

Tobacco  
Homelessness and Behavioral Health

June 11, 2019  
Reba Mathern-Jacobson, MSW  
Reba.MathernJacobson@Lung.org



**Vision**

A world free from  
lung disease

**Mission**

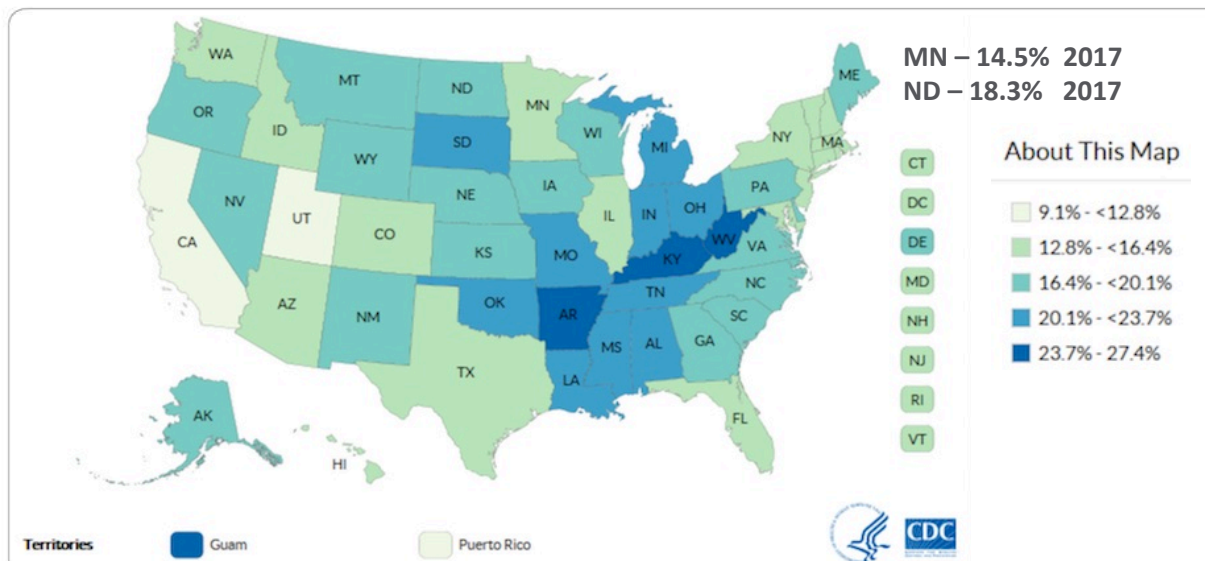
To save lives by  
improving lung health  
and preventing lung  
disease



## Objectives

- discuss the impact of commercial tobacco on two overlapping disparity populations
  - those with a behavioral health condition
  - those who are homeless
- describe obstacles to reducing tobacco use among the homeless population
- identify strategies to address tobacco within the context of homelessness

## Current Cigarette Use Among Adults (Behavior Risk Factor Surveillance System) 2015



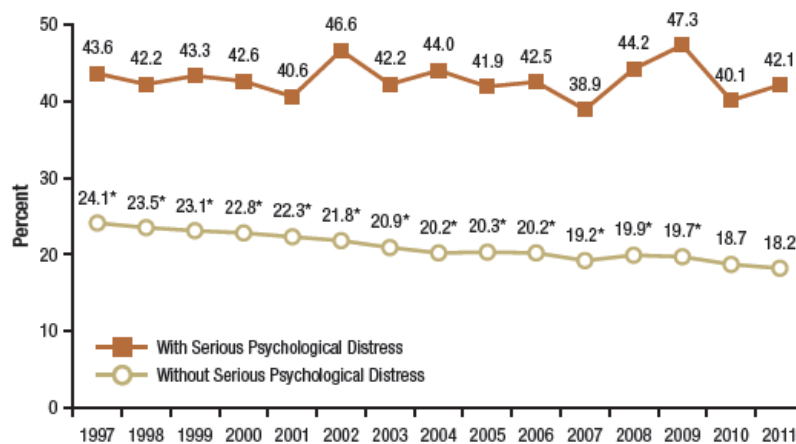
## Causes of Death

Tobacco kills more than 480,000 people annually  
– more than AIDS, alcohol, car accidents, illegal  
drugs, murders and suicides... **COMBINED.**

 AMERICAN LUNG ASSOCIATION.

