

# Living Well--Strategies for Tobacco Free Recovery

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# Smoking and Behavioral Health: The Heavy Burden

- 200,000 annual deaths from smoking occur among patients with CMI and/or substance abuse
- This population consumes 44% of all cigarettes sold in the US
  - higher prevalence
  - smoke more
  - more likely to smoke down to the butt
- People with CMI die on average 25 years earlier than others, and smoking is a large contributor to that early mortality
- Smoking in addiction treatment centers ranges 53-91% (Guydish et al, Nicotine and Tobacco Research, June 2011, p. 401)

# BH Staff Smoking Rates

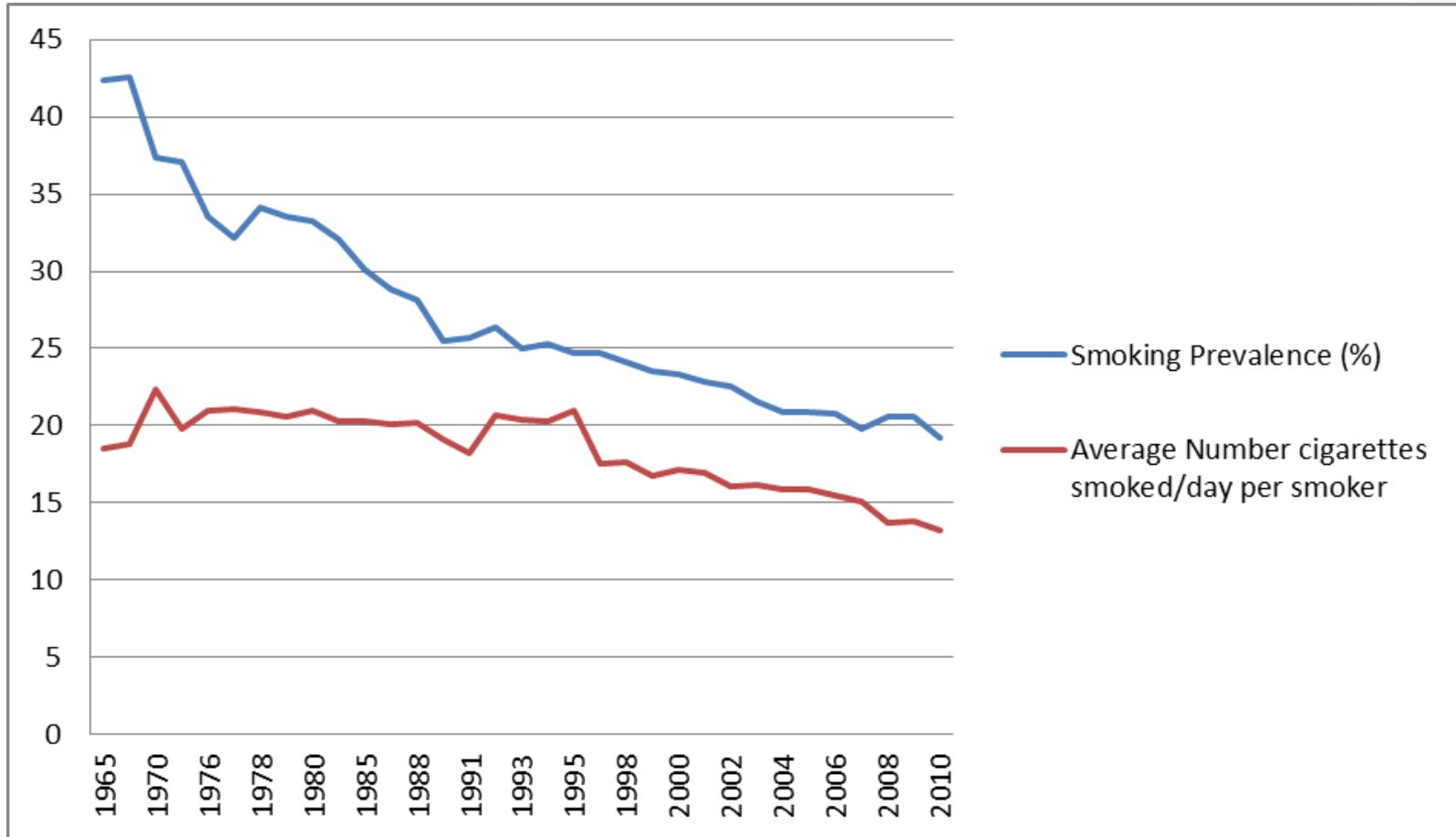
- **Smoking prevalence among substance abuse counselors\***
  - **Ranged from 14%-40%**
- **Lowest staff smoking rates (14%) included staff with higher educational and professional training**
- **Rates of smoking among treatment staff in MH and SA facilities higher than general population, approximately 30- 40% vs. 22%**

