National Behavioral Health Network
for Tobacco & Cancer Control

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Taking Mental Health and Substance Use Organizations Tobacco-free

Resource List

Transitioning to a tobacco-free organization is not always easy, but it is possible. Fortunately, many resources are available to help support mental health and substance use (MH/SU) organizations that are planning for and/or moving toward a tobacco-free campus policy.

This Resource List provides a digest of available resources from national and state-based organizations, as well as MH/SU organizations across the country.

These tools are compiled so that you can have examples, build on successes already implemented in the field and feel supported through the many steps in taking your facilities tobacco-free.

EIGHT TRUTHS ABOUT CHANGE (Aaron and Nelson, 2008)

1. Organizations change when people change.
2. Resistance is inevitable.
3. Commitment to the past hinders change in the future.
4. Connecting to the head and the heart builds commitment.
5. A leader's actions speak louder than words.
6. Effective communication demands quality and quantity.
7. People support what they create.
8. Sustaining change takes support and reinforcement.

Sample Implementation Plans, Timelines, Support Resources, Press Kits and Organization FAQs

- Way Station, Inc: Tobacco Cessation Implementation Plan
- Northern Lakes Community Mental Health: NLCMH Tobacco-free Initiative Information Kit
- Pittsburgh Mercy Health System: Frequently Asked Questions- PMHS Staff
- Pittsburgh Mercy Health System: Tobacco-free Environment Press Release
- Pittsburgh Mercy Health System: How to Ask Someone to Stop Smoking Around You
- Cancer Prevention & Research Institute of Texas: Mental Health Agency Timeline Example
- Cancer Prevention & Research Institute of Texas: 6-month Policy Development Timeline Example

STEP-BY-STEP INFOGRAPHICS AND TWO-PAGERS

- **How To Implement a Tobacco-free Policy**
- **Taking Your Facility Tobacco-free: A Brief Overview**

Sample Tobacco-free Policies

- Credo Community Center for the Treatment of Addictions: [Tobacco-free Policy](#)
- Signs of Victory: [Smoke and Tobacco-free Policy](#)
- Pittsburgh Mercy Health System: [Tobacco-free Environment Policy 7.05](#)
- Pittsburgh Mercy Health System: [Drug-free Workplace Policy 7.06](#)
- Smoking Cessation Leadership Center: [Tobacco-free Policy Example](#)
- Kaiser Permanente: [Creating a Tobacco-free Campus Sample Policy](#)
- Spindletop Center: [Tobacco-free Policy](#)
- Spindletop Center: [Hiring Policy](#)
- Denton County MHMR Center: [Client Notice](#)
- Heart of Texas Region MHMR Center: [Tobacco-free Policy](#)

TOBACCO-FREE CAMPUS SIGNAGE EXAMPLES AND RESOURCES

- [Alpha Home](#)
- [Behavioral Health Center of Nueces County](#)
- [Betty Hardwick Center](#)
- [Billy T. Cattan Recovery Outreach Center](#)
- [Border Regions Behavioral Health Center](#)
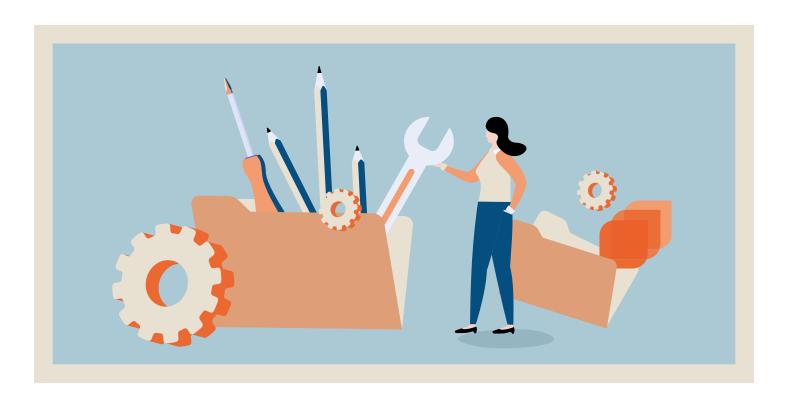- [Counseling And Recovery Services (CARS)](#)
- [Crossroads Treatment Center](#)
- [Denton County MHMR](#)
- [Gulf Coast Center](#)
- [Santa Maria Hostel](#)
- [Spindletop Center](#)
- [STEP Med](#)

Toolkits and Additional Resources

- National Behavioral Health Network for Tobacco and Cancer Control: Implementation Toolkit for Statewide Tobacco Control Programs

- Behavioral Health & Wellness Program: Dimensions: Tobacco-free Toolkit for Healthcare Providers

- Smoking Cessation Leadership Center: Tobacco-free Toolkit for Community Health Facilities

- National Association of State Mental Health Program Directors: Tobacco-free Living in Psychiatric Settings: A Best Practices Toolkit Promoting Wellness and Recovery