Source: [www.tobaccofreekids.org/problem/toll-us](http://www.tobaccofreekids.org/problem/toll-us).

Current Smoking among Adults Aged 18 or Older, by Past Month Serious Psychological Distress Status: NHIS, 1997 to 2011



\* Difference between estimate and estimate for 2011 is statistically significant at the .05 level.

## Big Tobacco Targeting Specific Populations: Impact

### Tobacco Use by Diagnosis

Schizophrenia	62-90%
Bipolar disorder	51-70%
Major depression	36-80%
Anxiety disorders	32-60%
Post-traumatic stress disorder	45-60%
Attention deficit/ hyperactivity disorder	38-42%
Alcohol abuse	34-80%
Other drug abuse	49-98%

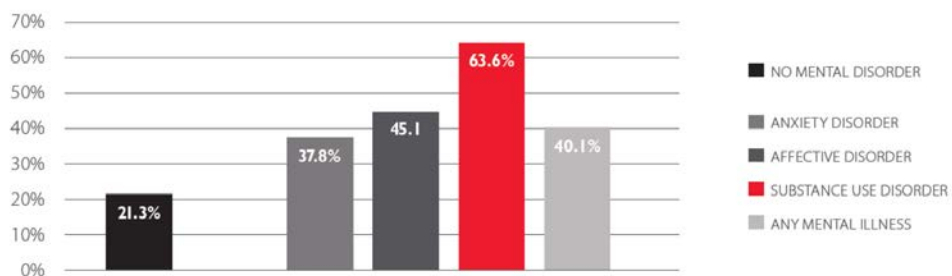
*(Beckham et al., 1995; De Leon et al., 1995; Grant et al., 2004; Hughes et al., 1986; Lasser et al., 2000; Morris et al., 2006; Pomerleau et al., 1995; Stark & Campbell, 1993; Ziedonis et al., 1994)*

Persons with a mental health disorder or substance use disorder purchase & consume **30-44%** of cigarettes sold in the U.S.

 AMERICAN LUNG ASSOCIATION.

## Big Tobacco Targeting Specific Populations: Impact

### U.S. SMOKING PREVALENCE



 AMERICAN LUNG ASSOCIATION.

