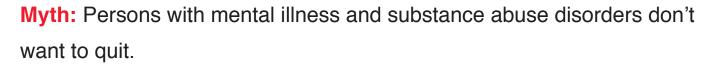


SMOKING CESSATION: *Myths/Facts*



Fact: The majority of persons with mental illness and substance use disorders want to quit smoking and want information on cessation



services and resources. [2,3] Smokers are more than 2x likely to quit for good with the help of tobacco cessation medications and counseling services.



[2] Acton et al. Depression and stages of change for smoking in psychiatric outpatients. Addictive Behaviors. 2001; 26(5):621-31. [3] Prochaska et al. Return to smoking following a smoke-free psychiatric hospitalization. Am J Addiction. 2006; 15(1):15-22.

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SMOKING CESSATION Get the Facts: Smoking Cessation and Mental Illness





Myth: Persons with mental illness and substance abuse disorders can't quit smoking.

Fact: Persons with mental illness and substance abuse disorders can successfully quit using tobacco at rates similar to the general population.[10]

Myth: Tobacco is necessary for self-medication. Residents need to smoke to manage their mental illness.

Fact: Tobacco is the number one cause of death. Nicotine has powerful mood-altering effects that can change how people living with mental illness think



and feel. Behavioral health populations who smoke can have more severe symptoms, poorer well-being and functioning, increased hospitalizations and are at greater risk of suicide.[10]

[10] Heiligenstein E, Smith SS. Smoking and mental health problems in treatment-seeking university students. Nicotine & Tobacco Research. 2006;8(4):519-23



Myth: Smoking cessation will threaten recovery for persons with substance use disorders.

Fact: Smoking cessation can enhance long-term recovery for persons with substance use disorders. For example, if someone quit smoking at the same time they are quitting drinking, they can have a 25% greater chance of staying clean and sober.[11]



[11] Prochaska, Judith J; Delucchi, Kevin; & Hall, Sharon M. A meta-analysis of smoking cessation interventions with individuals in substance abuse treatment or recovery. Journal of consulting and clinical psychology. 2004; 72(6), 1144 - 1156. Retrieved from: http://escholarship.org/uc/item/0r8673wv

SMOKING CESSATION: Myths/Facts

SMOKING CESSATION: *Myths/Facts*