

Welcome!
We will begin shortly.

***Improving Recovery Outcomes:
Addressing Co-Occurring Tobacco and Opioid Use***



National Behavioral Health Network
For Tobacco & Cancer Control

April 8, 2019, 2:00 PM EDT



Housekeeping

- Today's webinar is being recorded.
 - Archived recording will be posted on BHtheChange.org within 48 hours.
- For audio, please dial 1-888-727-2247 and enter Conference ID 7538272 when prompted.
- Submit questions using the chatbox. Q&A will be held until the end of the presentations.



Chad D. Morris, PhD

*Associate Professor, University of Colorado
Denver, Department of Psychiatry
Director, Behavioral Health and Wellness Program*



Jim Pavlik, MA, CTTS

*Program and Policy Analyst,
Behavioral Health and Wellness Program*

Today's Presenters



Behavioral Health &
Wellness Program

Improving Recovery Outcomes: Addressing Co-Occurring Tobacco and Opioid Use

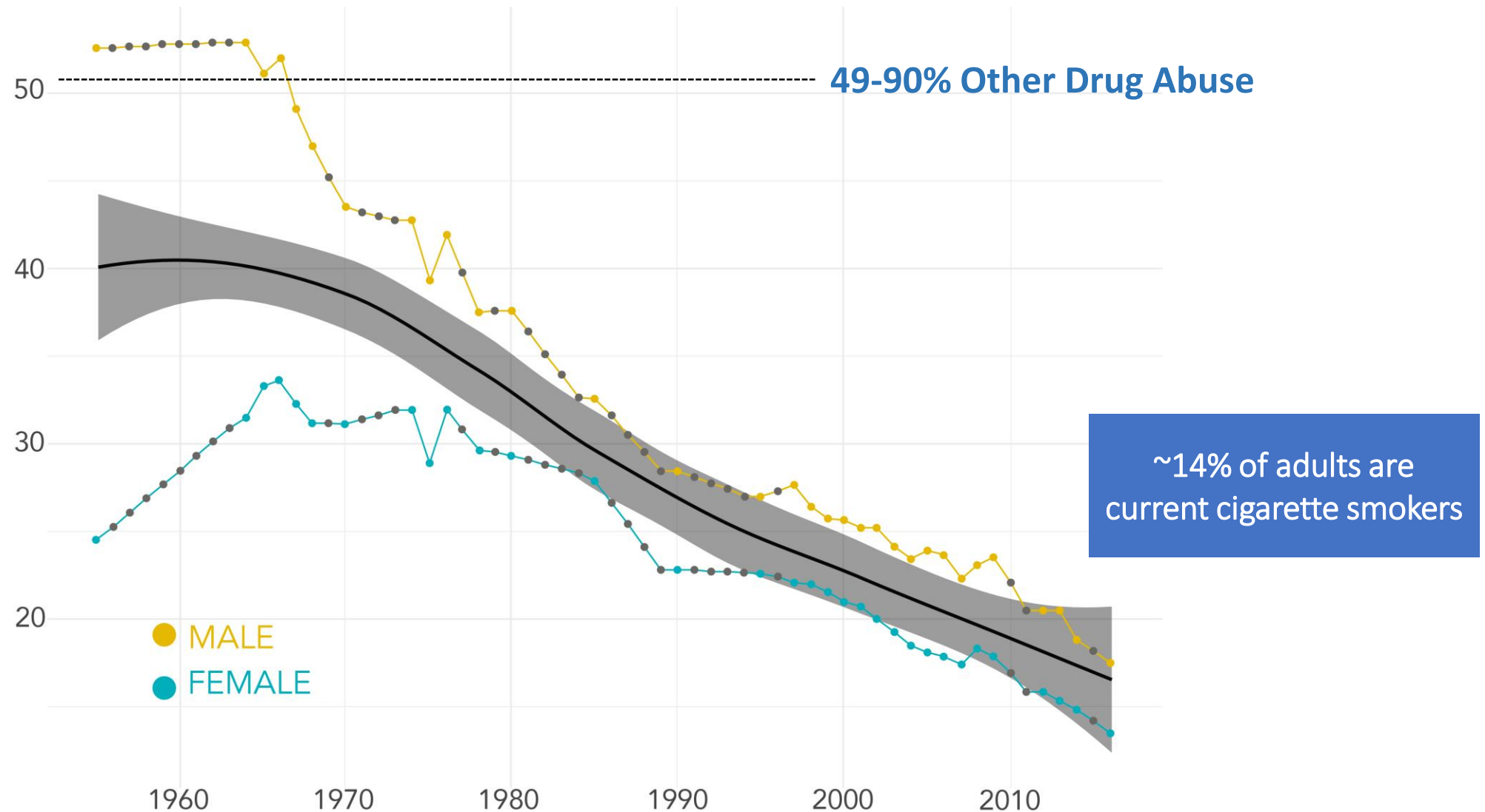
Chad Morris, PhD &
Jim Pavlik, MA, CTTS
April 8, 2019



School of Medicine
UNIVERSITY OF COLORADO
ANSCHUTZ MEDICAL CAMPUS



Trends in U.S. Adult Smoking



Smoking in Addiction Treatment Programs

A review of smoking prevalence in U.S. addiction treatment programs, from 1987 to 2009, found a median annual smoking prevalence of 76%.

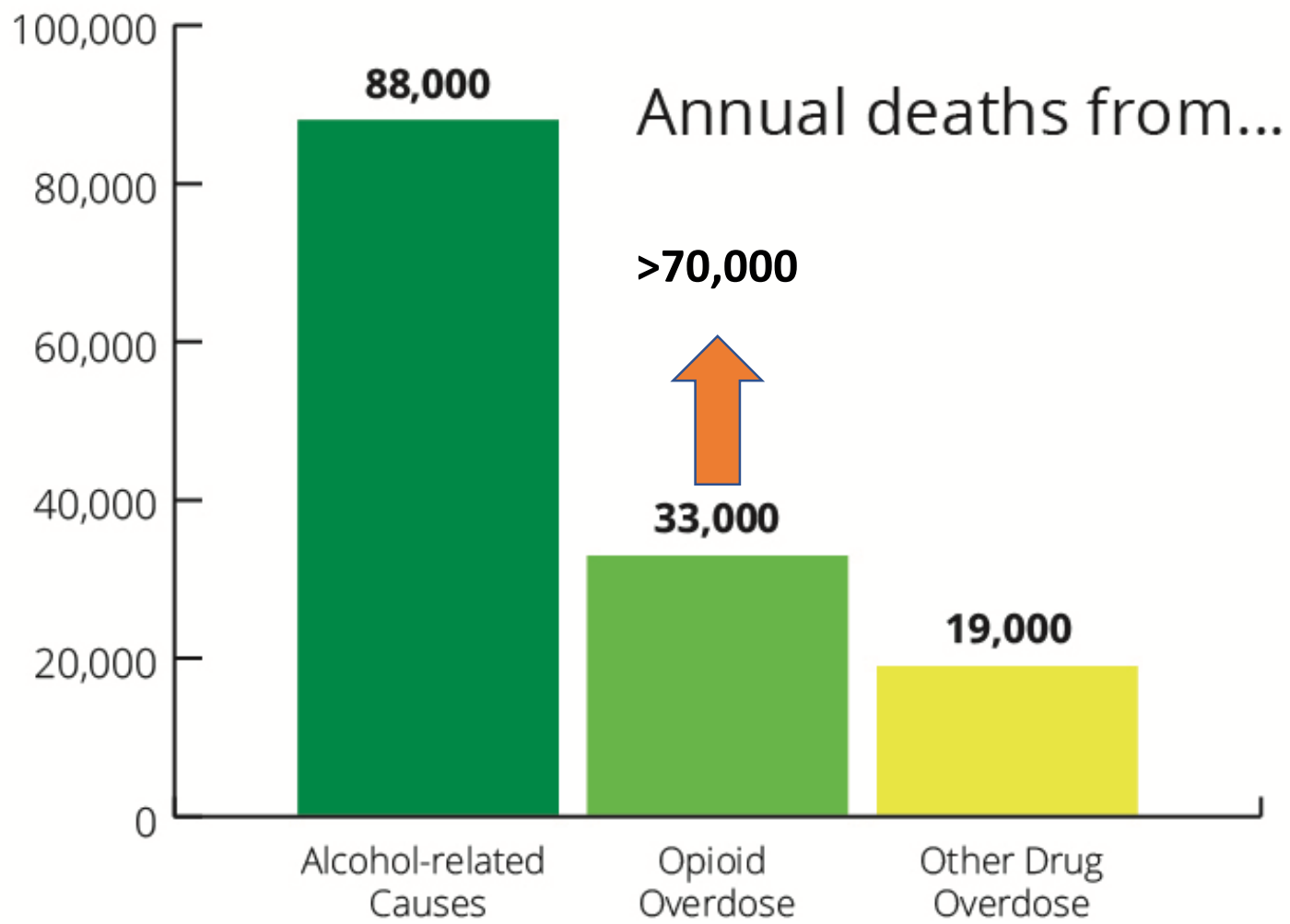
(Guydish et al., 2011, 2017)



