participate in society.
- **Community**: relationships and social networks that provide support, friendship, love, and hope.

www.samhsa.gov
Addressing Tobacco Improves Treatment Outcomes

- Alcoholics who quit smoking are more likely to succeed in alcoholism treatment.
  Shiffman & Balabanis, 1996

- Nicotine craving and heavy smoking may contribute to increased use of cocaine and heroin.
  National Institute on Drug Abuse, 2000

- Non-tobacco users maintain longer periods of sobriety after inpatient treatment for alcohol/drug dependence than tobacco users.
  Stuyt, 1997
[Tobacco dependence treatment] provided during addictions treatment was associated with a 25% increased likelihood of long-term abstinence from alcohol and illicit drugs.

Meta Analysis of 19 Randomized Control Trials with Individuals in Current Treatment or Recovery.
**Nicotine Neurochemistry**

- Nicotine affects the same neural pathway as alcohol, opiates, cocaine, and marijuana. *Pierce & Kumaresan, 2006*
- Tobacco use reinforces the effects of alcohol and cocaine. *Little, 2000; Wiseman & McMillan, 1998*
- Tobacco use has a modulating effect by reducing cocaine-induced paranoia. *Wiseman & McMillan, 1998*
Social Factors

Tobacco use in an population with SUD maintains...

- rituals and social norms that serve to reinforce chemical coping beliefs.
- drug dealing behavior and lifestyle
- drug acquisition activity including manipulative behavior, prostitution, and other criminal activity.
The Paradox

- As one walks through a drug recovery process, the cigarette is often the last thread of a tangible link to one’s old (addict) identity while developing a new (addict in recovery) identity.

- Tobacco use provides a sense of familiar comfort, yet often inhibits growth to key objectives of drug recovery: cognitive and behavioral change to redefine self and lifestyle.
Case Example-1

- Therapeutic Community
- Harlem NYC
- 45 – 50 Adult Males
- Community Meeting
- Tobacco Awareness Group

Where Recovery Lives

Odyssey House
Case Example-2

- The **Charles K. Post Addiction Treatment Center** is a state-operated inpatient treatment program which is Commission on Accreditation of Rehabilitation Facilities (CARF)-accredited and NYS OASAS-certified.
- C.K. Post opened in 1955. The facility maintains 79 beds for its inpatient rehabilitation program and 21 beds for its Community Residential program.
- Services provided include routine medical care, specialized and individualized treatment and educational services, as well as other types of interventions that address the physical, psychological, emotional, and social symptoms of addiction.

Charles K. Post Addiction Treatment Center

Pilgrim Psychiatric Center
West Brentwood, NY
Changing Social Norms
Tobacco Addiction Should be Treated in AOD Programs

AWARENESS TOPICS
1 - Tobacco Use and Other Substances
2 - Decisional Balance
3 - Letting Go of Unhealthy Relationships
4 - Review / Behavioral Defenses
5 - Tobacco Use and Other Substances

Klein, Tony. Charles K. Post Addiction Treatment Center, Tobacco Intervention Project, 2008
Outreach Training Institute, Regional Technical Assistance & Training Center, Professional Development Program, SUNY at Albany
Changing Social Norms

Stopping Tobacco at the Same Time... is a Good Idea

**AWARENESS TOPICS**
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Klein, Tony. Charles K. Post Addiction Treatment Center, Tobacco Intervention Project, 2008
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Changing Social Norms

Nicotine Replacement Therapy is Helpful

Klein, Tony. Charles K. Post Addiction Treatment Center, Tobacco Intervention Project, 2008
Outreach Training Institute, Regional Technical Assistance & Training Center, Professional Development Program, SUNY at Albany
Change Strategies

- Anchor the rationale for addressing tobacco to the organization’s mission.
- Develop a written ATOD policy.
- Integrate tobacco treatment into existing programming.
- Highlight the topic as a recovery issue communicated through treatment philosophy, 12-Step teachings and/or therapeutic community principles.
- Strategically address the resistance to social change.
- Provide targeted staff training after completing a needs assessment; match training to agency stage-readiness.
- Use language consistent with treatment and recovery culture.
- Cultivate a consensus of all stakeholders.
- Utilize Quality Improvement Process and Clinical Supervision to sustain clinical interventions.
Change Strategies

Think parallel process for clients and staff

- Meet people where they are
- Strive to understand staff perspective
- Wherever possible, offer options
- Roll with resistance non-reactively
- Avoid willfulness
- Support staff initiatives for change
- Partner with staff to tailor interventions for their practice context

(Miller & Rollnick, 2001; Williams et al., 2006)
Environmental Support

Alcohol, Tobacco, & Drug-Free Policy

WE NEED YOUR HELP

East House wants to maintain a healthy safe environment

This house is

Alcohol, Tobacco
and Drug Free

By not using these substances, we can support each other in recovery

Thank you for Your Support and Cooperation
Reframe Language

Consistent to Recovery Culture, 12-Step Teachings and Therapeutic Community Principles

Common Terminology
- Smoking
- Quit date
- Cessation

Language to Promote Norm Change
- Tobacco Use, Hit, Fix
- Tobacco Recovery Start Date
- Treatment, Recovery
Embrace Recovery!

Be Alcohol, Tobacco & Drug-Free
Free Education & Training Videos

www.oasas.ny.gov/tobacco/index.cfm

Training Tools to Support Your Tobacco-Free Efforts

These **FREE** training videos are designed to reinforce the importance of addressing tobacco with counselors and clients.

- **COUNSELOR VIDEO**
- **CLIENT VIDEO**

This poster has been designed to reinforce the importance of an alcohol, drug and tobacco-free life in recovery.

- **DOWNLOAD POSTER**
Thank You

When I stopped living in the problem and began living in the answer, the problem went away.

*Big Book of Alcoholics Anonymous*
Page 449

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585.368.4718
Contact Information

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  – k3hansen@ucsd.edu
  – www.centerforcessation.org

➤ California Smokers’ Helpline
  – Kristin Harms
  – kharms@ucsd.edu
  – www.nobutts.org