

Behavioral Health Leader Takes a Bold Step in Creating a Healthy Environment....

Discovery House of Bangor adopted a 100% tobacco-free campus policy, that exceeds state law (22 M.R.S.A. 1580-A), effective August 1, 2019.

The organization provides individuals, aged 18 and older, with the opportunity to take part in outpatient treatment programs for opioid dependence. They serve over 600 clients each month with a team of approximately 30 staff members at their Bangor location.



A Bangor District Tobacco Prevention Partner staff member, based out of Bangor Public Health & Community Services, attended a Basic Tobacco Treatment Training in the fall of 2018. During the training, staff met Dan Gendreau, a LCSW counselor at Discovery House. Throughout the daylong training, they continued a conversation about how Bangor Tobacco Prevention Staff might support Discovery House's interest in providing tobacco support for their patients. Little did they know that this would be the beginning of a fabulous collaborative effort that would take them through lots of meetings and months of planning but in the end would result in a campus wide tobacco-free policy for all to enjoy.

"The work that we did with Lisa and Roxane was terrific, we felt very supported throughout the whole Tobacco-free Campus process. We did not have the tools as an organization to do this work on our own." Dan Gendreau

Intervention: education and policy.

October 2018 – Bangor Prevention Staff met Discovery House staff for the first time at Basic training

November 2018 – First meeting with executive staff

May 2019 – Met with policy committee

June 2019 – Passed policy and began to provide technical assistance for implementation

Summer 2019 - Awarded stipend to support efforts

July 2019 – Worked with Discovery House to identify common language to use with clients around their tobacco free campus and available tobacco treatment options.

August 2019 – Assisted with providing additional signage and implementing a positive, compassionate "walk about" thanking both staff and clients for following the new policy.



"We are all entitled to be in an environment that is not harmful to our well-being." Lisa Dunning, Bangor Tobacco Specialist



Six hundred plus individuals now have a supportive tobacco-free campus to work and receive services in.

Discovery House tobacco users are now less likely to be impacted by one of the following statistics:

Tobacco use remains the leading cause of death and disease in this country with over 443,000 deaths per year, almost half of those from smokers with mental illness.

Approximately 25% of adults in the U.S. have some form of mental illness or substance use disorder, and these adults consume almost 40% of all cigarettes smoked by adults. Addressing tobacco use and exposure to secondhand smoke by adopting tobacco-free campus policies is a proven strategy to increase the number of tobacco users who quit, reduce the prevalence of tobacco use and reduce exposure to secondhand smoke.

Thank you to Breathe Easy for the statistics....

Impact:

The compassionate team of professionals at Discovery House understands the overwhelming complexities caused by the abuse of opioids. By providing patients with comprehensive tobacco treatment, individuals are given the education, tools, and support that are required in order to successfully progress towards a future free from all addic-

Next Steps

Information regarding tobacco treatment resources, such as onsite counseling and the Maine Tobacco Help-

Line , will be made available for tobacco users who are interested in quitting.

To help support healthy, tobacco-free lifestyles, Discovery House of Bangor will assess clients for tobacco use at intake and address tobacco as part of a comprehensive treatment plan.



Contact Information

Sara Yasner and Lisa Dunning, District Tobacco Prevention Partners, Penobscot and Piscataquis Counties, Bangor Public Health & Community Services

sara.yasner@bangormaine.gov / lisa.dunning@bangormaine.gov

MaineHealth Tobacco Prevention Services | TobaccoPreventionServices@mainehealth.org

References

Breathe Easy Maine

<https://breatheeasymaine.org/>