## Big Tobacco Targeting Specific Populations: Impact

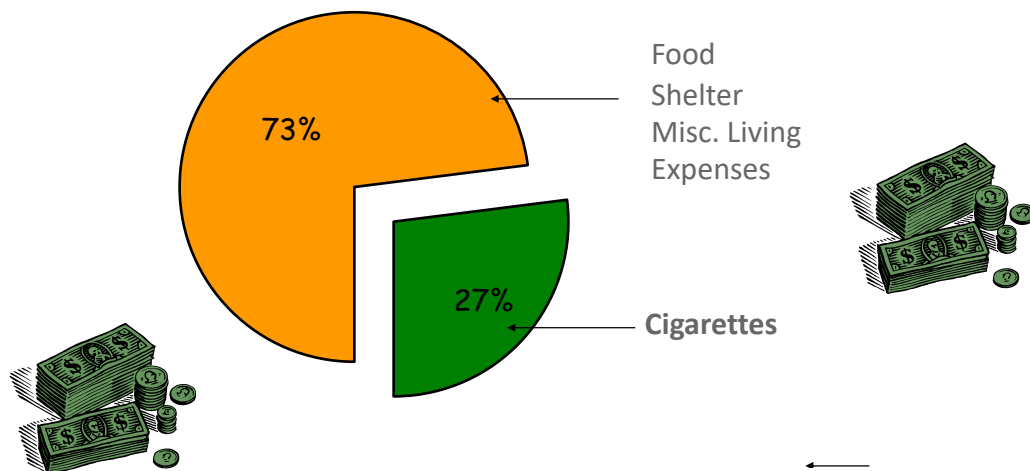
# 75%

OF SMOKERS **HAVE A PAST OR PRESENT PROBLEM** WITH MENTAL ILLNESS OR ADDICTION

**ONLY 1 IN 4 MENTAL TREATMENT FACILITIES OFFER TOBACCO CESSATION SERVICES.**

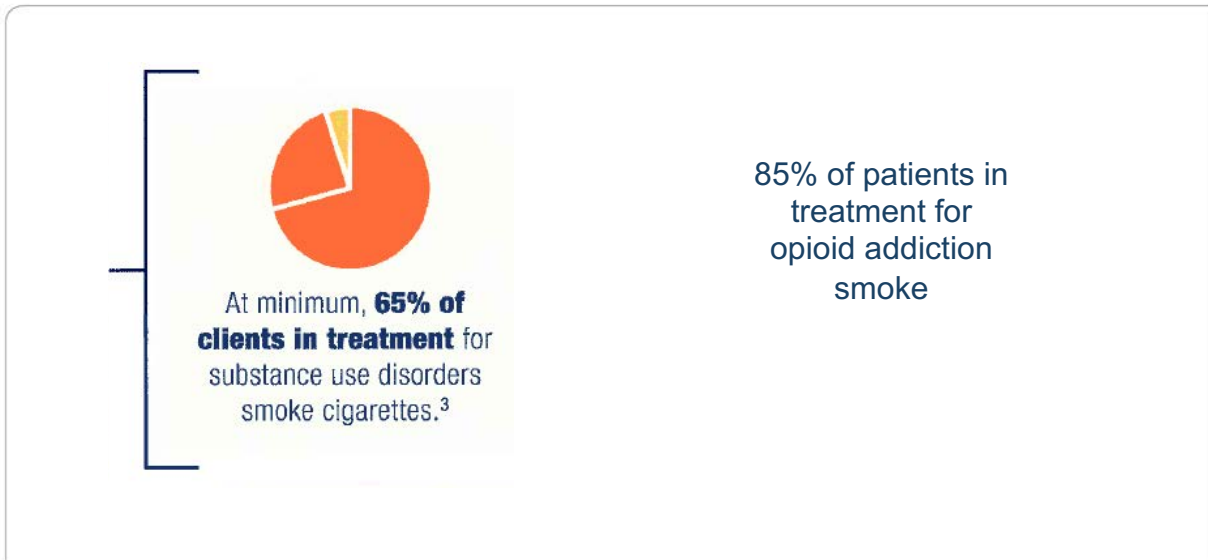
 AMERICAN LUNG ASSOCIATION.

## People Who Smoke Suffer Financial Consequences & Lower Quality of Life



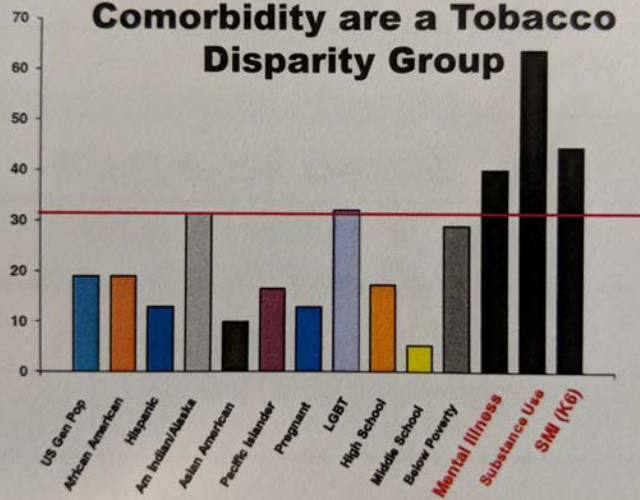
 AMERICAN LUNG ASSOCIATION.

