Healthy Lifestyle, Tobacco-Free and Recovery
Lesson for Group or Individual Sessions

This lesson is part of an overall curriculum-based program developed by the New York State Office of Alcoholism and Substance Abuse Services (OASAS) and the New York State Office of Mental Health (OMH) in collaboration with the Center for Practice Innovations at Columbia Psychiatry of New York State Psychiatric Institute. This lesson is one of 57 in the Wellness Self Management Plus (WSM+) program and was originally designed by OMH as a curriculum-oriented program based on Illness Management and Recovery, a nationally recognized evidence-based practice for adults with serious mental health problems.

The newly developed version of the WSM curriculum was designed to address both mental health and chemical dependence in an integrated and recovery-oriented manner. Twenty-five programs and 100 clients are currently participating in a learning collaborative to assess WSM+. Upon review of the session focused on Healthy Lifestyle, Tobacco-Free and Recovery, participants reported it to be informative and valuable as a stand-alone lesson.

IMPORTANT INFORMATION ABOUT THE LESSON
This lesson may be conducted in multiple sessions. Practitioners may integrate core clinical skills, including motivation enhancing strategies, basic cognitive-behavioral approaches, teaching techniques, and practical group leadership skills.

FIRST SECTION
The first section introduces the topic and key facts for thought and discussion. The information included in this section is based on research findings. Learning more about these findings and applying what is learned can make a difference in the patient’s life.

PERSONALIZED WORKSHEET
The worksheet helps patients think in more detail about the information and how to apply it to their own life.

ACTION STEP
The Action Step box asks patients to write down a small step that may help them learn more about the topic and ways to apply it in their own life.

OASAS is pleased to make this lesson available as a resource for programs to utilize with patients as they work towards becoming tobacco-free and plans to make the entire curriculum-based program (Wellness Self Management Plus) available to all programs by the third quarter of 2011.
IMPORTANT INFORMATION

Group Leaders QUICK GUIDE to Conducting Healthy Lifestyle, Tobacco-Free and Recovery
Part of Wellness Self Management Plus (WSM+)

Each WSM+ lesson has a beginning, middle and end. Individuals leading a WSM+ group are encouraged to follow this format when conducting the lesson.

SET THE GROUND RULES
It’s best to have group members reach consensus on the ground rules for the group. Some common ground rules are: one person talks at a time; treat each other with respect (no put downs); what is said here stays here (confidentiality); stay on topic and avoid separate conversations.

BEGINNING
STATE: The plan for today includes reading and discussing important information on this topic, completing a worksheet and deciding on an Action Step.

ASK: Begin a discussion on what experience the group has had with this topic. What does the topic mean to you? What experience have you had with this topic?

ASK: Why is this topic important?

MIDDLE
ASK: Who would like to begin reading the IMPORTANT INFORMATION about this topic?

ASK: Now that we’ve read and discussed some important information on this topic, are there any questions about the material?

STATE: One of the goals of WSM+ program is to make sure everyone gets a chance to relate the topic to his/her own life. The PERSONALIZED WORKSHEET gives you an opportunity to do so. Please take some time to complete the worksheet. It may be helpful to do this as a group.

STATE: One of the important parts of the WSM+ group is to take what you have learned and decide on an ACTION STEP. Even if you are not interested in learning more about this topic right now, it may be helpful to complete an ACTION STEP to improve your planning skills.

ASK: Who is interested in completing an ACTION STEP related to the topic? (If at least one person is interested, the other group members participate by offering suggestions and sharing ideas.)

NOTE: Some ACTION STEPS lend themselves to role play and practice in the WSM+ group.

END
ASK: What was the main point you received from today’s lesson? What idea was helpful to you?

ASK: How do you feel about today’s group? Is the topic interesting and helpful?

STATE: I’d like to share my thoughts about today’s group. NOTE: Emphasize positive feedback and reinforcement for all efforts and behaviors that contributed to the group.

Follow up with participants in other sessions.

New York State Office of Alcoholism and Substance Abuse Services
1450 Western Avenue, Albany, NY 12203 | www.oasas.state.ny.us
Coz 2 11/03 5:52 PM  8
TOPIC: HEALTHY LIFESTYLE AND TOBACCO

Lesson: Healthy Lifestyle, Tobacco Use, and Recovery

IMPORTANT INFORMATION

What is the connection between tobacco use and recovery?

