

**Welcome!**  
We will begin shortly.

***Improving Recovery Outcomes:  
Addressing Co-Occurring Tobacco and Opioid Use***



**National Behavioral Health Network**  
*For Tobacco & Cancer Control*

April 8, 2019, 2:00 PM EDT



# Housekeeping

- Today's webinar is being recorded.
  - Archived recording will be posted on [BHtheChange.org](https://BHtheChange.org) within 48 hours.
- For audio, please dial 1-888-727-2247 and enter Conference ID 7538272 when prompted.
- Submit questions using the chatbox. Q&A will be held until the end of the presentations.



**Chad D. Morris, PhD**

*Associate Professor, University of Colorado  
Denver, Department of Psychiatry  
Director, Behavioral Health and Wellness Program*



**Jim Pavlik, MA, CTTS**

*Program and Policy Analyst,  
Behavioral Health and Wellness Program*

## Today's Presenters



Behavioral Health &  
Wellness Program

# Improving Recovery Outcomes: Addressing Co-Occurring Tobacco and Opioid Use

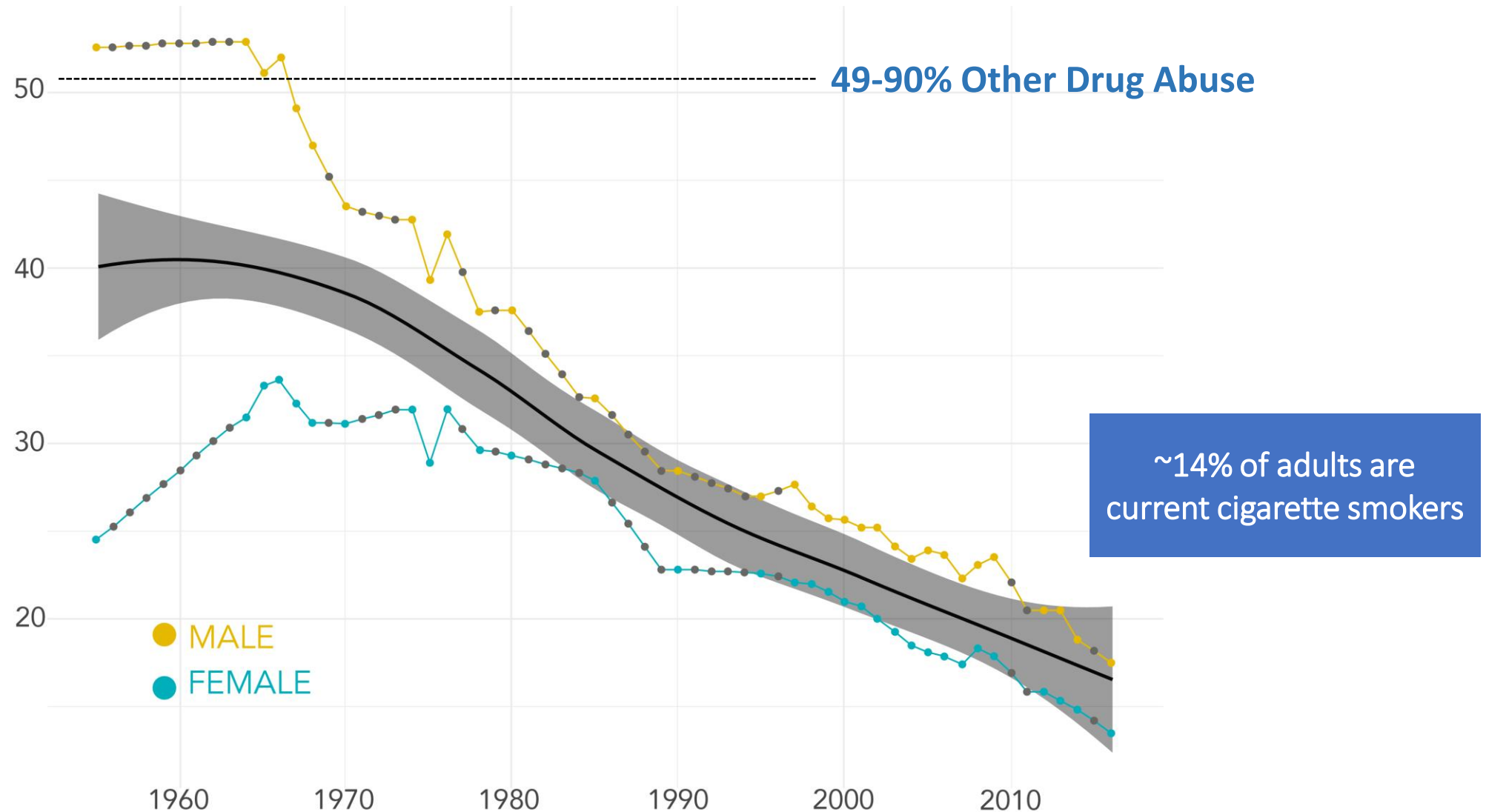
Chad Morris, PhD &  
Jim Pavlik, MA, CTTS  
April 8, 2019



