



HOW CAN I HELP HOMELESS CLIENTS QUIT SMOKING? A GUIDE FOR HOMELESS-SERVING ORGANIZATIONS

While only 2 out of 10 people in the general population smoke, 7 out of 10 homeless people do.¹



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AHMC Anaheim Regional Medical Center
AHMC Healthcare

1.866.newlung
(1-866-639-5864)

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HOW DOES SMOKING AFFECT THE HOMELESS POPULATION?

Smoking can lead to many health problems.

Cancer and heart disease are the main causes of death among the homeless.²

Lung disease is twice as high among homeless individuals.³

Diseases caused by smoking lead to more deaths in the homeless population.⁴

8 out of 10 homeless individuals want to quit smoking.⁵

**Homeless individuals
share cigarettes and
use discarded cigarette
butts, raising their risk
of getting sick.**



WHAT IS **new lung** ?

1.866.NEW.LUNG

1-866-NEW-LUNG is a quit smoking helpline funded by the Orange County Health Care Agency.

The program is run by the Tobacco Cessation Department at Anaheim Regional Medical Center.

Anyone who lives, works, or goes to school in Orange County can call the helpline for help to quit smoking.

NEW LUNG services include:

- 1) Tips on how to change behavior and
- 2) Nicotine patches

Services for homeless individuals include:

Personal counseling (30 - 90 minutes)

Group workshop (30 - 90 minutes)

5-week class series (1 hour each week, for 5 weeks)

- Services use materials that help homeless population quit smoking
- Workshops are held in an open and safe space, free from pressure and judgment.
- All services are offered in English, Spanish, Vietnamese, Korean, and Farsi.

WHAT TO EXPECT DURING QUIT SMOKING SERVICES

Staff will come to your location with all materials for participants.

The quit smoking service will take 30-90 minutes depending on the needs of participant(s).

TOPICS COVERED

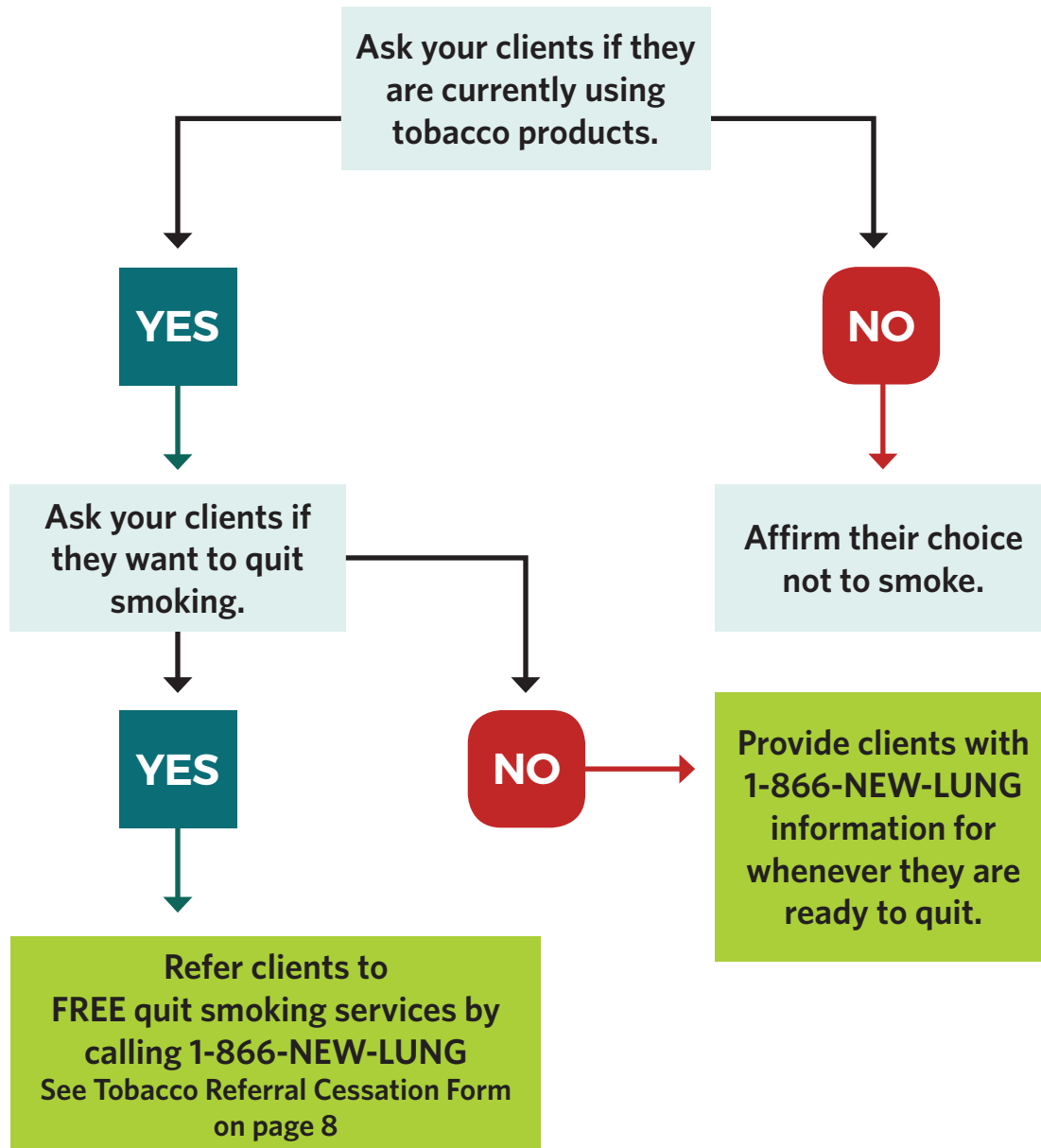
- Participants will learn what urges them to smoke, find ways to cope, handle stress, avoid the possibility of smoking again, and be tobacco-free.
- Participants will build a support system with one another.