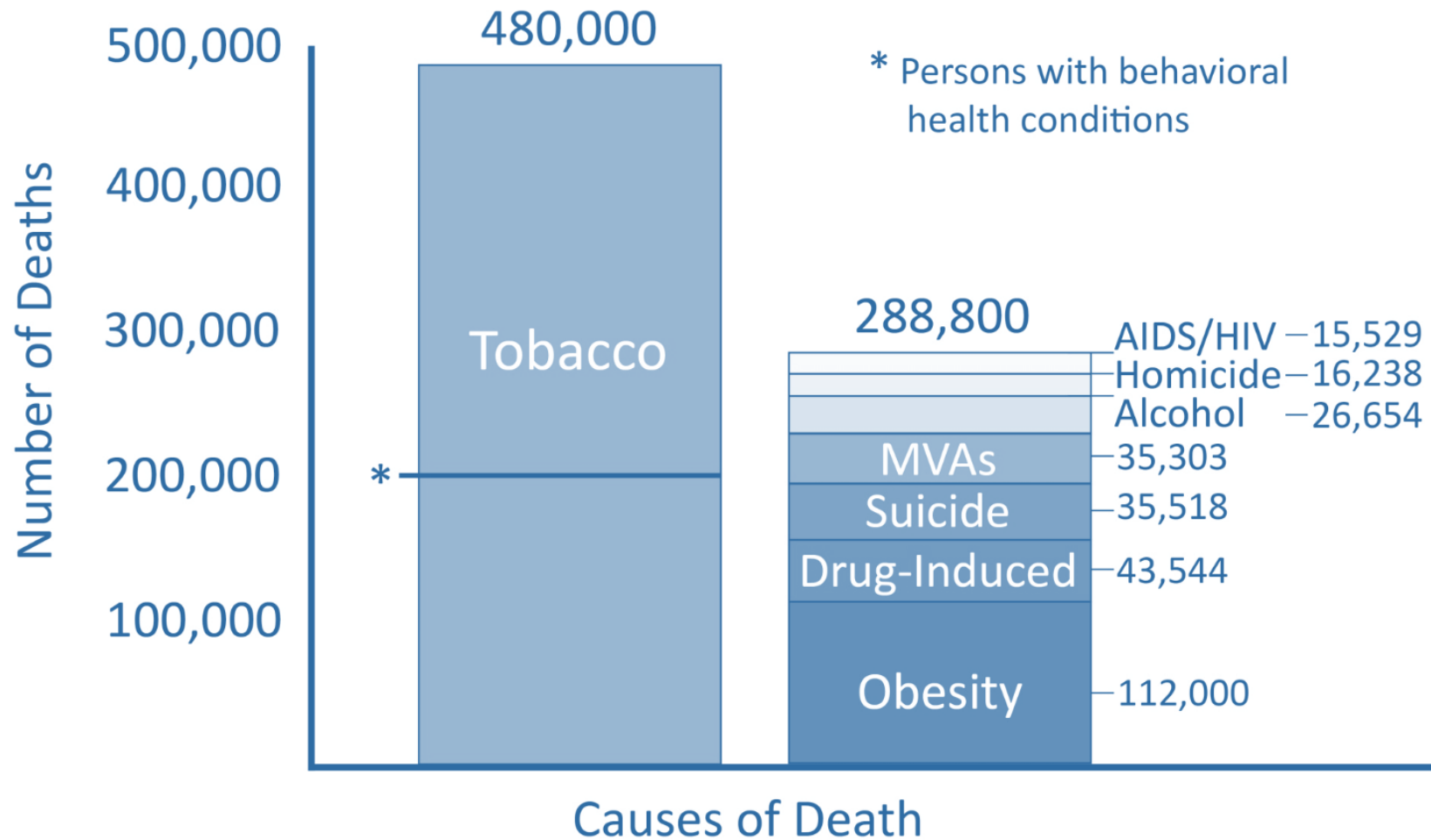
Health Disparities

Population	Rates of Use Compared to General Population
Behavioral Health	2-3 times higher
HIV/AIDS Diagnosis	2-3 times higher
Homeless (or at risk)	Nearly 4 times higher
Justice Involved	3 times higher