(Source: Bernstein & Stoduto 1999: Bobo & Hoffman 1995: Bobo & Davis 1993: Bobo & Gilchrist 1983: Williams et al in press)

\*based on estimates reported in 11 papers

# Smoking Prevalence and Average Number of Cigarettes Smoked per Day per Current Smoker 1965-2010

Percent/Number of Cigarettes Smoked Daily



Source: Centers for Disease Control and Prevention (1965-2010). *NHIS*

# National Research Institute

*Research arm of National State Psychiatric Mental Health Program Directors*

- 79 % state operated psychiatric facilities smoke-free up from 20% in 2005, 41 % in 2007
- Survey highlights include:
  - 80% offer NRT, up from 60% in 2005
  - 35% of hospitals that allow smoking plan policy changes in the next 2 years

# Medications Affected by Smoking

## Brand Name

Elavil  
Anafranil  
Aventyl/Pamelor  
Tofranil  
Luvox  
Thorazine  
Prolixin  
Haldol  
Clorizaryl  
Zyprexa  
Tylenol  
Inderal  
Slo-bid, Slo-Phyllin,  
Theo-24, Theo-Dur,  
Theobid, Theovent

## Generic Name

Amitriptyline  
Clomipramine  
Nortriptyline  
Imipramine  
Fluvoxamine  
Chlorpromazine  
Fluphenazine  
Haloperidol  
Clozapine  
Olanzapine  
Acetaminophen  
Propranolol  
Theophylline

***Caffeine***

# Mental Health Key Messages

- **25 year mortality gap due largely to smoking**
- **Smokers with schizophrenia spend >1/4 income on cigarettes**
- **Tobacco use interferes with psychiatric medications**
- **Although more than 2/3 of smokers want to quit only 3% able to quit on their own-need help**
- **Highly addicted smokers with mental illness can quit and more likely to succeed with medications and behavioral therapy**

# Tobacco and Addiction Treatment

- **Co-founders of AA, Dr. Bob and Bill W., died of tobacco related diseases**
- Most states exempt addiction treatment settings when regulating smoking in the workplace
- Unintended consequences of SA Treatment:  
Usually if a person has not started smoking by age 20, it's unlikely that they will ever smoke. But a significant number of adult substance abusers start smoking in treatment (Friend & Pagano, 2004)

# Key Messages in SA

- High association between smoking, illicit drug use, and alcohol use
- Tobacco is a gateway drug
- Nearly 50% of people in recovery will die from tobacco-related diseases (Hughes et al, 2000; Hurt et al., 1996)

# Nicotine a Gateway Drug

- **Kandel showed nicotine addiction can cause cocaine addiction in rats, but not vice versa**
- **Implications are 2-fold:**
  - 1. Nicotine a gateway drug for cocaine; exposure to it enhances subsequent pleasure from cocaine**
  - 2. Thus, giving NRT to cocaine users may exacerbate cocaine dependency**