Source: Steinberg ML, et al. *Tobacco Control*, 2004.



85% of patients in treatment for opioid addiction smoke

### Smokers with Behavioral Health Comorbidity are a Tobacco Disparity Group



Williams et al., AJP, 2013

## Confronting a Mentality

- Indifference
  - Low priority
  - Unrelated to treatment
- Reluctance
  - Too difficult
  - Consumer unwillingness
- Resistance
  - Embrace and encourage tobacco use

## Tobacco Cessation Approaches That Work Among People with Mental or Substance Use Disorders

- Adopting and implementing a tobacco-free facility/campus policy.
- Providers routinely asking their clients if they use tobacco and providing evidence-based cessation treatments to those who do.
- Evidence-based tobacco cessation treatments are effective with those with mental or substance use disorders. However, they may face challenges in trying to quit, and may benefit from additional counseling, longer use of cessation medications, and monitoring as part of routine care.
- The effectiveness of tobacco cessation treatment can be significantly increased by integrating cessation services into the mental health or addiction treatment program.

## Homelessness in North Dakota

- Rate of homeless individuals at any given time in ND (Wilder Foundation)
- 20-30% have serious mental illness (PHLC)
- 30-50% have SUD or dual diagnosis (PHLC)
- Smoking rate: 4 times that of general population (PHLC)

## Homelessness

[www.publichealthlawcenter.org](http://www.publichealthlawcenter.org)  
webinar  
policy briefs






## Homelessness

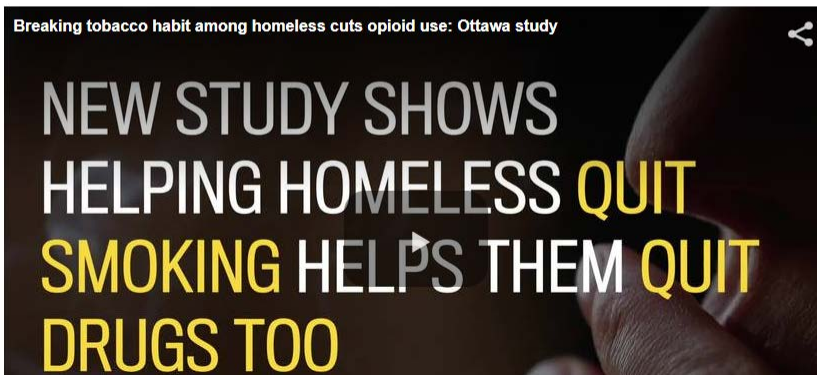
- Stress
- Susceptibility to tobacco marketing
- Provider challenges
- Competing needs

## Breaking tobacco habit among homeless cuts opioid use, Ottawa study finds

 **ANDREW DUFFY**

[More from Andrew Duffy](#)

Published on: January 22, 2018 | Last Updated: January 22, 2018 4:57 PM EST



## Focus Groups

- Qualifications
  - Homeless
  - Smoke or quit within past 6 months
- Sites
  - 5 shelters
- Purpose
  - Awareness of treatment services
  - How to build new services that are

## Focus Groups – common themes

- 
- 
- 
- 
- 
- 
- 
-

## Focus Groups - Recommendations

- 
- 
- 
- 
- 
- 
- 

## Staff Surveys

- Participant demographics
- N=89 (out of approximately 172)

## Staff Surveys – Common themes

### Beliefs

- 
- 
- 
- 
- 

## Recommendations

- Grounds policies
- Practices and procedures
- Treatment
- Community Engagement

## Summary

- Disparately high rates of smoking
- Interest and capacity of individuals
- Interest and capacity of staff
- Next steps

**Ideas?**  
**Comments?**  
**Questions?**

[www.lung.org/behavioralhealth-Minnesota](http://www.lung.org/behavioralhealth-Minnesota)

[Reba.Mathern-Jacobson@Lung.org](mailto:Reba.Mathern-Jacobson@Lung.org)