

Take a Deep Breath

on 12/12/12





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**ROBERT WOOD JOHNSON
MEDICAL SCHOOL**
University of Medicine & Dentistry of New Jersey

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Providing educational and technical support services to addiction treatment facilities in order to reduce the harm caused by tobacco, in accordance with New Jersey's tobacco treatment standards



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Initial Contact

Kickoffs:

- November 30, 2011 held in New Brunswick
- December 6, 2011, held at Integrity House, Newark, NJ
- 49 participants from residential facilities

Initial Assessments:

- Opportunity to meet, gather specific information (contacts), discuss concerns or questions
- 62 out of 64 licensed residential units visited

Needs Assessment- Building a Relationship



- Creating a partnerships addressing tobacco: contacts, communication, etc.
- Addressing your agency's specific educational needs
- Expanding and promoting high-quality and comprehensive services
- Got **ASPARC**, got a plan?: establishing milestones and objectives

Complete Institutional Treatment Plan

- **Step 1:** Acknowledge the Challenge to Address the Barriers and Integrate the Solutions
- **Step 2:** Establish a Leadership Group and Make a Commitment to Change
- **Step 3:** Create a Change Plan and Realistic Implementation Timeline
- **Step 4:** Start with easy program and system changes, including tobacco policies
- **Step 5:** Conduct Staff Training
- **Step 6:** Assess and Document in charts nicotine use, dependence, and prior treatments
- **Step 7:** Provide Treatment Assistance for Interested Tobacco Dependent Staff
- **Step 8:** Provide Medications for Nicotine Dependence Treatment
- **Step 9:** Provide treatment and recovery assistance for interested nicotine dependent staff
- **Step 10:** Integrate Motivation-Based Treatments throughout the program
- **Step 11:** Establish ongoing communication with 12-Step Recovery Groups, Professional Colleagues, and Referral Sources about system changes
- **Step 12:** Consider additional Addressing Tobacco Policies, including Smoke-Free Grounds
- **Step 13:** Anticipate Some Resistance
- **Step 14:** Conduct Evaluation and Collect Outcome Measures
- **Step 15:** Work on Sustainability and Enforcement

Step

Specific Tasks

Timeline (Due Date)

Broad Objectives

Person or Groups Responsible

Status

	BROAD OBJECTIVES	SPECIFIC TASKS	PERSON OR GROUP RESPONSIBLE	TIMELINE (DUE DATE)	STATUS
Step 1:					
Acknowledge the Challenge of Addressing Tobacco					
	Acknowledge impact of tobacco on mental health community	Obtain cooperation, agreement and support from chief administrator or leadership team			
	Identify the barriers and resistance to success	Share barriers with Administration			
	Initiate buy-in from staff	1. Discuss barriers with staff and solicit problem-solving feedback			
		2. Provide updates and staff meetings and written communication to keep everyone informed			
	Develop a mission statement	1. Create draft of mission statement			
		2. Disseminate for comments to staff			
		3. Disseminate for comments to clients, families and stakeholders			
		4. Submit to Administration for approval			
		5. Disseminate final version to staff			
		6. Disseminate final version to clients, families and stakeholders			

Initial Steps

- Defining and making a statement
- Staff's Experience-
 - 60 Staff Assessments, NRT: Month's supply of Patches, Gum, Lozenge
- A spark of hope...Integrity House
 - "Health – Breathing has become much better,
Money – I now see how much money I was spending on cigarettes
Smell – I use to back up from people when they talked me. Now I feel comfortable to talk up close."
 - "Negative consequences were not being able to sing like I use to! I'm looking forward to getting my vocals back and my health! What's been positive since I quite smoking is that I'm getting my vocals back still need a lot of practice but I'll get there! It has motivated me so much!"

- Jose A., Integrity House Staff member

Administration and Staff: Technical and Educational Support

- Listserv: Announcements/Messages regarding training opportunities, Resources and education regarding tobacco dependence, templates to facilitate addressing tobacco dependence treatment
- Web Resource: www.njtobaccofree.org
- Education -Training:
 - 2nd Round with Jose A. Cruz: **Tobacco 101 to how to implement tobacco dependence treatment**
 - Dr. Williams: **NRT and Tobacco Treatment Medication- June 2012**
 - Dr. Steinberg: **Motivational Interviewing- June 2012**
- Promotional Materials: Posters, Brochures, Articles, etc.
 - For Clinicians, Counselors, Staff with Direct Contact with Clients, and Clients
- Carbon Monoxide meter- Initiate conversations, utilize for treatment, etc.
- Our **Newsletter**...