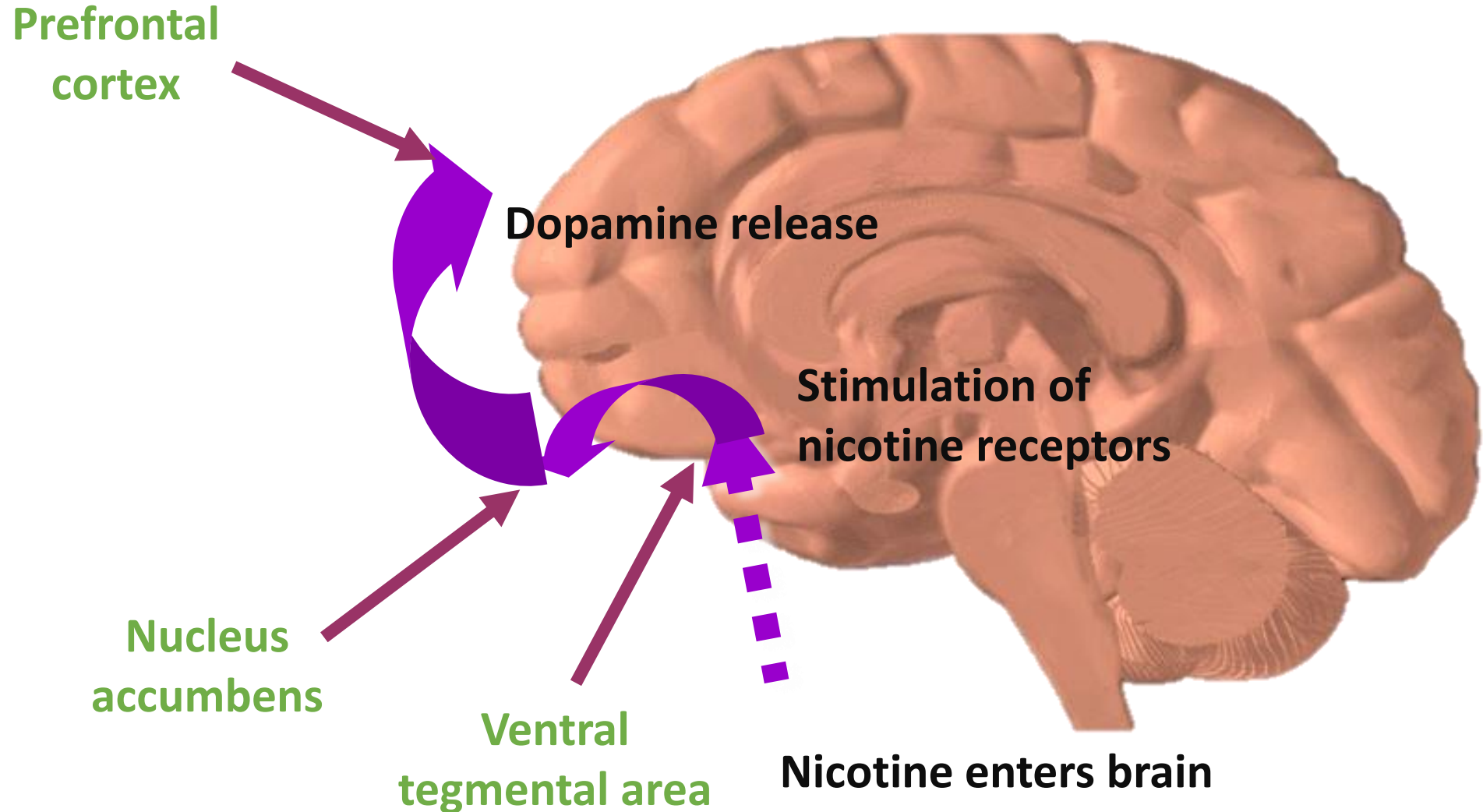




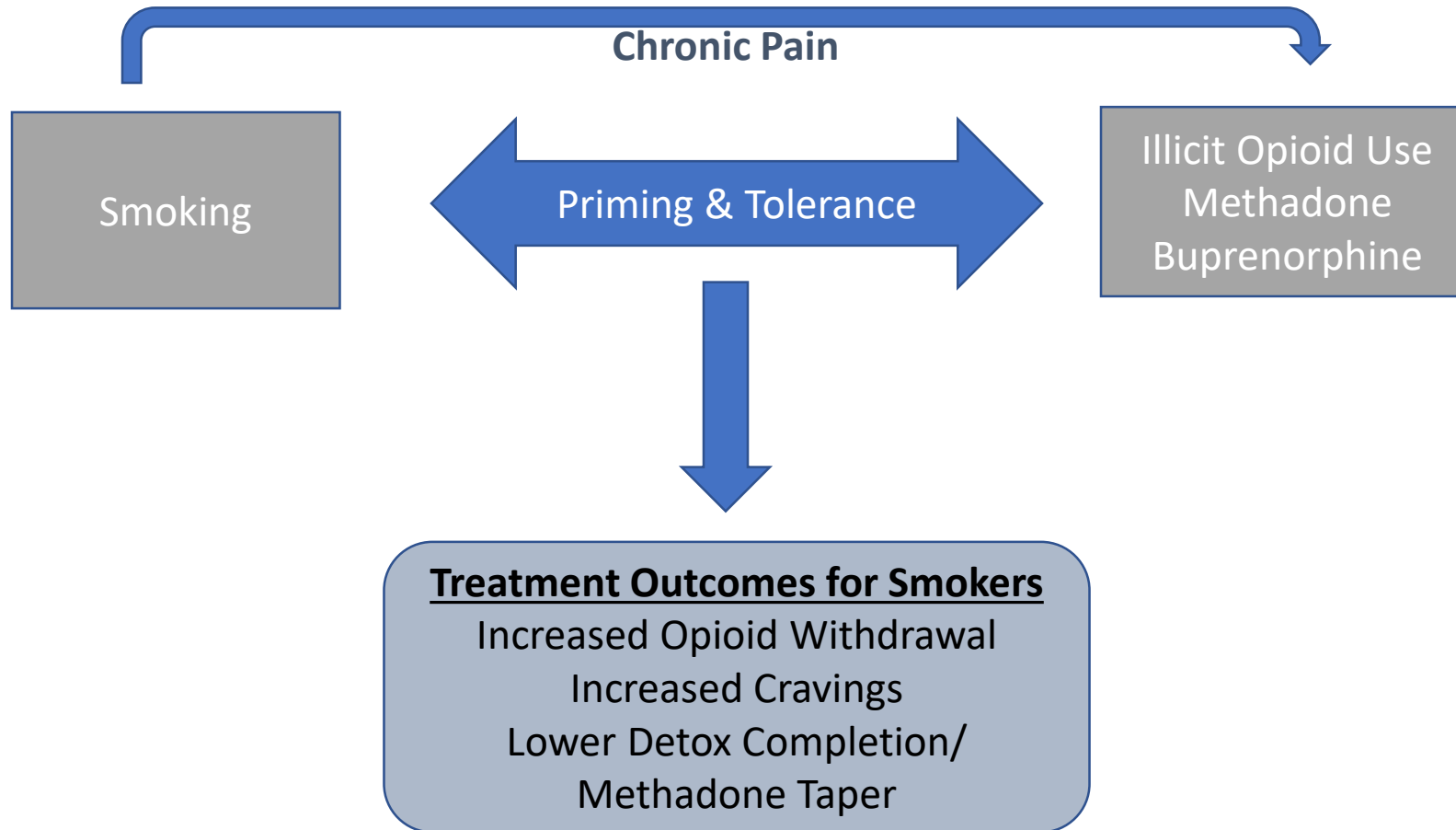
Behavioral Causes of Death in U.S.