Source: A. Levine, Y. Huang, B. Drisaldi, E. A. Griffin, D. D. Pollak, S. Xu, D. Yin, C. Schaffran, D. B. Kandel, E. R. Kandel. Molecular Mechanism for a Gateway Drug: Epigenetic Changes Initiated by Nicotine Prime Gene Expression by Cocaine. *Science Translational Medicine*, 2011; 3 (107)

# Nicotine and other Addictions

- Nationally 77-93% of people in addiction treatment settings use tobacco, more than triple the national average

Source: Richter et al., 2001

- Tobacco use may increase the pleasure experienced when drinking alcohol

Source: US DHHS NIDA Alcohol Alert, 2007

- Heavy smoking may contribute to increased use of cocaine and heroin

Source: US DHHS NIDA Notes, 2000

- Heavy smokers have other, more severe addictions than non-smokers and moderate smokers

Source: Marks et al., 1997; Krejci, Steinberg, and Ziedonis; 2003

# SAMHSA's New (Dec 2011) Definition of Recovery

*"A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential."*

- "Improve their health and wellness" = Life
- "Live a self-directed life" = Liberty
- "Strive to reach their full potential" = Pursuit of happiness



# SCLC, Smoking, and Behavioral Health

- SCLC created in 2003 at UCSF
- Initial grant from RWJF
- Subsequent funding from
  - American Legacy Foundation, specifically for behavioral health work
  - The VA
  - CPPW through LA County Project TRUST
- Other support
  - SAMHSA
  - CADCA

# CADCA

*Community Anti-Drug Coalitions of America*

- 5000 community coalitions nationwide
- Grass roots advocacy
- Smoking 3<sup>rd</sup> highest priority according to 2011 annual member survey
- Never before addressed tobacco
- Now funded by a CDC Community Transformation Grant, plus RWJF grant

# Other SCLC Behavioral Health Partners

- American Psychiatric Nurses Association
- National Association of State Alcohol and Drug Abuse Directors
- Faces and Voices of Recovery
- National Council for Community Behavioral Health
- The Association for Addiction Professionals
- Depression Bipolar Support Alliance
- Behavioral Health Advisory Forum (education of QL staff)

# SCLC Publications in BH

- **Depression, Smoking, and Heart Disease: How Can Psychiatrists Be Effective?** Schroeder SA. Editorial. *American Journal of Psychiatry*. 168:876-878, September 2011
- **Tobacco use in those with mental health and substance abuse problems: Neglected epidemic.** Schroeder SA, Morris C. *Annual Review of Public Health*, 2010 31:16.1-16.18
- **Clinical Crossroads: A 51-year-old woman with bipolar disorder who wants to quit smoking.** Schroeder SA. *JAMA* 301: 522-31, 2009.
- **Stranded in the Periphery – The Increasing Marginalization of Smokers.** Schroeder SA. *N Engl J Med* 2008;358:21.
- **Varenicline: A Designer Drug to Help Smokers Quit.** Schroeder SA, Sox HC. *Annals of Internal Medicine*. 2006.
- **What to do with a patient who smokes.** Schroeder SA. *JAMA*, July 27, 2005 – Vol 294, No. 4.

# Common Elements of BH Partnerships

- Work with peers
- Policy change
- Motivate clinicians
- Culture change from tolerance to cessation
- Identify and celebrate champions
- Overcome hesitancy to promote quitlines
- Penetrate the professional literature
- Greater visibility at conferences, in newsletters, etc.
- Multiple educational vehicles (webinars, toolkits, Communiqués, articles, listserv)

# Tobacco Tipping Point?

- NRI Survey—79% state operated psychiatric facilities smoke-free
- California 11.9% adult smoking prevalence in 2010
- Smokers smoke fewer cigarettes
- Northern California Kaiser Permanente at 9%
- Proliferation of smoke-free areas
- New FDA warning photos on cigarette packs, if withstand court challenge