

The Addressing Tobacco... project provides a multitude of services including counseling for tobacco-using staff

Addressing Tobacco in the Treatment of Other Addictions is a statewide project of the School of Public Health of New Jersey, UMDNJ. The project is funded by a grant from the Department of Health and Senior Services, Division of Addiction Services, has as its mission to help substance abuse treatment programs deal with tobacco issues and nicotine dependence. Following is a description of the project's services:

• In-person and Phone Consultation:

The project provides in-person and phone consultation to treatment programs, helping to review and assess current tobacco policies and practices of the treatment facility, and assisting in the development and implementation of revised tobacco & nicotine policies and nicotine dependence treatment protocols.

- **Training:** Staff trainings, in-service trainings, and regional trainings on program, policy and clinical issues related to treating nicotine dependence in the chemical dependency setting are offered by the project. Topics covered include: historical & social context of tobacco; nicotine pharmacology; the connection between alcohol, tobacco and other drugs; integrating nicotine dependence treatment; assessment tools; writing a nicotine dependence treatment plan; and developing tobacco and nicotine patient education protocols.

- **Recovery Workshops and Support for Staff:** The *Addressing Tobacco...* project has also developed a 5-hour motivational workshop, "For Smokers Only," that can be provided on-site for clinical and non-clinical staff who use tobacco. This workshop addresses addiction recovery based on the Stages of Change model and uses behavior modification approaches to assist staff in moving through obstacles and barriers to quitting tobacco use. There is one-year clinical follow-up offered to attendees of the program. In addition, the project offers confidential counseling for individual staff members who wish to talk to an outside professional

about their tobacco use. Requests for this service can be made by calling the project office at (732) 846-4338.

- **Video Lending Library:** Another valuable resource is the Video lending library (available to New Jersey treatment programs only). The project has a catalog of over 60 videotapes, as well as audiotapes, for use in staff, patient and family education. A list of videotapes (with descriptions) is available by calling the office.
- **Information Packet:** Also available free of charge from the project is an information packet which includes fact sheets, a brochure, and current research articles supporting the rationale for providing nicotine dependence treatment in the CD setting. Also available is a two-page fact sheet on nicotine pharmacology and the Treatment Resource Directory listing programs which provide treatment for nicotine dependence in New Jersey and nation-wide.
- **Manual and Guide:** The project has also developed products that are available for purchase. The *Drug-Free is Nicotine-Free* manual, now in its second printing, provides a step-by-step guide to developing tobacco-free policies, dealing with tough staff & client issues, and establishing protocols for the assessment, diagnosis, education & treatment of nicotine dependence in the chemical dependency setting. *Helping Your Clients Deal with Tobacco* is a 30-page guide to assist the clinician in developing treatment strategies to intervene with clients based on the Stages of Readiness for Change. Included are descriptions of the Stages, traps to avoid, intervention toolboxes, suggested exercises, audio-visual materials and reading materials for clients and clinicians. The guide is based on information from Dr. Terry Rustin, the Mayo Clinic Nicotine Dependence Center, and the *Drug-Free is Nicotine-Free* manual.

Addressing Tobacco in the Treatment of Other Addictions

Steps for Becoming a Tobacco-Free Treatment Facility

1. Acknowledge the profound challenges tobacco creates for the addictions treatment community.
2. Establish a leadership group or committee and secure the commitment of the organization.
3. Develop a tobacco-free policy.
4. Establish a policy implementation timeline with measurable goals and objectives.
5. Conduct staff training.
6. Provide treatment for nicotine-dependent staff.
7. Assess and diagnose nicotine dependence in patients and use this in treatment planning.
8. Incorporate tobacco & nicotine into patient education curriculum.
9. Establish on-going communication with 12-step recovery groups, professional colleagues and referral sources about policy changes.
10. Require that no staff member be identifiable as a tobacco user.
11. Establish tobacco-free facility and grounds.
12. Implement comprehensive nicotine dependence treatment throughout the program.