Dopamine Reward Pathway



Opioids and Smoking



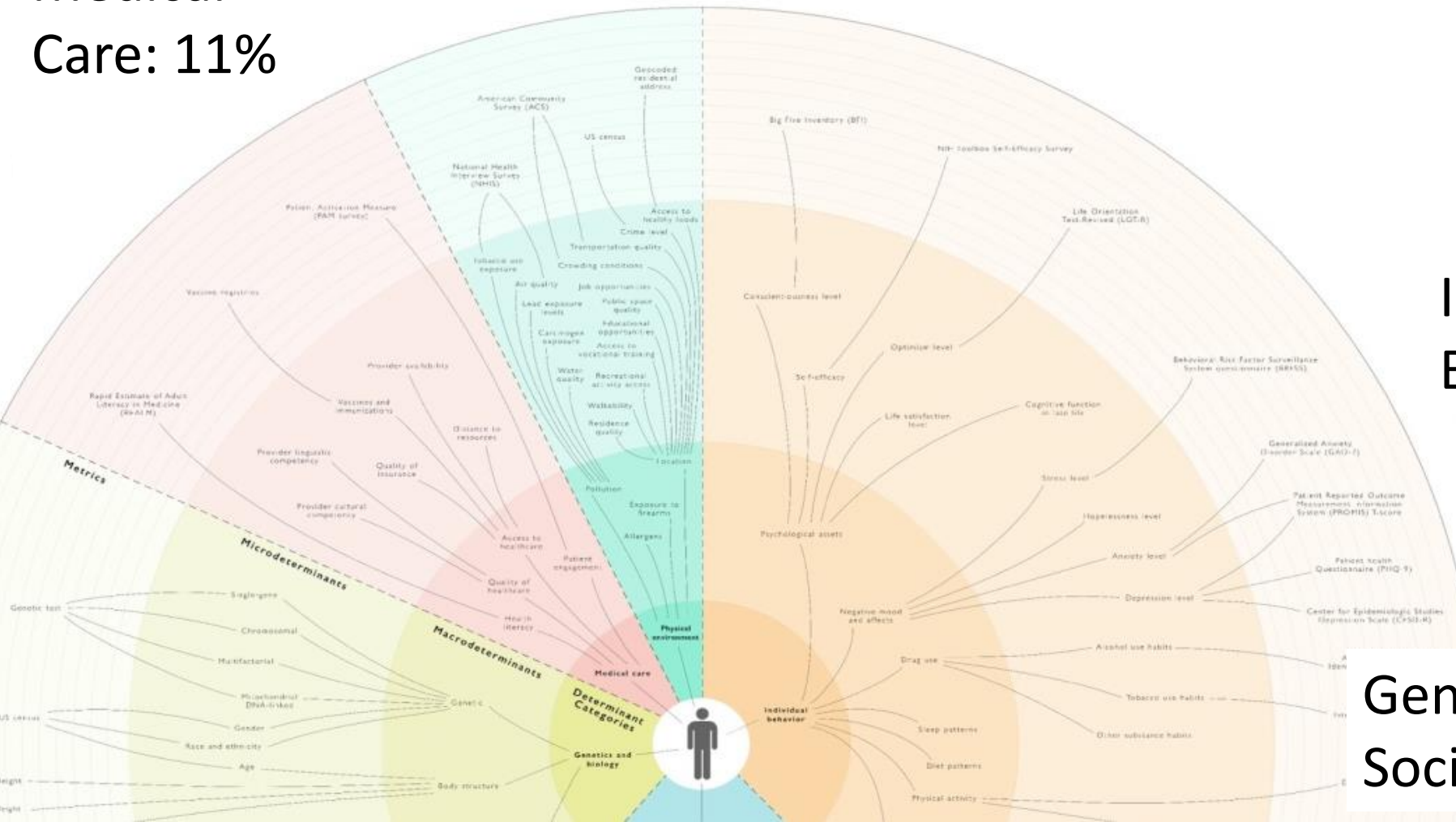
Determinants of Health

Physical
Environment: 7%

Medical
Care: 11%

Individual
Behaviors: 38%

Genetics & Biology: 21%
Social Circumstances: 23%



Social Determinants

- Stigma
- Low SES
- Discrimination
- Chronic Stress
- Psychological Distress
- Coping Skills
- Environmental Exposure
- Industry Targeting
- Biology
- Access to Treatment



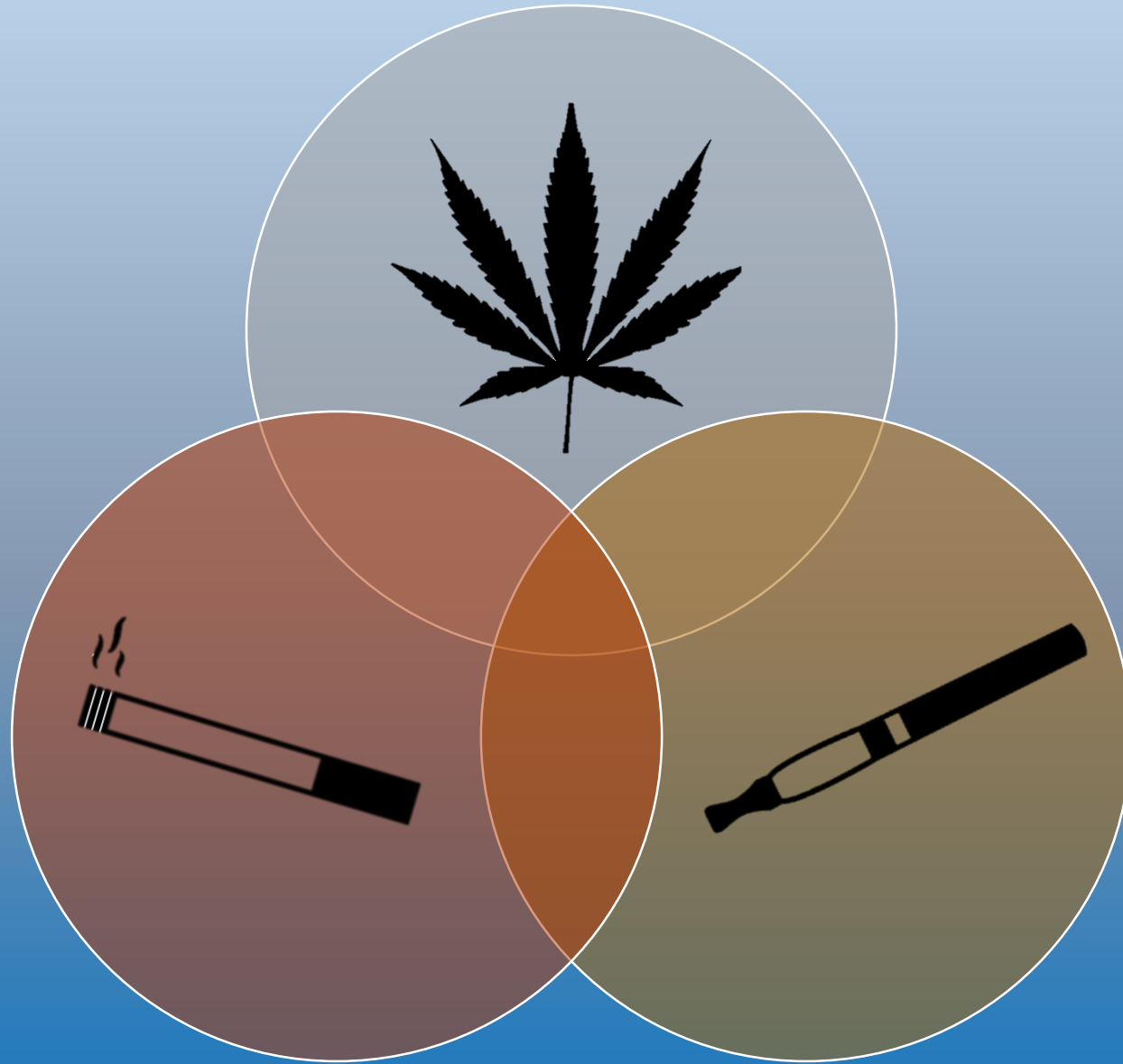
Addiction



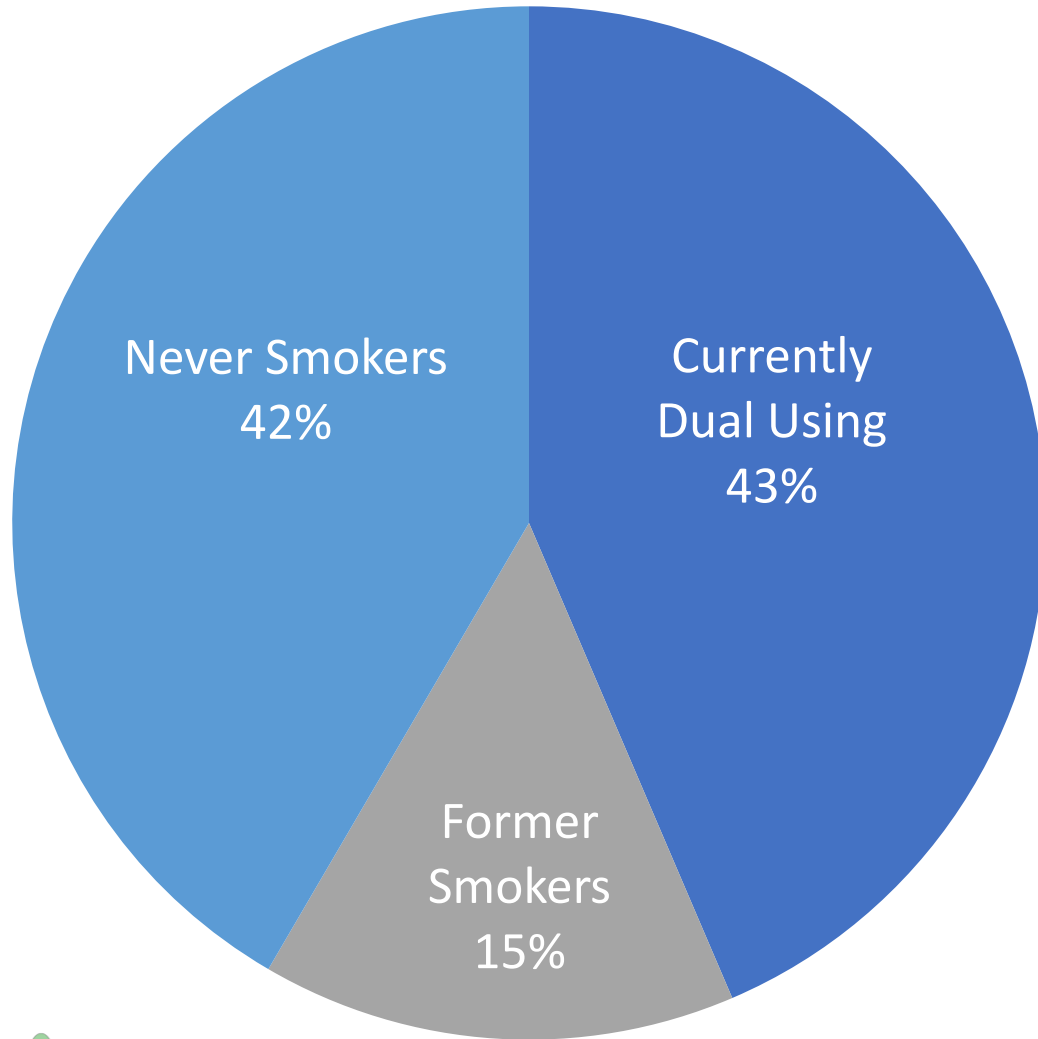
Coping Through Addictions

- The majority recognize they are unhealthy and life threatening
 - But mistakenly believe it has positive psychological functions
 - In particular relief from isolation, stress, anxiety, and depression
 - Used as an indirect coping strategy
 - Reinforces coping through addiction
 - Perceived stress reduction is often relief of withdrawal symptoms