School of Medicine  
UNIVERSITY OF COLORADO  
ANSCHUTZ MEDICAL CAMPUS



# Trends in U.S. Adult Smoking



# Smoking in Addiction Treatment Programs

A review of smoking prevalence in U.S. addiction treatment programs, from 1987 to 2009, found a median annual smoking prevalence of 76%.

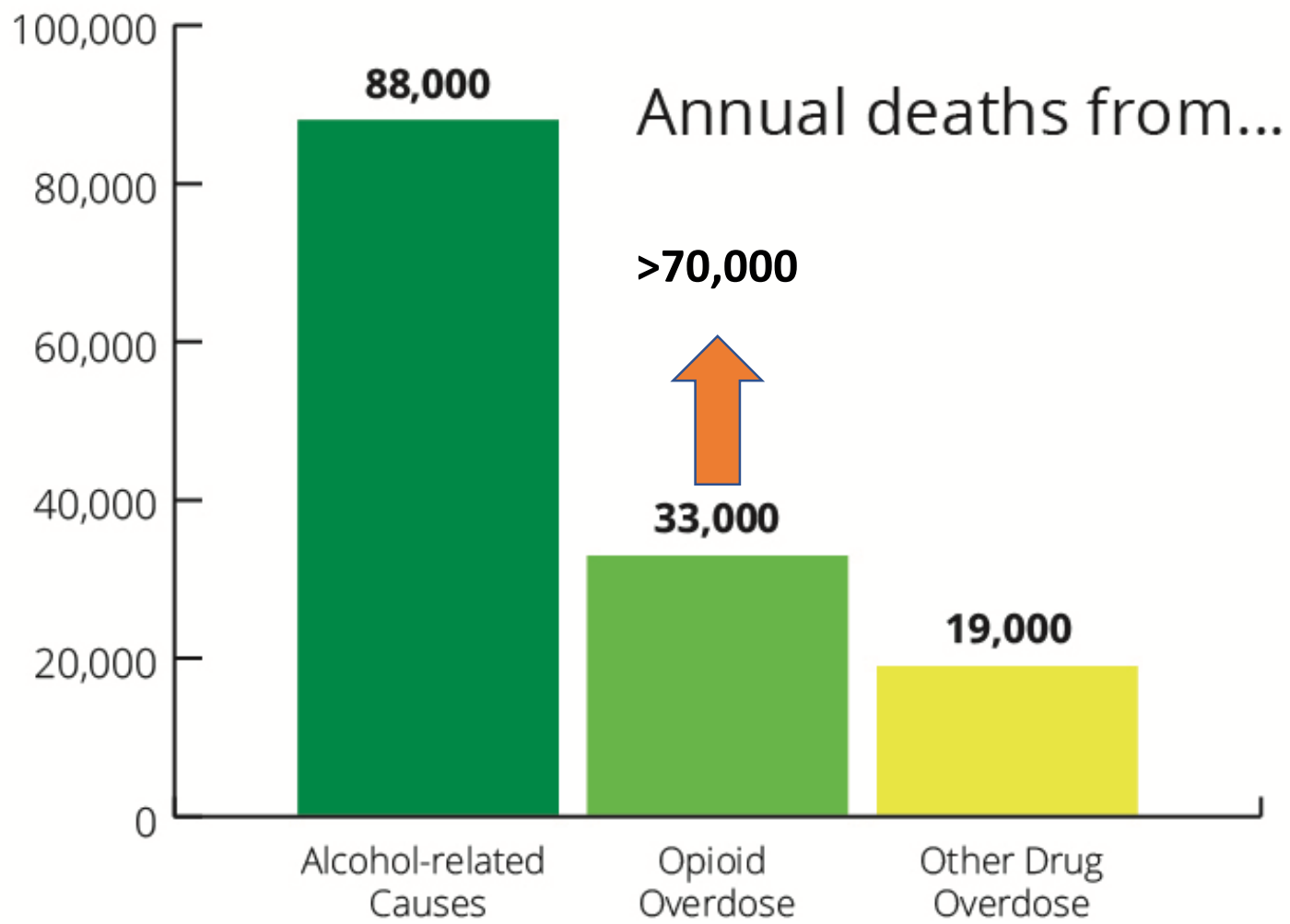
(Guydish et al., 2011, 2017)



