

## Tobacco and Behavioral Health: The Issue and Resources

As overall smoking rates have declined, the prevalence of smoking among people with behavioral health conditions (mental and/or substance use disorders) has remained high. Although people with behavioral health conditions represent about 25 percent of the U.S. adult population, they account for nearly 40 percent of all cigarettes smoked. This disparity is causing serious health consequences.

Smoking also appears to interfere with behavioral health. A growing body of research shows that quitting smoking can improve mental health and addiction recovery outcomes. For example, studies show that:

- Quitting smoking can decrease depression, anxiety, and stress.
- Quitting smoking can increase positive mood and quality of life.
- For persons in treatment for substance use disorders, smoking cessation can increase long-term abstinence from alcohol and other drugs.

Research also shows that many smokers with behavioral health conditions want to quit, can quit, and benefit from proven smoking cessation treatments.

Based on this research, the Substance Abuse and Mental Health Services Administration (SAMHSA) recommends the adoption of tobacco-free facility/grounds policies and the integration of tobacco treatment into behavioral healthcare.

### **LINKS TO DOWNLOAD SAMHSA REPORTS**

- [Smoking and Mental Illness Among Adults in the United States](#) (New report)
- [Enhance Your State's Tobacco Cessation Efforts Among the Behavioral Health Population](#)
- [Smoking Rate among Adults with Serious Psychological Distress Remains High](#)
- [Adults with Mental Illness or Substance Use Disorder Account for 40 Percent of All Cigarettes Smoked](#)
- [About 1 in 4 Mental Health Treatment Facilities Offered Services to Quit Smoking](#)
- [The N-SSATS Report: Tobacco Cessation Services](#)
- [The NSDUH Report: Smoking and Mental Illness](#)
- [Nicotine Dependence among Persons Who Received Substance Use Treatment](#)
- [SAMHSA Advisory | Tobacco Use Cessation Policies in Substance Abuse Treatment: Administrative Issues](#)
- [SAMHSA Advisory | Tobacco Use Cessation During Substance Abuse Treatment Counseling](#)

## **OTHER RESOURCES**

- [Smoking Cessation Leadership Center’s \(SCLC’s\) website](#) has presentations, publications, toolkits, factsheets, archived videos and more. For example, a [video on motivational interviewing](#) focusing on tobacco use and dependence. Sign-up for their [newsletter & listserv](#).
- University of Colorado has [Tobacco Free Toolkits for Healthcare Providers](#) including a [supplement for behavioral health](#) and videos on [motivational interviewing](#).
- SAMHSA’s 2016 recorded webinar, “[Tobacco Use and Treatment for Smokers with Mental Health Diagnoses](#).”
- [National Behavioral Health Network for Tobacco & Cancer Control](#) has a [resource webpage](#) with links to webinars, videos, research, and more.
- CDC’s Million Hearts’ [Tobacco Cessation Protocol](#) can be embedded into EHRs.
- U.S. Public Health Services’ [Treating Tobacco Use and Dependence: 2008 Update. Quick Reference Guide for Clinicians](#).
- NY Department of Health Tobacco Control Program has a [training/technical assistance website](#) for addiction treatment programs to integrate tobacco dependence education and treatment interventions.
- Wisconsin Nicotine Treatment Integration Project recently developed an extensive [on-line tutorial for addressing tobacco use in behavioral health](#).
- [Taking Texas Tobacco Free website](#) has resources for behavioral health centers including brief [educational/training videos](#).

## **KEY RESEARCH**

- [Cigarette smoking is associated with increased risk of substance use disorder relapse: a nationally representative, prospective longitudinal investigation](#) (2017)
- [Change in mental health after smoking cessation: systematic review and meta-analysis](#) (2014) – (Watch a [video interview](#) with the researchers)
- [Smoking cessation is associated with lower rates of mood/anxiety and alcohol use disorders](#) (2014)
- [Persistent heavy smoking as risk factor for major depression incidence](#) (2012)
- [A meta-analysis of smoking cessation interventions with individuals in substance abuse treatment or recovery](#) (2004)