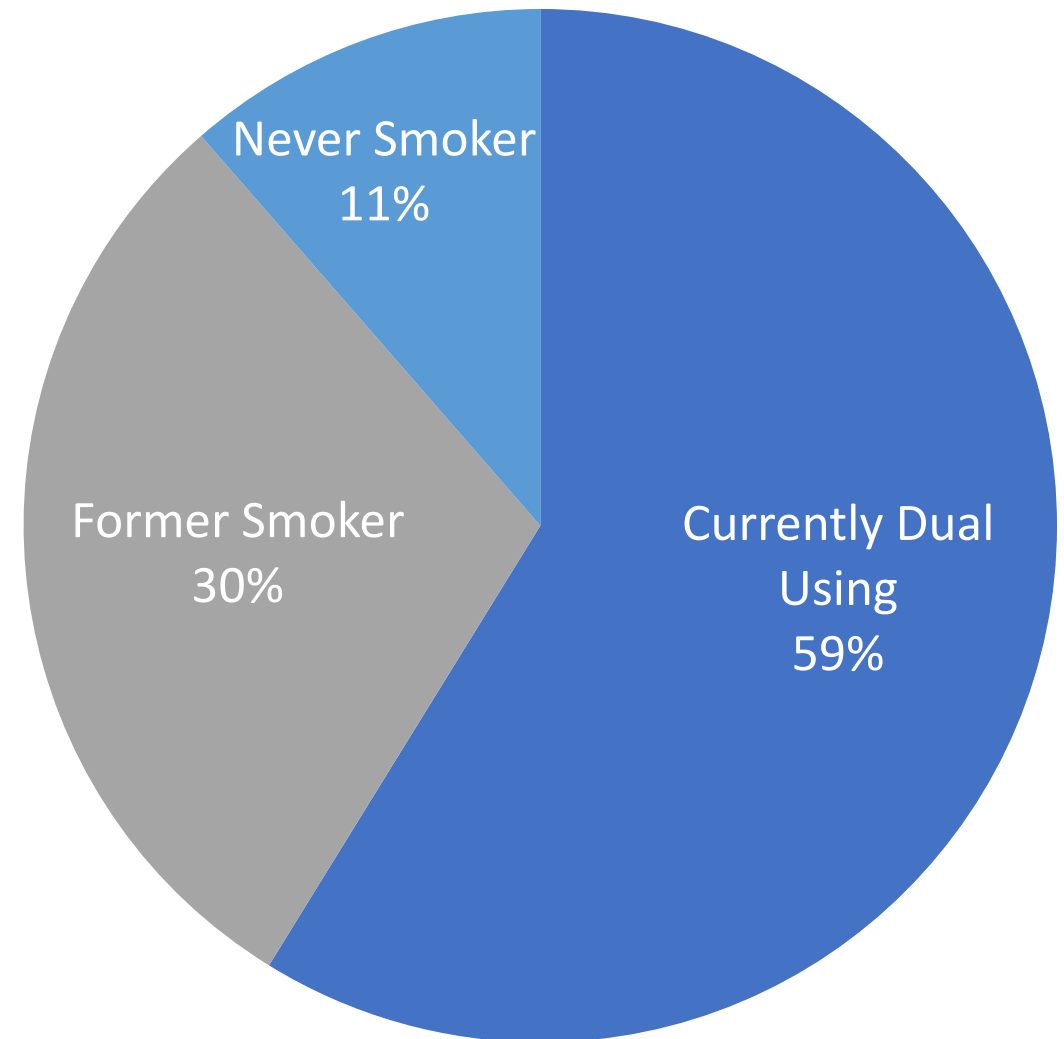




Young Adult ENDS Users (18-24)



All Adult ENDS Users (18-65)



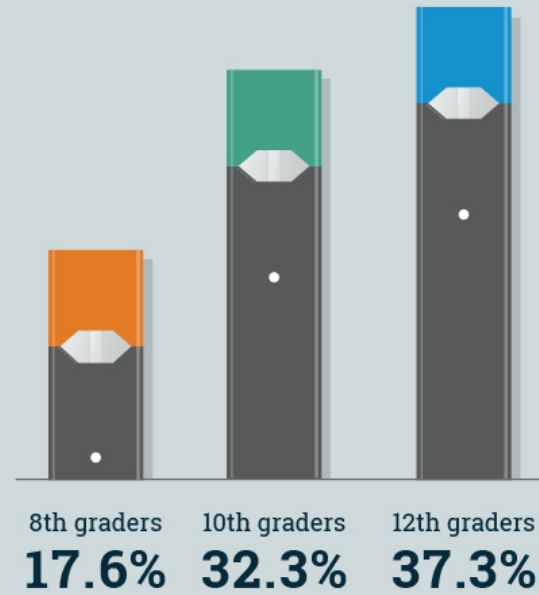
- About 4.9 million middle and high school students use nicotine products
- This was an increase from 3.6 million in 2017
- This increase is driven by a surge in e-cigarette use (1.5 million more e-cigarette users)
- Erased past progress in reducing youth use
- No change occurred in use of other tobacco products
- E-cigarette use is highest among boys, whites, and high school students

MMWR, 2019

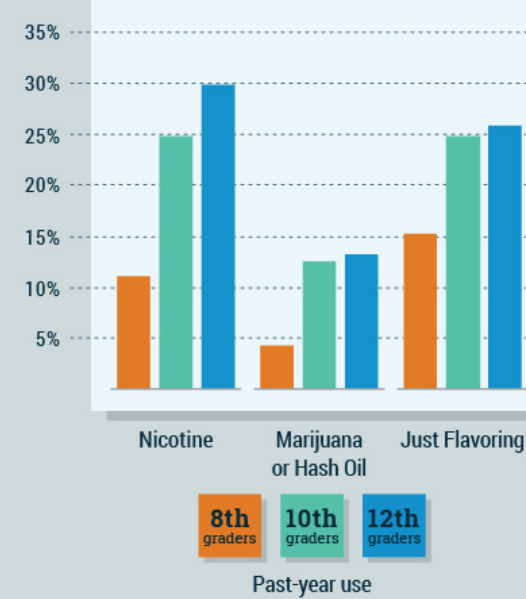


TEENS USING VAPING DEVICES IN RECORD NUMBERS

PAST-YEAR VAPING



WHAT DO TEENS SAY THEY ARE VAPING?



NEARLY 2 IN 5 STUDENTS IN 12TH GRADE REPORT PAST-YEAR VAPING, RAISING CONCERNS ABOUT THE IMPACT ON BRAIN HEALTH AND POTENTIAL FOR ADDICTION.



DRUGABUSE.GOV



An addiction...
is an addiction...
is an addiction.



