

Treatment Program Progress Notes

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Daytop – NJ, Inc.

Daytop – NJ has had a tobacco-free campus, meaning that no tobacco use is permitted in the buildings or on the grounds by staff and clients, since January 15, 1998. During the past year, however, the directors recognized that the 'no tobacco use' policy was seen more as a rule than as a treatment issue. The following changes were therefore made to shift the focus to the treatment of nicotine addiction:

1. Upon admission, clients who use tobacco are given a comprehensive nicotine assessment to determine if they are nicotine dependent.
2. Results of the assessment, along with a determination of their stage of readiness to change, are used to generate the treatment plan with specific objectives geared to nicotine treatment activities.
3. The nicotine patch is offered to all incoming clients (at their own cost) and is monitored by the medical director. They are phased off the patch by Level II.
4. Weekly nicotine treatment seminars and education groups are held and include the use of videos and a self-administered smoking questionnaire.
5. Staff education continues and all staff who use tobacco are "encouraged to use the nicotine patch themselves."
6. Family visitation days and family sessions will soon include information on nicotine addiction.
7. Information from the client's smoking questionnaire will be reviewed to determine both treatment progress and relapse potential.

New Hope Foundation, Inc.

On January 1, 1994, New Hope Foundation established a policy that did not permit adolescent clients to use tobacco while they are in treatment, but which permitted adults to use tobacco in designated areas outside the buildings only. As of June 15, 1999, however, that

policy has changed. The new policy now requires that no-one – adolescent and adult clients, employees, and visitors – may use tobacco in the buildings or on the grounds of New Hope Foundation. The entire environment is now completely tobacco-free.

Few incidents of non-compliance have been reported since the policy changed.




The grounds of the New Hope Foundation in Marlboro, NJ

Tony Comerford, New Hope's CEO (elect) states, "in retrospect it was well worth rising to the tobacco-free challenge. Staff members feel positive about 'doing the right thing' for our clients and no longer concern themselves with any ambiguities regarding what our policies are. New Hope Foundation is 'dedicated to Success in Recovery' and our tobacco-free status serves as one more demonstration of this commitment."

Following are some of the things that New Hope did to prepare for this significant change:

1. In November 1998, Executive Management made the commitment to achieve a tobacco-free environment. Though many members questioned whether such a policy was feasible, a committee was formed to gather information to begin the process. Each unit director was asked to develop a Nicotine Treatment Unit Plan – a plan for integrating the treat-

ment of nicotine dependence into their current unit's treatment protocols.

2. The Tobacco-Free Environment Committee held its first meeting in January 1999 and set a tentative "tobacco-free" date of June 1, 1999. The Addressing Tobacco... project was contacted for consultation and two "For Smokers Only" workshops for staff were organized to be held in April and May 1999.
3. In addition to the "For Smokers Only" workshops, a current list of Nicotine Anonymous meetings and a sponsor list of staff members in nicotine recovery were made available to staff. A weekly Nicotine Anonymous meeting was held on site for staff only.
4. By May 5, 1999, all referrals and contracting agencies were notified via mail of the upcoming tobacco-free environment date, now scheduled for June 15, 1999.
5. On June 1, 1999, staff was no longer permitted to use tobacco on the grounds of New Hope Foundation.
6. On June 14, 1999, the day before the big change, a full schedule of events was planned for clients, including a lecture on nicotine addiction, group discussions, and a "Walk for a Tobacco Free Environment" which culminated in a ceremony. In addition, signs were posted around the facility indicating that it was a tobacco-free environment.
7. June 15th, 1999 was the first day of an entirely tobacco-free campus for staff, clients and visitors. Signs were posted around the facility indicating that it was a tobacco-free environment. 

If your program is moving forward in ways that you think others should know about, please let us know so we can include you in our progress notes section.