

Wellness and Recovery Learning Community

Operated by the National Council in partnership with Behavioral Health and Wellness Program

- **Funder.** Pfizer/Smoking Cessation Leadership Center Independent Grants for Learning & Change
- **Timeline.** April 2015 – April 2016
- **Goals.**
 - To support seven (7) Florida-based addictions provider organizations with adopting tobacco screening and cessation practices
 - To enhance cross-systems collaborations with tobacco control and other key stakeholders



WRLC Quality Improvement Components

- Action Planning Assistance
 - DIMENSIONS: Action Plans
- Staff Education
- Individualized Technical Assistance
- Evaluation
 - Three Baseline and Follow-Up Surveys



Organizational Self-Assessment

- Delivered Before and After WRLC Program
- 29 Questions, Across 9 Dimensions of Tobacco Cessation Services and Supports
- 5-point Likert Scale
 - “Not currently considering/decided against”
 - “Considering but not actively planning”
 - “Actively planning; next 3-6 months”
 - “Actively planning; next 3 months”
 - “Currently offering”
- Completed by all 7 agencies



TOBACCO TIPS FROM ADDICTIONS PROVIDERS



6 TIPS TO HELP YOUR ORGANIZATION GO TOBACCO-FREE

HAVE YOU THOUGHT ABOUT GOING SMOKE-FREE ON YOUR FACILITY OR CAMPUS, BUT ARE AFRAID THAT IT WOULD BE IMPOSSIBLE?

In 2015, the National Council for Behavioral Health launched the Wellness and Recovery Learning Community an eight-month initiative comprised of seven Florida addictions provider organizations and programs to support providers in developing and implementing evidence-based tobacco cessation strategies for people with addictions. Eight months later, all were gone tobacco-free or had processes in place to help their clients lead a tobacco-free life.

 **National Behavioral Health Network**
For Tobacco & Cancer Control
www.BHtheChange.org



1 Implement a planning committee and create monthly goals to help move toward your goal.



2 Encourage your staff to lead healthier lifestyles by offering them tobacco cessation services.



3 Keep tobacco cessation resources onsite to help your clients quit and tobacco-free.



4 Offer tobacco-cessation group classes onsite.



5 Connect with your state tobacco control programs to get information about tobacco cessation counseling services and FDA-approved pharmacotherapies that may be available for free or at a low-cost to your clients.



6 Emphasize to your clients that tobacco cessation is a part of living a healthy lifestyle.

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