- According to the American Lung Association, tobacco use is the single most preventable cause of death in the United States, responsible for many cancers, heart disease, stroke, and chronic obstructive pulmonary disease. (440,000 PREVENTABLE deaths each year).
- Research data indicate that 60-95% of individuals with substance use or mental health disorders are nicotine dependent.
- Consequently, the majority of those who successfully maintain abstinence from alcohol and illicit drugs prematurely die from tobacco-related diseases.
- Tobacco use kills more people each year than alcohol, cocaine, crack, heroin, homicides, suicides, car accidents, fire, and AIDS combined.
- Current research shows that individuals who stop using tobacco at the same time they stop alcohol/other drugs experience more success with their long-term recovery.

Why is this important?

- There are 4,800 chemicals in tobacco smoke, including 11 proven to cause cancer.
- Tobacco use correlates with an increase in alcohol and drug use.
- Continued tobacco use during recovery can be a factor in relapse.
- Using tobacco is strongly associated with the use of alcohol and other drugs

What are the benefits of reducing or stopping the use of tobacco?

- Supports recovery by improving my overall health
- Tobacco addiction may be the pilot light to other addictions
- Smell better
- Look better
- Live longer
- Walk a flight of stairs without panting
- Stop the cigarette burns on clothes and furniture
- Medical reasons, i.e.: blood pressure, breathing
- No need to lie and hide tobacco use
- Tobacco use is often associated with the ritual of alcohol and other drug use
- Saves money
- Other: _____________________________________________________________
Ways to stop using tobacco: getting help if you decide to reduce or stop your use of tobacco products

Talk to your mental health/substance use practitioner for the best treatment for you. Some people have been helped by using medication or nicotine replacement therapy (NRT). This is often combined with counseling to reduce withdrawal symptoms and assist the person to make progress in stopping the use of tobacco.

Medication

- **Nicotine Replacement Therapy (NRT), used in place of smoking to deliver nicotine in a safe manner:**
  - Nicotine gum
  - Nicotine patch
  - Nicotine nasal spray
  - Nicotine inhaler
  - Nicotine lozenge

- **Prescription:**
  - **Varenicline (Chantix)** – blocks the nicotine receptor so that nicotine cannot stimulate it. (This medication must be carefully monitored by your mental health provider).
  - **Bupropion (Zyban)** – antidepressant used for tobacco dependent treatment.

- **Things You Can Do to Help Yourself:**
  - Drink plenty of water
  - Carry low-calorie items with you such as mints, stick of cinnamon
  - Engage in physical activity; stay busy
  - Perform deep breathing, relaxation exercise

- **Support:**
  - Smoking cessation programs
  - Nicotine patches, nicotine gum, or other medications
  - Nicotine Anonymous
PERSONALIZED WORKSHEET: Understanding your tobacco use

Below is a list of questions related to tobacco use. Check those that apply to you and consider alternatives to tobacco use.

Why do you use tobacco?

☐ Pleasurable
☐ Relieve stress
☐ Something to do
☐ Decreases anxiety
☐ Other: ________________________________________________________________

What will be the benefit of stopping?

☐ Improve my health – less cough and shortness of breath
☐ Save money
☐ Will not burn my clothes and furniture
☐ Improve how food tastes
☐ Other: ________________________________________________________________

Do you know the triggers that make you want to use tobacco?

☐ Stress
☐ Boredom
☐ Using alcohol or other drugs
☐ Anxiety
☐ Gambling
☐ Other: ________________________________________________________________
List activities you can do instead of smoking?
1. ____________________________________________________________
2. ____________________________________________________________
3. ____________________________________________________________

What will you do with the money you save from not using tobacco?
1. ____________________________________________________________
2. ____________________________________________________________
3. ____________________________________________________________

ACTION STEP: Choose a tobacco prevention strategy to learn about or use more often

Choose one strategy you want to learn about OR one strategy you want to use more often.

Strategy: ____________________________________________________________
_____________________________________________________________________

What will be your first step? _____________________________________________

When will you do it? _____________________________________________________

Where will you do it? ___________________________________________________

How will you remind yourself? ___________________________________________

Who could help you complete your Action Step? ___________________________

What might get in the way of completing your Action Step? __________________