

Tobacco Recovery Wellness Initiative for Outpatient-Based (Non-Hospital/Non-Residential) Mental Health and Drug and Alcohol Providers

Scope

This Bulletin pertains to all outpatient-based (non-hospital/non-residential) mental health and drug and alcohol programs as follows:

- Mental Health Outpatient Programs
- Drug and Alcohol Outpatient Programs
- Mental Health and Drug and Alcohol Outpatient Programs
- Community Integrated Recovery Centers (CIRC)
- Mental Health Partial Hospitalization Programs
- Drug and Alcohol Partial Hospitalization Programs

Purpose

The purpose of this Bulletin is to outline the expectations of the Tobacco Recovery Wellness Initiative (TRWI) for all CBH outpatient programs. **Effective January 1, 2020, CBH will require ALL CBH-contracted outpatient-based mental health and drug and alcohol programs to implement a tobacco-free policy which details the following:**

- Methods to screen CBH members for tobacco use disorder as part of their treatment
- Plans for prescribing and assisting with Nicotine Replacement Therapy if it is relevant to treatment
- Plans to change the treatment environment to assist Tobacco Use Recovery, in compliance with the Clean Indoor Air Worker Protection Law and city codes
- Staff treatment and recovery options

CBH will host a Town Hall meeting for all outpatient-based providers on Wednesday, February 13, 2019, from 9:30 a.m. to 12:30 p.m. at CBH, 801 Market Street, 11th Floor, Room 1154A to discuss the anticipated changes, solicit feedback, share resources, and develop a strategy to transform CBH outpatient services into tobacco-free environments by January 1, 2020. Please RSVP to the Town Hall Event at: <https://www.eventbrite.com/e/trwi-outpatient-town-hall-tickets-54352192872>

Background:

National data suggest that individuals with mental health conditions or substance use disorders are more than twice as likely to use tobacco as individuals without such conditions; additionally, these individuals are more likely to die from tobacco-related illnesses than from their behavioral health conditions. A growing body of evidence suggests that recovery from tobacco use increases long-term drug recovery and improves psychiatric treatment outcomes, whereas continued tobacco use during substance use treatment increases the likelihood of substance

use relapse and worsens psychiatric treatment outcomes. Tobacco-free policies in behavioral health settings have enormous potential to reduce tobacco use and tobacco-related diseases and improve recovery outcomes.

As such, and consistent with its vision to support wellness, resiliency, and overall recovery for all Philadelphians, CBH is committed to reducing tobacco-related disparities among Philadelphians with behavioral health conditions through the TRWI. Since 2013, the TRWI has closely collaborated with the inpatient and residential drug and alcohol treatment provider community to incorporate evidence-based tobacco use disorder treatment and tobacco-free treatment settings into their clinical and community practice.

Please direct questions regarding the TRWI or this Bulletin to Dr. Carol Larach at carol.larach@phila.gov or Ryan Skimmons at ryan.skimmons@phila.gov