Co-Treatment

- Co-Treatment is the only adequate solution
- Bio-psycho-social underpinning are similar
- And unrelated to the age, sex, race and ethnicity, gender identity, or culture



Surgeon General's Report, 2016



Tobacco Use Affects Treatment & Recovery from Addiction

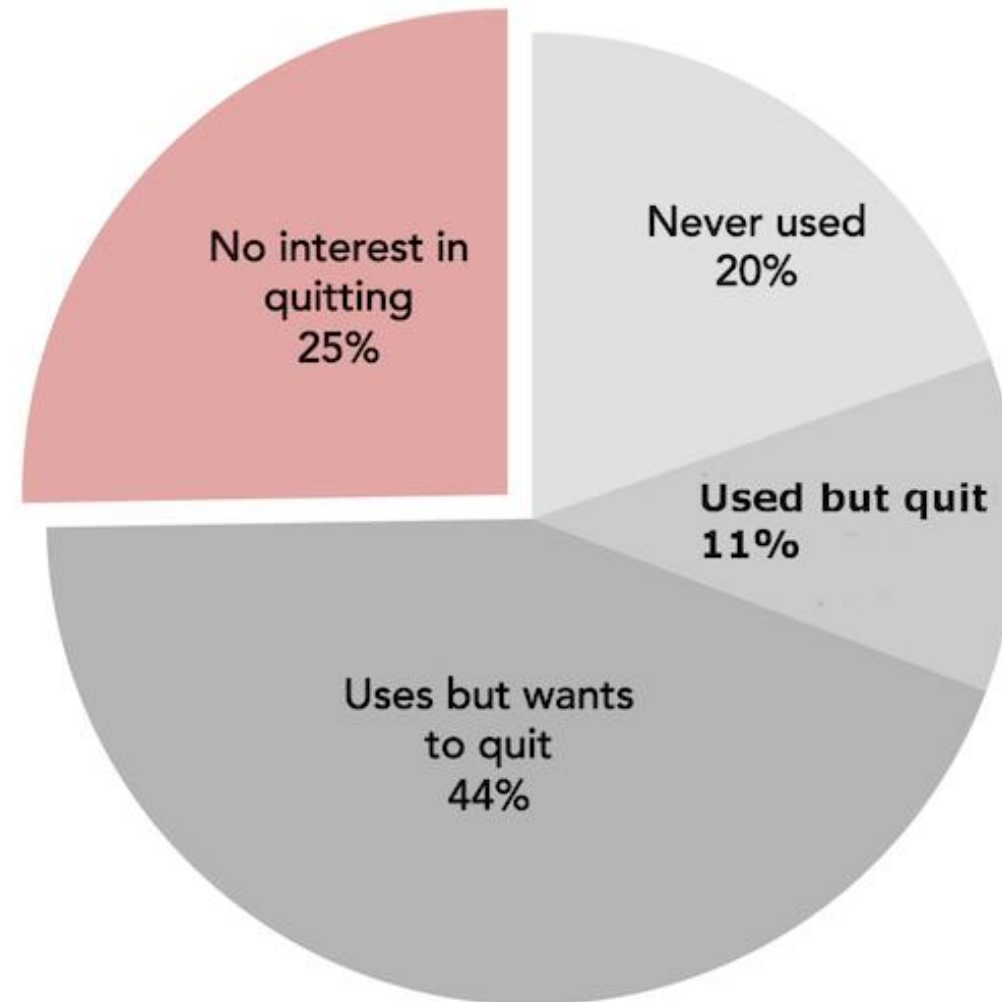
Addressing tobacco dependence during treatment for other substances is associated with a **25% increase** in long-term abstinence rates from alcohol and other substances

(Prochaska et al., 2004)



Is This a Social Justice Issue?

Recent Community of Practice Findings



A Whole Health Approach



Motivational Intervention



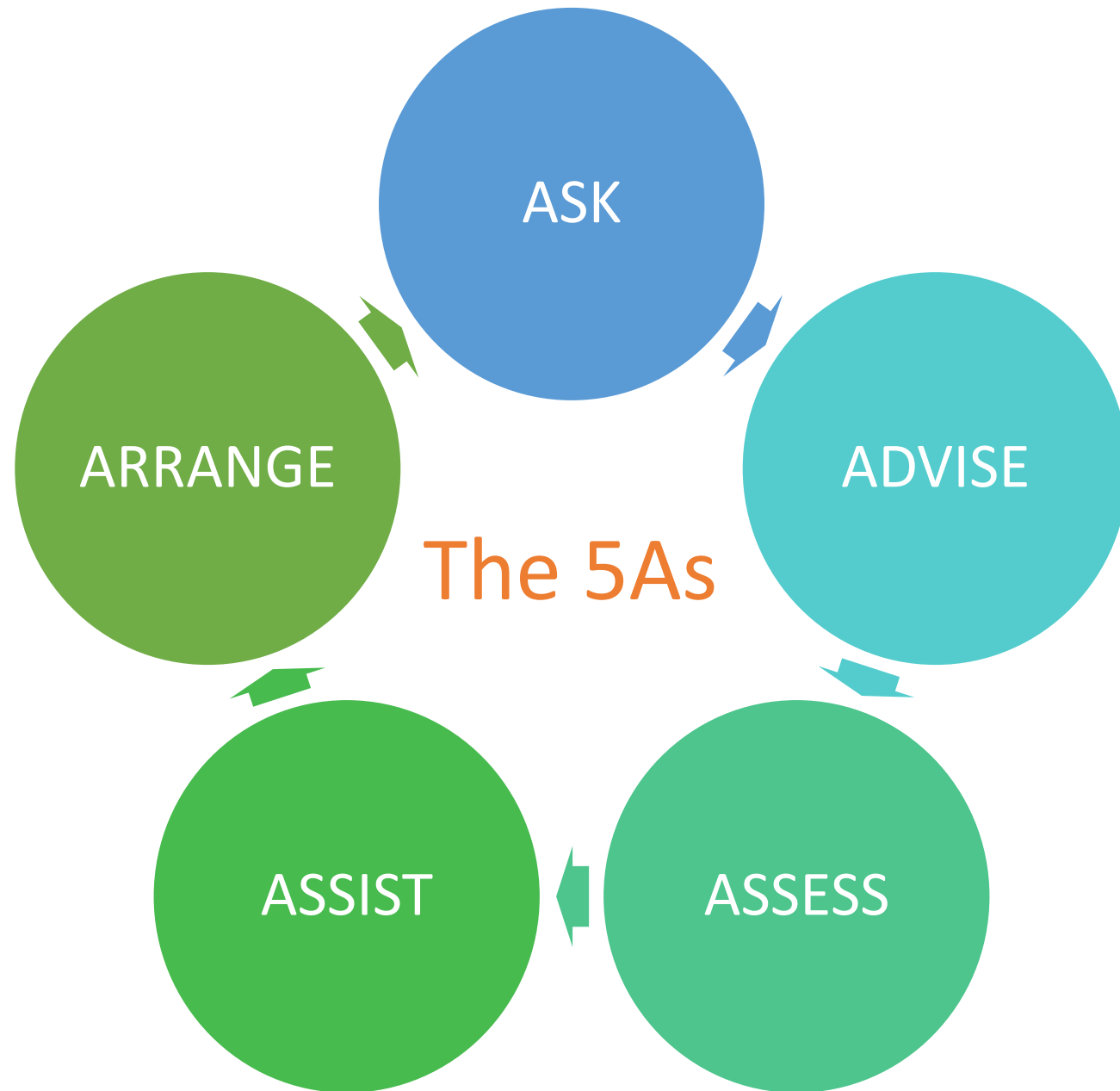
Planning

Evoking

Focusing

Engaging





Integration into Standard Practice

- Screen for nicotine and other drug use at the same time
- Address all addictions as part of the treatment plan

The screenshot shows a 'Vitals' form with the following fields and values:

