

Tobacco Treatment and Substance Use Disorder Recovery

Learn why it is so beneficial to support your clients in substance use disorder (SUD) recovery with co-treatment of their tobacco use disorder (TUD), how co-treatment can help prevent relapse, and how to connect them to nationally certified treatment resources.

Did You Know?



3 in 5 people with a substance use disorder smoke

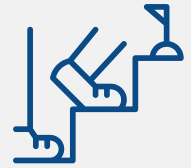
Tobacco use is the leading cause of preventable disease and death in the U.S.

>50%

OVER HALF of all deaths among people with behavioral health or substance use disorders were a result of **tobacco related causes**.

This is **2X** the rate found in the general public.

Tobacco use disorder is **the sole SUD for which treatment is not consistently integrated** into treatment programs for other SUDs.



Surveys of individuals in SUD treatment show that **44-80% are interested in quitting their tobacco use**.



How does treating tobacco use disorder affect long-term recovery success?

Clients who receive treatment for tobacco use disorder are **more likely to reduce their use of alcohol and other drugs and have better treatment outcomes overall**

A meta-analysis of 18 studies found that treating the tobacco use of clients **improved** their alcohol and other drug recovery success outcomes **by an average of 25%**.

↑ 25%



MaineHealth
Center for Tobacco Independence

Behavioral Health Organizations play a key role in supporting those living with mental illness or substance use disorders by taking these steps:

- ✓ Creating a tobacco-free policy
- ✓ Screening clients for tobacco use
- ✓ Referring those who are interested in quitting to evidence-based treatment
- ✓ Attending tobacco treatment trainings and webinars to increase confidence and competency in supporting your clients with TUD

Help is available: evidence-based tobacco treatment services with the Maine QuitLink

The Maine QuitLink is a statewide evidence-based, confidential, and free tobacco treatment service. Quit Coaches provide evidence-based services using the Treating Tobacco Use and Dependence Clinical Practice Guideline (U.S. Public Health Service, 2008).

When you refer a client to the Maine QuitLink they are connected with a trained Quit Coach who will help create a tailored quit plan to support your client in recovery & Nicotine Replacement Therapy (NRT), at no cost.

The Maine QuitLink offers a robust behavioral health protocol for those individuals who disclose a behavioral health concern that they believe will make it harder for them to quit. This protocol includes additional phone coaching calls, additional NRT support, as well as connection with their referring provider outlining the importance of supporting the client in their quit attempt.

Connect your client with free evidence-based tobacco & nicotine treatment by

- Learn about submitting a referral at: CTIMaine.org/Refer
- Calling 1-800-Quit-Now
- Visiting MaineQuitLink.com



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Increase your own clinical knowledge about integrating and supporting tobacco treatment by participating in one of the many training offerings available at [CTIMaine.org/ Education-Training](https://CTIMaine.org/Education-Training)