# Health Disparities

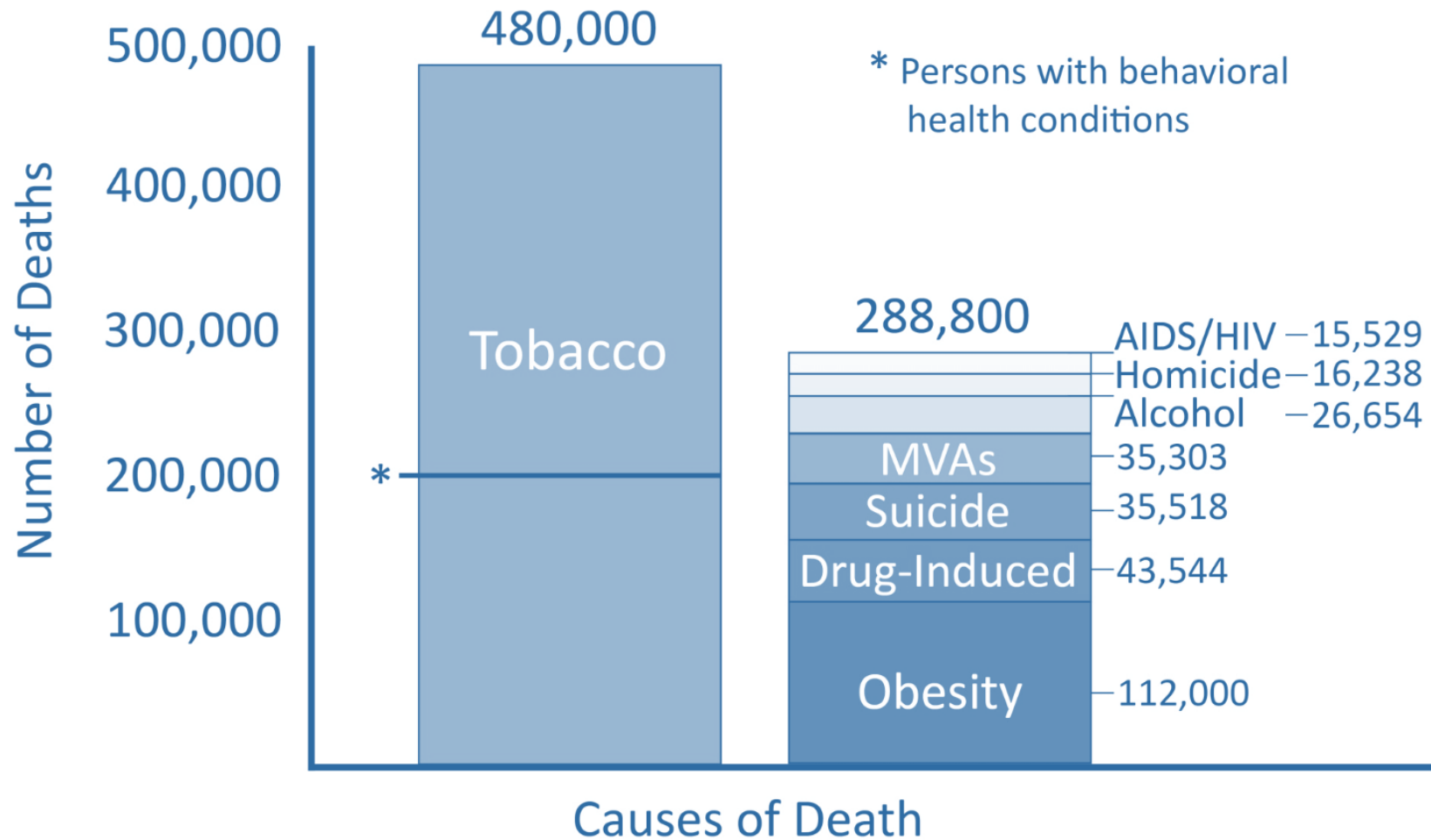
Population	Rates of Use Compared to General Population
Behavioral Health	2-3 times higher
HIV/AIDS Diagnosis	2-3 times higher
Homeless (or at risk)	Nearly 4 times higher
Justice Involved	3 times higher



