

# Smoking Cessation for People Living with Mental Illnesses

2015- 2016



Funding provided by Pfizer with project advising  
by the Smoking Cessation Leadership Center

# Objectives

- Reduce Smoking Among People Living with Mental Illnesses
- Increase awareness and engagement among providers around the importance of smoking cessation for people living with mental illness
- Increase availability of supports to assist people living with mental illness to quit smoking

# Project Activities

- Develop and provide a 1 hour workshop to train providers on smoking cessation
- Develop and provide a 1 hour workshop for people living with mental illnesses on how to quit smoking
- Establish weekly support groups on quitting smoking
- Track cessation attempts and gather data on successful quit strategies among support group participants

# Results

- We trained 210 providers through 12 workshops
- We provided the smoking cessation workshop 20 times to 187 people living with mental illnesses
- We established 3 weekly support groups in the Twin Cities, with 44 individuals attending at least one
- There were 13 quit attempts among 11 support group participants
- Tapering cigarettes, changing behavior, and quitting cold turkey were the most common methods used to quit
- No quit attempts lasted longer than 3 months

# Conclusions

- Incentives may be needed for providers and clients to increase attendance at workshops and support groups
- Participants chose the least helpful methods to quit smoking, even after discussing evidence-based options
- Future interventions should focus on recruiting a champion at each organization to increase engagement and continuing efforts around smoking cessation