- Maine Prevention Services: Tobacco-free Behavioral Health Toolkit

- National Alliance on Mental Illness (NAMI) Kansas: Kansas Tobacco Guideline for Behavioral Health Care – An Implementation Toolkit

- California Behavioral Health & Wellness Initiative: Tobacco-free Toolkit for Behavioral Health Agencies

- The County of Fresno Department of Health: Tobacco-free Recovery – A Guide to Help Behavioral Health Facilities Go Smoke-free

- Public Health Law Center: U.S. State Laws Requiring Tobacco-free Grounds for Mental Health and Substance Use Facilities

- Taking Texas Tobacco-free: Implementation Resources

  » Taking Texas Tobacco-free: Implementation Guide for Substance Use Treatment Centers

  » Taking Texas Tobacco-free: Implementation Guide for Behavioral Health Settings

Research Articles

Impact of co-treatment in substance use treatment facilities

1. Baca, C. T., & Yahne, C. E. (2009). Smoking cessation during substance abuse treatment: What you need to know. Journal of substance abuse treatment, 36(2), 205-219.

2. Fiore et al. (2008). A Clinical Practice Guideline for Treating Tobacco Use and Dependence: 2008 Update: A U.S. Public Health Service Report. American Journal of Preventive Medicine, 35(2), 158-176.

3. Prochaska, J. J., Delucchi, K., & Hall, S. M. (2004). A meta-analysis of smoking cessation interventions with individuals in substance abuse treatment or recovery. Journal of consulting and clinical psychology, 72(6), 1144.

Impact on client census rates

1. Conrad, M., Bolte, T., Gaines, L., Avery, Z., & Bodie, L. (2018). The untreated addiction: Going tobacco-free in a VA substance abuse residential rehabilitation treatment program (SARRTP). The journal of behavioral health services & research, 45(4), 659-667.

2. Richey, R., Garver-Apgar, C., Martin, L., Morris, C., & Morris, C. (2017). Tobacco-free policy outcomes for an inpatient substance abuse treatment center. Health promotion practice, 18(4), 554-560.

3. Flach, S. D., & Diener, A. (2004). Eliciting patients' preferences for cigarette and alcohol cessation: An application of conjoint analysis. Addictive Behaviors, 29(4), 791-799.

Organizational benefit to tobacco-free policies

1. Friedmann, P., Jiang, L., Richter, K. (2008). Cigarette smoking cessation services in outpatient substance abuse treatment programs in the United States. Journal of Substance Abuse Treatment, 34(2), 165-172.

2. Guydish, J. Passalacqua, E., Tajima, B., Chan, M., Chun, J., Bostrom, A. (2011). Smoking Prevalence in Addiction Treatment: A Review, Nicotine & Tobacco Research, 13(6), 401–411.

3. Schroeder, S., Morris, C. (2010). Confronting a Neglected Epidemic: Tobacco Cessation for Persons with Mental Illnesses and Substance Abuse Problems. Annual Review of Public Health, 31(1), 297-314.

4. Hehir, A. M., Indig, D., Prosser, S., & Archer, V. A. (2013). Implementation of a smoke-free policy in a high secure mental health inpatient facility: staff survey to describe experience and attitudes. BMC Public Health, 13(1), 1-8.

Rates of tobacco use

1. Evins, A. E., Cather, C., & Laffer, A. (2015). Treatment of tobacco use disorders in smokers with serious mental illness: toward clinical best practices. Harvard review of psychiatry, 23(2), 90.

2. Prochaska, J. J. (2010). Failure to treat tobacco use in mental health and addiction treatment settings: a form of harm reduction? Drug and alcohol dependence, 110(3), 177-182.

3. Gubner, N. R., Williams, D. D., Le, T., Garcia, W., Vijayaraghavan, M., & Guydish, J. (2019). Smoking related outcomes before and after implementation of tobacco-free grounds in residential substance use disorder treatment programs. Drug and alcohol dependence, 197, 8-14.

Impact of comprehensive tobacco control environment

1. Marynak, K., VanFrank, B., Tetlow, S., Mahoney, M., Phillips, E., Jamal, A., ... & Babb, S. (2018). Tobacco cessation interventions and smoke-free policies in mental health and substance abuse treatment facilities—United States, 2016. Morbidity and Mortality Weekly Report, 67(18), 519.

2. Romano, I., Costello, M. J., Ropp, C., Li, Y., Sousa, S., Bruce, D., Roth, D., MacKillop, J. & Rush, B. (2019). Evaluating the short-term impact of a tobacco-free policy in an inpatient addiction treatment setting. Journal of Substance Abuse Treatment, 107, 50-59.

Eight Truths About Change

1. Aaron, S., Nelson, K. (2008). The Eight Constants of Change...What Leaders Need to Know to Drive Change and Win. 1st edition. CornerStone Leadership Institute.