The Face of ASPARC: Jose A. Cruz

Jose A. Cruz, MBA, LCSW, Addictions Consultant, holds a LCSW and MBA. He currently is a PhD student in Public Health at the School of Public Health, UMDNJ. Jose has a wide range of experience in providing access to health and mental health services for populations dealing with issues such as HIV/AIDS, domestic violence, immigration issues, and tobacco dependence. He is also a presenter at the 5 day Certified Tobacco Treatment Specialist Training at UMDNJ. With a cross-over in business and public health education, he is deeply engaged in replicating models of healing that are sustainable and just. Jose is the primary consultant on the ASPARC project. He will be meeting with all of the facilities and assisting facilities in becoming smoke free.

NJ's Got ASPARC

The official newsletter of
The New Jersey Addiction Smoking Program and
Resource for Cessation Program

Frequently Asked Smoke-Free Q&A

By Julie Morgano

General Questions

Q: Why should I address tobacco dependence in my facility?

- A:** There are several reasons.
- Treating tobacco will save lives—today, tobacco is the number one killer in America
 - Tobacco treatment in a drug treatment center will offer treatment to many smokers. 80-90% of patients in in-treatment centers are smokers.
 - Tobacco use can be a trigger for other alcohol and substance cravings.
 - Addiction treatment providers are well trained to treat tobacco dependence.
 - Treating tobacco dependence is consistent with the mission statement of many facilities.

Q: Won't trying to quit smoking make treatment more difficult?

A: NO. Studies show that no long str harmful effects have been found w patients are also being treated for tr dependence. In fact, recent rese found that smokers who do not higher likelihood of relapsing t who quit during treatment.

Regulation and

Q: When will the new re effect?

A: Facilities will have smoke free by Decer

Q: What does tob

A: Tobacco-free use anywhere / it applies to f



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IMPORTANT INFO

FREE Nicotine Replacement Therapy (NRT) is now available for any employee who currently works in a New Jersey Licensed Residential Treatment Program.

Interested employees will receive a personalized and confidential tobacco phone assessment scheduled at their convenience. Upon completion of the assessment, the employee will be eligible to receive a **FREE 4 week supply of NRT.** We are offering nicotine gum, lozenges, and patches.

If you are interested in scheduling a phone assessment contact Jose Cruz at 732-235-4497.

NJ's Got ASPARC

The Official Newsletter of NJ's Addiction Smoking Program and Resource for Cessation

So You've Decided to Quit...

By Julie Morgano

Many ex-smokers will agree that quitting smoking is one of the most difficult things they have ever done. But don't become discouraged. Millions of people have successfully quit smoking and so can you. You just need to develop a plan. Research has shown that the better prepared you are to quit the more successful you will be at quitting.

Step 1: Why do you want to quit?

It is important to understand why you want to quit. Knowing the reasons for quitting will motivate you to keep trying. So now I want you to take a moment and really think about all the reasons you want to quit. Is the reason because you want to improve your health? Do you want to improve you no longer expose your family, friends, and pets to the dangers of second-hand smoke? Consider the amount of money you spend on cigarettes per week, month, and

year. Think about what else you could spend your cigarette money on. Now that you understand your reasons for quitting, I want you to write them down on a small piece of paper. Keep it in your wallet or purse, hang it on the refrigerator or mirror, keep a copy in your car. Put it anywhere you would normally keep a pack of cigarettes, so when you reach for your pack you will be reminded of all the reasons why you decided to stop smoking in the first place.

Step 2: What makes you want to smoke?

Smoking is an addiction to nicotine. And like any other addiction there are certain people, places, and things that trigger your cravings. It is important to understand what your major triggers are so you can better mentally prepare yourself when you come into contact with them. Now take a moment and think about all the

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ASPARC

Addiction Smoking Program and Resource for Cessation

This newsletter was created by the New Jersey Addiction Smoking Program with funding from the State of New Jersey Department of Human Services, Division of Addition Services, Senior Services and the Center for Disease Control.

Division of Mental Health & wellnessrecovery
laying the foundation for health

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Division of Mental Health & Addition Services
wellnessrecoveryprevention
laying the foundation for healthy communities, together

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ASPARC Plan

- Create and evaluate system that provides a clear, consistent message
- Support Administration and Staff around challenges / obstacles
- Tobacco Dependence Treatment for clients- Website Ordering
 - 2 week supply of Nicotine Replacement Therapy: Available June 2012
- Select a team of champions within your facility
- Provide opportunities to communicate and gather information regarding successful strategies as well as challenges or obstacles
- Utilize our website, newsletter, social network, etc.

Looking Ahead



- Implement and evaluate an institutional plan to continue paradigm shift among staff and clients, provide additional tobacco dependence treatment, i.e. weekly support groups, disseminate & update educational material, empower by linking to additional resources
- Expand champions' roles and goals within organization
- Acquire and maintain own supply of NRT for staff and clients
- Access to a long-term, comprehensive plan for success and compliance

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