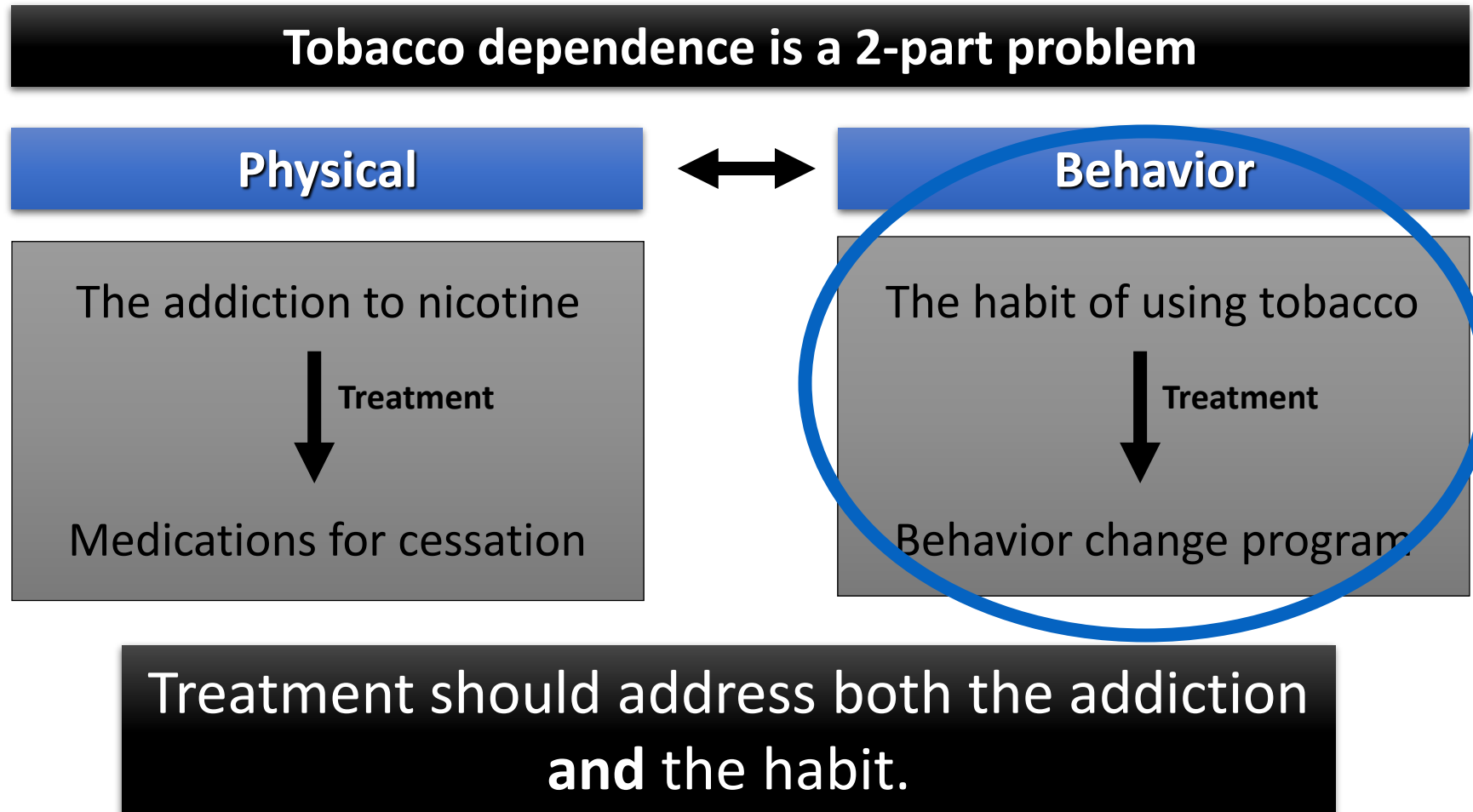
Taken on 12/19/2007 at 1436	
BP:	118/76
SpO2:	
Pulse:	88
Weight:	180 lbs (81.65 kg)
Resp:	
Height:	6' (1.829 m)
Temp:	
Source:	
PF (best):	
LMP:	

At the bottom of the form are buttons: Restore, Close F9, Previous F7, and Next F8.

On the right side, there is a 'Tobacco Use' section with a 'Verify' button and an 'Edit' button. The status is 'Not Asked'. Below this, it lists 'Types: Cigarettes, Cigars, Chewing', 'Packs/Day: Years: Pack Years: 0', and 'Last verified: <Never verified>'.



Tobacco Dependence Has Two Parts



Courtesy of the University of California, San Francisco



Behavioral Strategies



- Behavioral Treatments
 - Cognitive Behavioral Therapy
 - Contingency Management
 - Motivational Enhancement
- School-based



Implicit Bias and Stigma



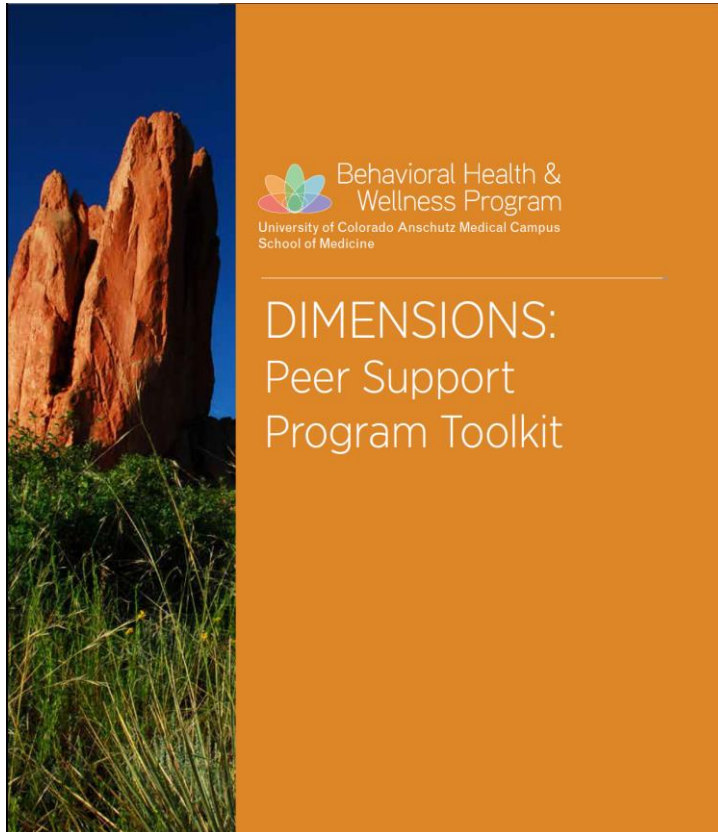
- Societal isolation
- Keeping secrets from medical providers, interfering with quality healthcare
- Delayed care

- Un-aided attempts at abstinence



Corner, Hopkinson, & Roffe, 2006; Tod, Craven & Allmark, 2008; Gysels & Higginson, 2008

