

Smoking Cessation and Mental Health and Recovery Services

Purpose

From 2017-2021, the Orange County Tobacco Use Prevention Program (TUPP) partnered with the OC Health Care Agency's Mental Health and Recovery Services (MHRS), previously known as Behavioral Health Services (BHS) to promote the adoption of a policy to screen and refer clients who use tobacco and/or vape to quit smoking services.



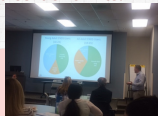
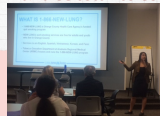
Why?

Individuals who utilize MHRS use tobacco at higher rates than the general population. A person with behavioral health issues is 2-3 times more nicotine dependent and smokes more cigarettes daily. Creating a process to screen and refer clients to quit smoking services is an important part of achieving better health among the behavioral health population.



What was done to achieve the goal?

- Showed need for a policy through focus groups and educational presentations to decision makers and MHRS staff.
- Conducted resource fairs at MHRS clinics throughout the county.
- Trained MHRS staff on how to ask, advise, and refer clients to local and state quit lines.
- Held a summit to build awareness of screening and referral policies and how to adopt them at mental health and substance use disorder clinics.

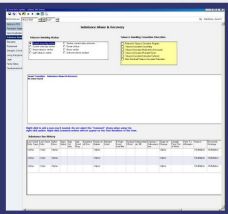


At the end of the project, the objective was partially met. Five County-run clinics, among the 166 project-identified MHRS facilities, integrated local and statewide cessation helpline messaging into their electronic health record system.



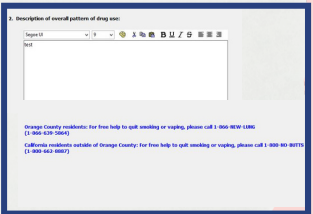
OUTCOME

Before



Electronic Health Record used by OC Health Care Agency Mental Health and Recovery Services Division

After



Lessons Learned and Recommendations

- Identify MHRS programs/colleagues to partner on shared interests.
- Incorporate a trauma-informed approach when working with MHRS programs on policies.
- Consider providing behavioral health programs a range of the 7 Food and Drug Administration-approved nicotine replacement therapy options.

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