

TOBACCO TALK: SMOKING AND THE SERIOUSLY MENTALLY ILL (SMI)

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Project Goals

- 7 group sessions addressing smoking cessation/harm reduction techniques in the SMI population.
- Evaluate the effectiveness of these sessions on: motivation to quit, autonomy related to quitting, and group attendance.

Background & Significance

- Psychiatric populations targeted by tobacco industry
- Inadequate existing programs for SMI population
- Tobacco use is widely known to cause negative health outcomes and use in the SMI population is high.
- Cigarettes influence on medications, mood, and addiction.

Current Practice at Agency

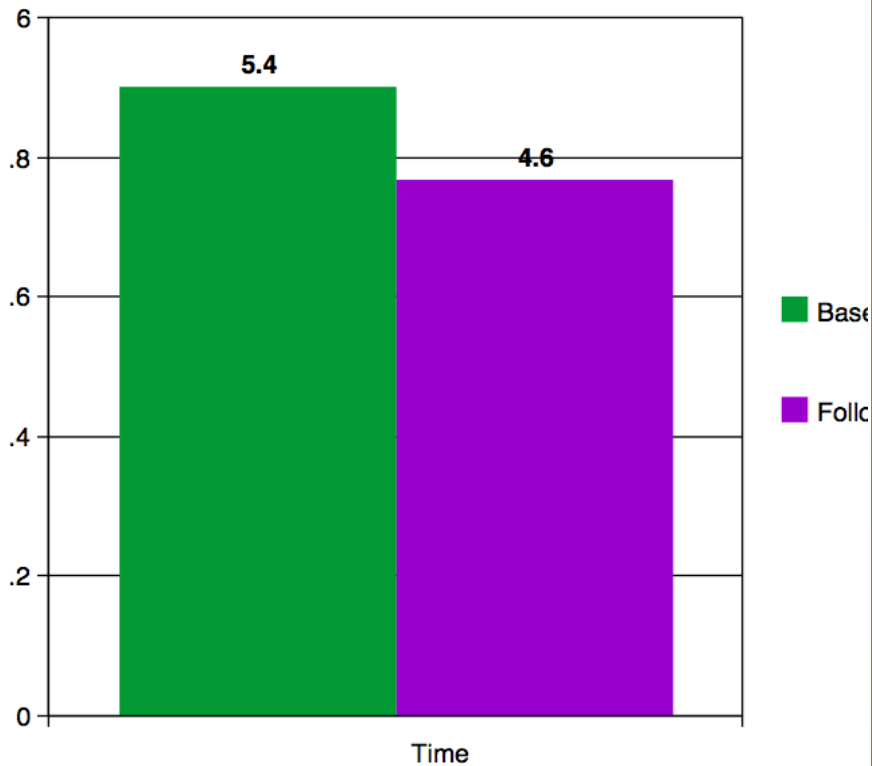
- Program had no prior smoking cessation group
- Lack of monitoring by staff
- Smoking norm amount clients: sense of community, form of currency, etc.
- Close proximity to vendors

Intervention & Implementation

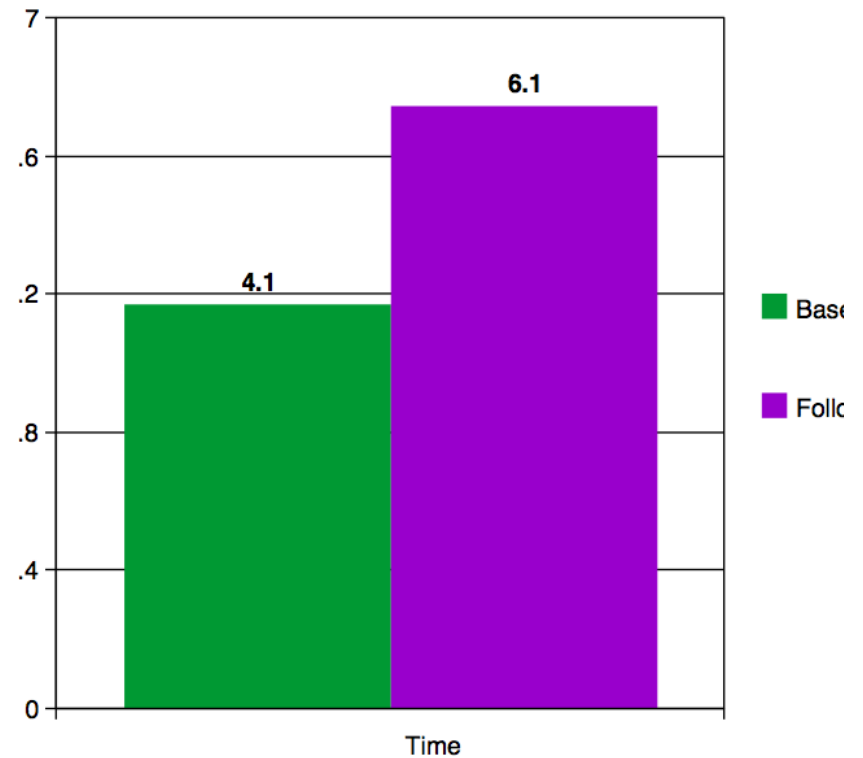
- Weekly 45 minute long groups.
- Topics covered: tobacco education, smoking cessation tools/techniques, physical health concerns, medications for cessation, skill development for quitting, and tobacco use related to mental health.
- 7 consecutive sessions and 1 follow-up group.

Data Analysis & Results

Level of Autonomy



Readiness to Quit



Discussion & Conclusions

- Clients demonstrated an increase in perceived autonomy around smoking and readiness to quit.
- Clients were responsive to harm reduction approach of groups.
- Clients found it challenging to verbalize what aspects of the group they found helped them the most. Many felt that they were “ready now” to cut back and cited that the decision came from within.

Implications for EBP

- Taylor smoking cessation/harm reduction groups to target population.
- Clients with SMI appear to respond well to a harm-reduction approach to tobacco use.
- Patients with SMI may need more time compared to patients without SMI to warm up to the group setting, understand concepts around addiction and the health effects of tobacco, and when learning how to develop and implement coping skills for reducing tobacco intake.

Acknowledgements & References

- Thank you to Sherri Borden, NP and Aaron Miller, NP for helping to set up this group.
- Substance Abuse and Mental Health Services Administration (2009). Smoking cessation for persons with mental illnesses: A toolkit for mental health providers.