Peer Support

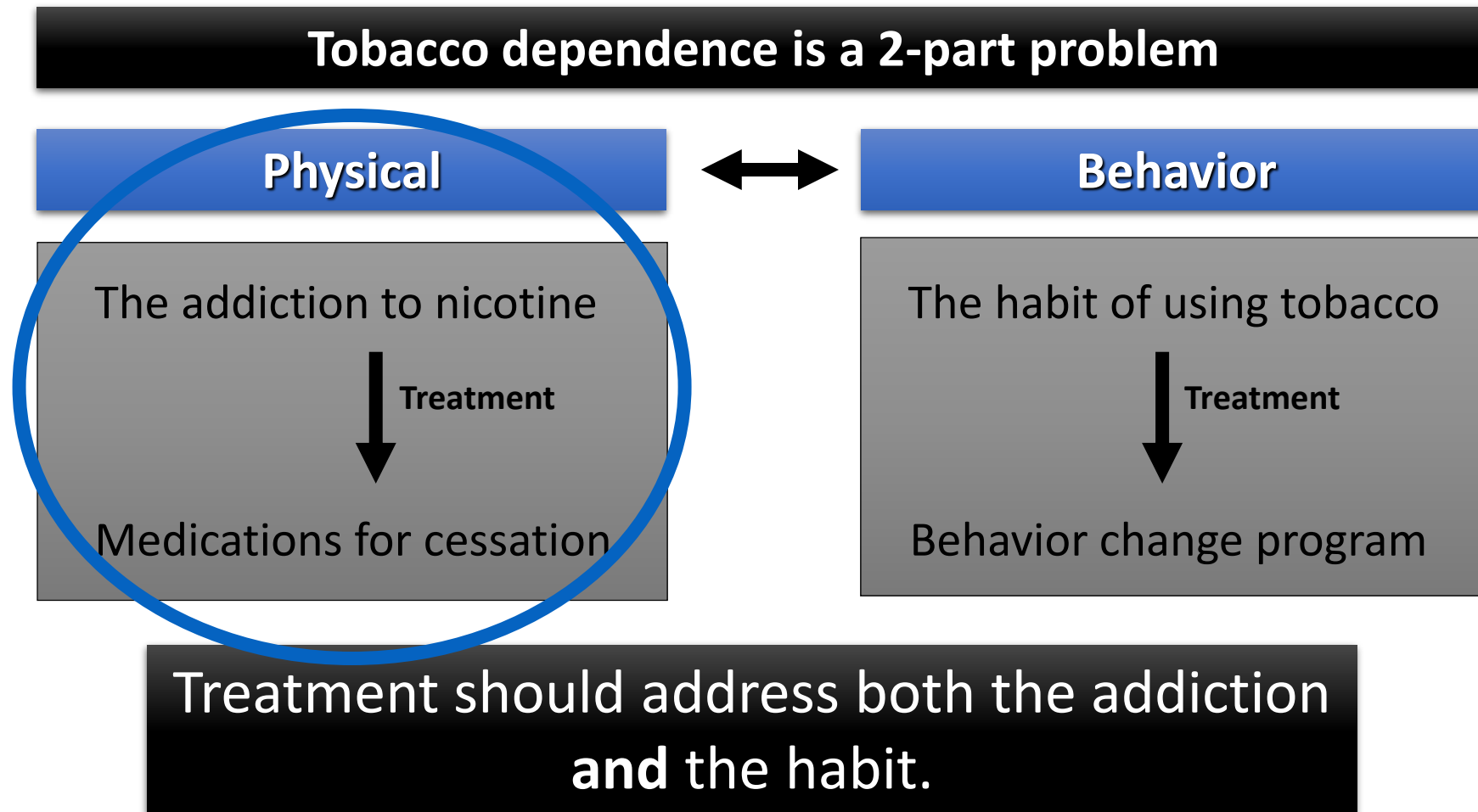


- Evidence-based information about the effectiveness of peer support programs
- Step-by-step instructions to create a successful and sustainable peer support program

<http://www.bhwellness.org/resources/toolkits/>



Tobacco Dependence Has Two Parts



Courtesy of the University of California, San Francisco



Medication Assisted Treatment



- Combination of behavioral interventions and medications
- Highly effective treatment option for alcohol, opioid, or tobacco dependence
- Reduces illicit drug use and overdose deaths



Quitline Referral



The Client-Centered Medical Neighborhood



Quitting: It Can Be Done



A TIP FROM A FORMER SMOKER

Quitting isn't about what you give up. It's about what you get back.

Rebecca, age 57, Florida

Rebecca struggled with depression. She thought smoking would help, but it just made her more depressed. When she quit smoking it changed her life, mentally and physically. Now she runs 5Ks and hopes to live to be one hundred.

You can quit smoking.

For free help, call 1-800-QUIT-NOW.

 U.S. Department of Health and Human Services
Centers for Disease Control and Prevention
[CDC.gov/tips](https://www.cdc.gov/tips)

#CDCTips

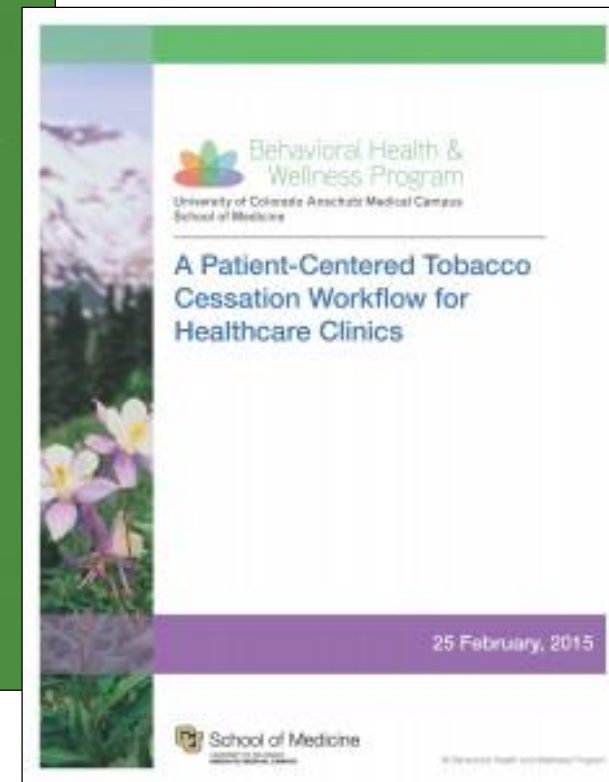
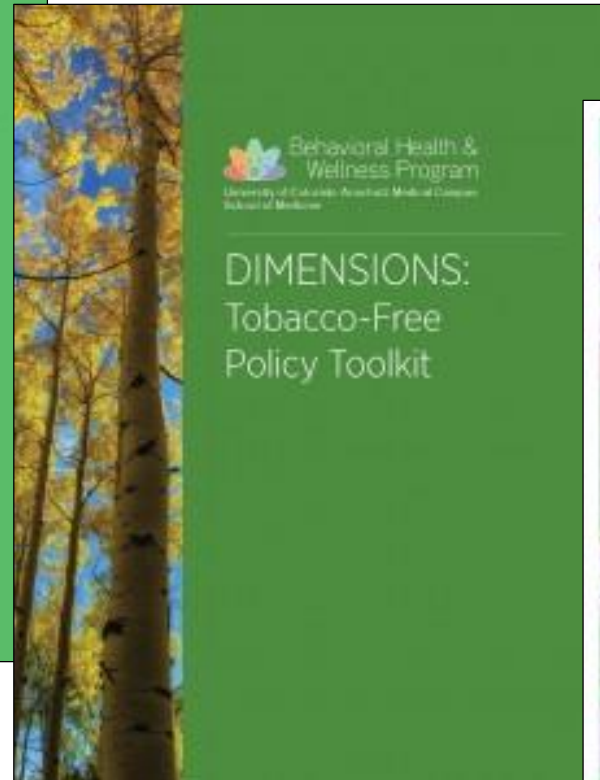
Persons with behavioral health conditions:

- Are able to quit using
- 75% want to quit using
- 65% tried to quit in the last 12-months








Toolkits and Supplements



www.bhwellness.org





-  Jointly funded by CDC's *Office on Smoking & Health & Division of Cancer Prevention & Control*
-  Provides resources and tools to help organizations reduce tobacco use and cancer among people with mental illness and addictions
-  1 of 8 CDC National Networks to eliminate cancer and tobacco disparities in priority populations



Visit www.BHtheChange.org and
Join Today!

Free Access to...

Toolkits, training opportunities, virtual communities and other resources

Webinars & Presentations

State Strategy Sessions



#BHtheChange





- An organization of providers dedicated to the promotion of and increased access to evidence-based tobacco treatment for the tobacco user
- Listserv provides up-to-date discussion and expert information

<http://www.attud.org>





Behavioral Health & Wellness Program

303.724.3713

bh.wellness@ucdenver.edu

www.bhwellness.org



Behavioral Health and
Wellness Program



BHWP_UCD



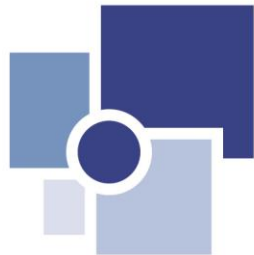
Questions?

Submit questions using the chatbox.

A screenshot of a web-based chat interface. The window has a title bar that says "Chat (Everyone)". The main area is a large, empty light gray rectangle. At the bottom, there is a text input field with the placeholder text "*Please type your question here!*" and a small speech bubble icon to its right, which serves as the send button.



Thank you!



National Behavioral Health Network
For Tobacco & Cancer Control

Visit BHtheChange.org and Join Today!