WHAT WILL CLIENTS GET WHEN THEY FINISH THE SERVICE?



- ☐ **Care Kits**
Includes shampoo, comb, toothbrush, and hand sanitizer.
- ☐ **Quit Kits**
Items used to help people deal with the urge to smoke, like a water bottle, gum, tea, and toothpicks.
- ☐ **Nicotine Patches**
A 2-week supply of nicotine patches will be given to participants 18 years and older.
- ☐ **Certificate of Completion**
- ☐ **Materials to support their quitting process**

HOW DO I REFER HOMELESS CLIENTS TO QUIT SMOKING SERVICES?



HOW DO I ADD SMOKING CESSATION TO MY SERVICES?



Ask clients at every visit if they smoke and document. Tell clients about 1-866-NEW-LUNG. Provide a supportive environment for their efforts to quit.



Put up materials at your site that encourage people to quit smoking.



Have counseling on-site.



Make your site smoke-free and put up signs. Call 1-866-NEW-LUNG for free smoke-free signs.



Train staff to know why it is good to prevent smoking and to quit. Also, train staff to know how to help clients quit smoking.



Call 1-866-NEW-LUNG for more information.



TOBACCO CESSATION REFERRAL FORM



Preferred Language: (Check one)

☐ English

☐ Spanish

☐ Vietnamese

☐ Korean

☐ Farsi

Client Information:

Name: _____

Phone Number: _____

Address:

Comments:

Information Collected By:

Name: _____

Phone Number: _____

Agency: _____

**Please email this form to : Nang.Atphasouk@ahmchealth.com
or fax to: 714-999-5280**

Tobacco Cessation Department
Email: Nang.Atphasouk@ahmchealth.com
Phone: (714) 999-3991
Fax: (714) 999-5280



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CITATIONS

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2. Agnes Gozdzik et al., Cardiovascular Risk Factors & 30-Year Cardiovascular Risk in Homeless Adults with Mental Illness, 15BMC Public Health 165 (2015), <http://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-015-1472-4>; Travis Baggett et al., Disparities in Cancer Incidence, Stage & Mortality in Boston Heath Care for the Homeless Program, 49 Am. J. Public Health 694-702 (2015); Travis Baggett et al., Mortali- ty Among Homeless Adults in Boston: Shifts in Causes of Death Over a 15-Year Period, 173 JAMA Int. Med. 189-95 (2013), <http://jamanetwork.com/journals/jamainternalmedicine/fullarticle/1556797>; Tony C. Lee et al., Risk Factors for Cardiovascu- lar Disease in Homeless Adults, 111 Circulation 2627-35 (2005).
3. Baggett & Rigotti, supra note 1 at 164; Janet Porter et al., Addressing Tobacco Use in Homeless Populations: Recommendations of an Expert Panel, 12 Health Promotion Prac- tice 144-51 (2011).
4. See U.S. Dep't Housing & Urban Development, The 2016 Annual Homelessness Assess- ment Report to Congress (Nov. 2016), <https://www.hudexchange.info/resources/documents/2016-AHAR-Part-1.pdf>; see also Travis Baggett et al., Tobacco Use Among Homeless People: Addressing the Neglected Addiction, supra note 12.
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Tobacco Prevention and Cessation projects are made possible by Tobacco Settlement Revenue Funds administered by the County of Orange Health Care Agency/Tobacco Use Prevention Program.

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For questions or to set up a
cessation class at your location,
CALL:

1.866.new  lung



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