



Tobacco Recovery and Wellness for the Behavioral Health Community

End of Grant Update

December 2014

The University of Colorado, Behavioral Health and Wellness Program (BHWP) and The National Council for Community Behavioral Healthcare have partnered to address the unacceptable death and disability among smokers with behavioral health conditions. We have successfully completed all of our deliverables. We directly trained 1,811 providers and peers. A conservative estimate of reach to unduplicated end user clients is 90,550. This doesn't include the impact of the CEO letters sent to 30,000 National Council members or distribution of training resources to the University of Colorado or SCLC distribution lists. This number also doesn't factor in that 35 of those trained in November 2014 were CEO's and other senior leadership for their agencies, and potentially had wider impact than the other providers we trained. Specific deliverable included:

- Three letters from the National Council CEO were sent to the over 30,000 contacts calling for all behavioral health treatment settings to enact cessation treatment and smoke-free policies. The titles of the blogs were:
 - "Tackling Tobacco Use in Substance Use Treatment Settings", January 23, 2014
 - "Surgeon General's Report Points to Anti-Smoking Needs in Mental Health", January 27, 2014
 - "eCigarettes: Harmful or Helpful?", December 19, 2014
- Successful tobacco cessation track at the 2013 and 2014 Annual National Council Conferences
 - April 2013 presentations: "Smoking cessation summit: Reducing unnecessary death and disability" (35 attendees) and "Workforce wellness: Introduction to the peer-to-peer tobacco recovery program" (11 attendees).
 - May 2014 presentations: "Peers and tobacco cessation: the tool up your sleeve" (27 attendees) and "Tobacco in integrated health settings" (96 attendees).
 - At both conferences, we also had a prominently displayed information table throughout the conference highlighting national tobacco cessation resources for persons with behavioral health conditions, and to provide brief technical assistance to attendees (We had approximately 50 attendees discuss cessation needs)
- A three-day training in May 2013 in partnership with the Oklahoma Department of Mental Health and Substance Abuse Services. The training was open to providers and peer specialists statewide. A one-day fundamentals training (24 attendees) was followed by a two-day Peer-to-Peer Tobacco Recovery Program training (30 attendees).
- In partnership with the Hawaii State Department of Health and SCLC, a one-day on-site training in July 2013 titled "Tobacco Recovery Program: Practical Strategies for Providers and Peers" (52 attendees)
- Presentation for the plenary panel at the "Beyond the 5As" grantee conference in November 2013



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- November 2014 one-day Leadership Symposium in Portland Oregon. Attendees were CEOs and other senior leadership of national behavioral health agencies. Presentations included: Leadership strategies to increase organizational buy-in; Building the case for smoke-free living, why you should lead the charge; Integration and workflows, how to address whole health; Rapid improvement planning for your agency, developing 3-month action plans (35 attendees)

- National webinars, including:
 - June 2013, “Building the case to support tobacco cessation” (234 attendees)
 - October 2013, “Treating tobacco dependence in individuals with substance use disorders” (287 attendees)
 - April 2014, “Ending tobacco use in criminal justice settings”(300 attendees)
 - November 2014 “Reducing tobacco use in young adults”(630 attendees)

- Creation of tobacco control resources disseminated through National Council and BHWP websites, National Council electronic newsletters and magazine. This includes a tobacco cessation section of the electronic newsletter sent to all National Council members, and blogs such as “12 Steps to Success: Tobacco Cessation for Addiction Treatment Centers” (30,000 contacts)