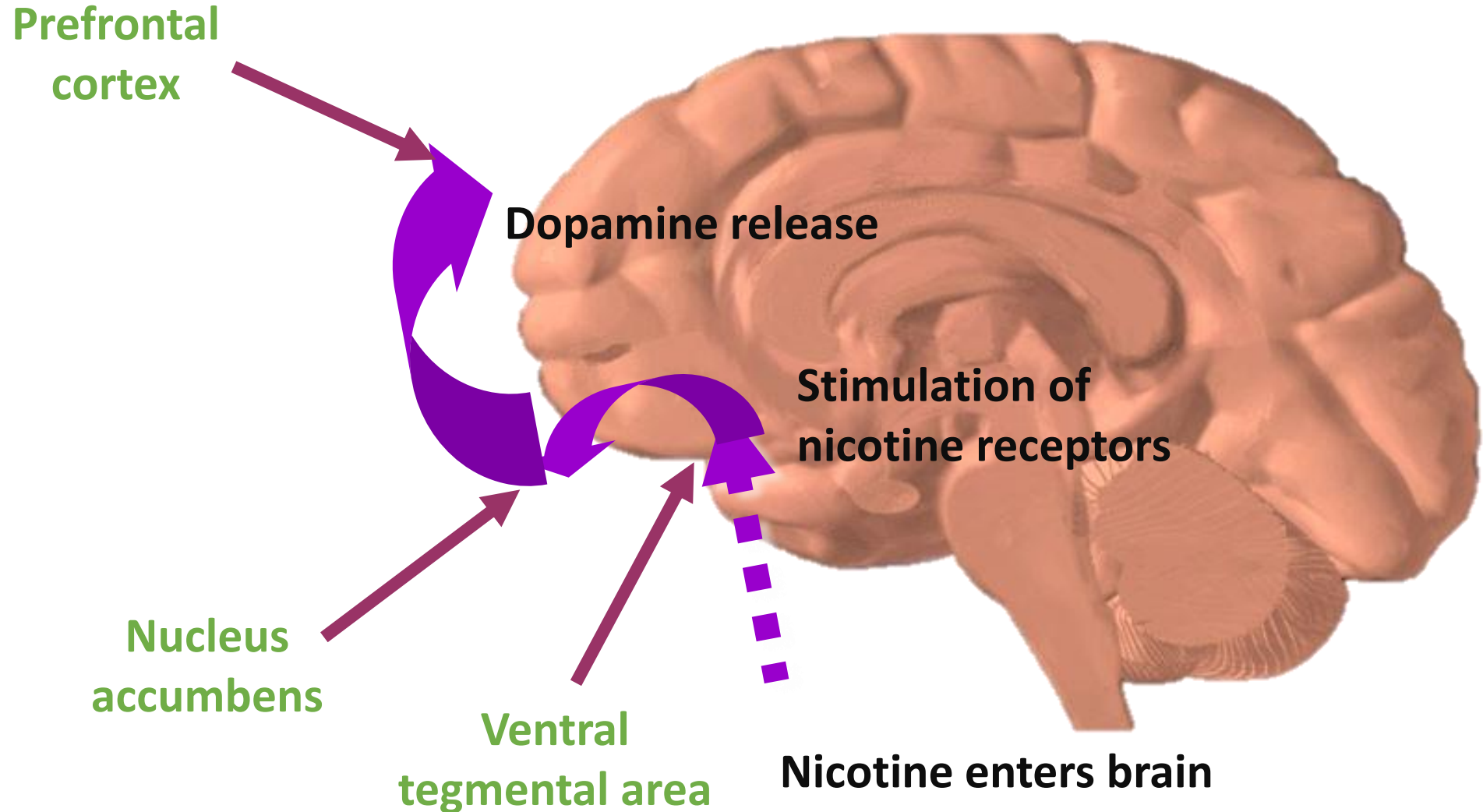




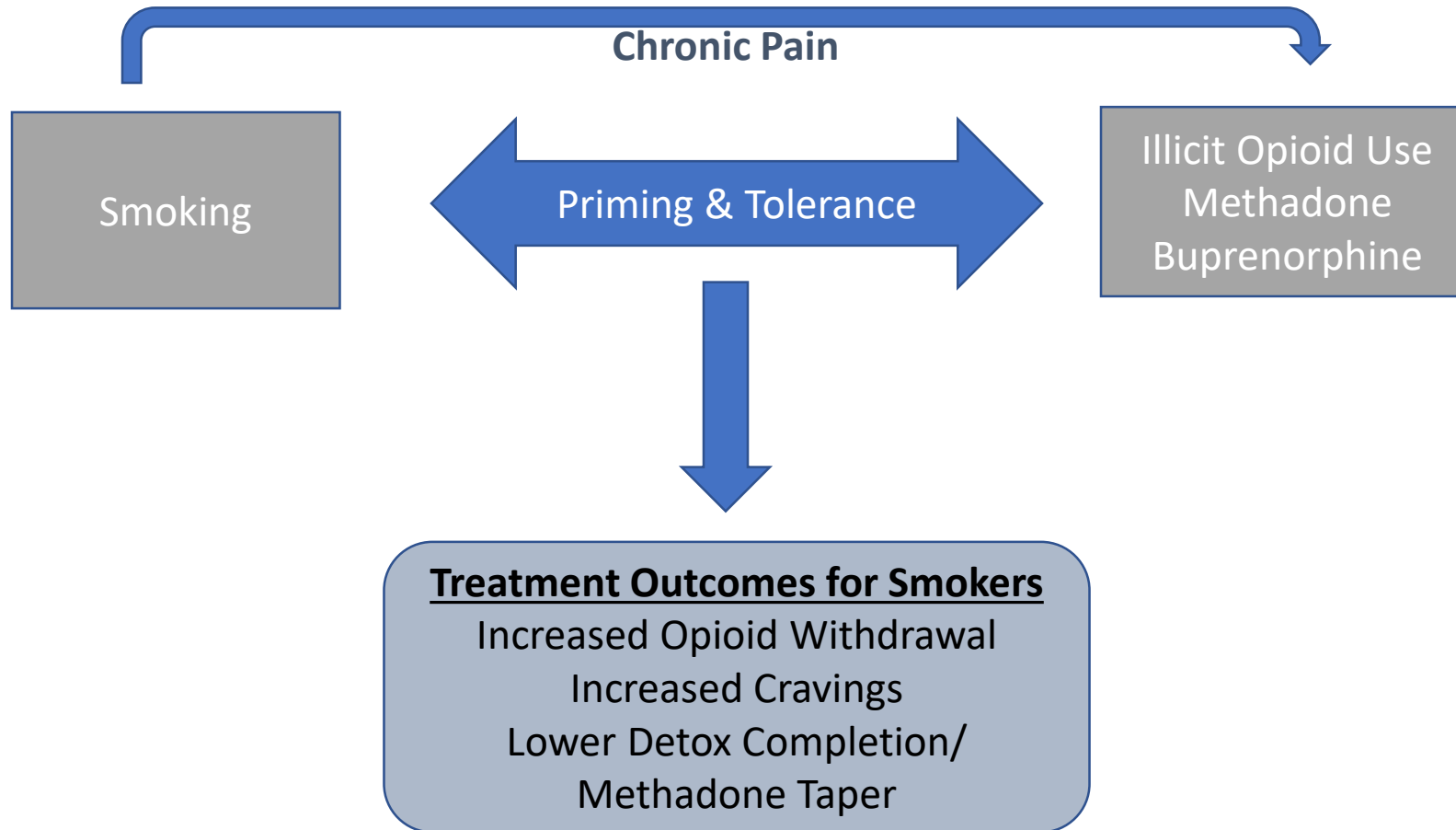
# Behavioral Causes of Death in U.S.



# Dopamine Reward Pathway



# Opioids and Smoking



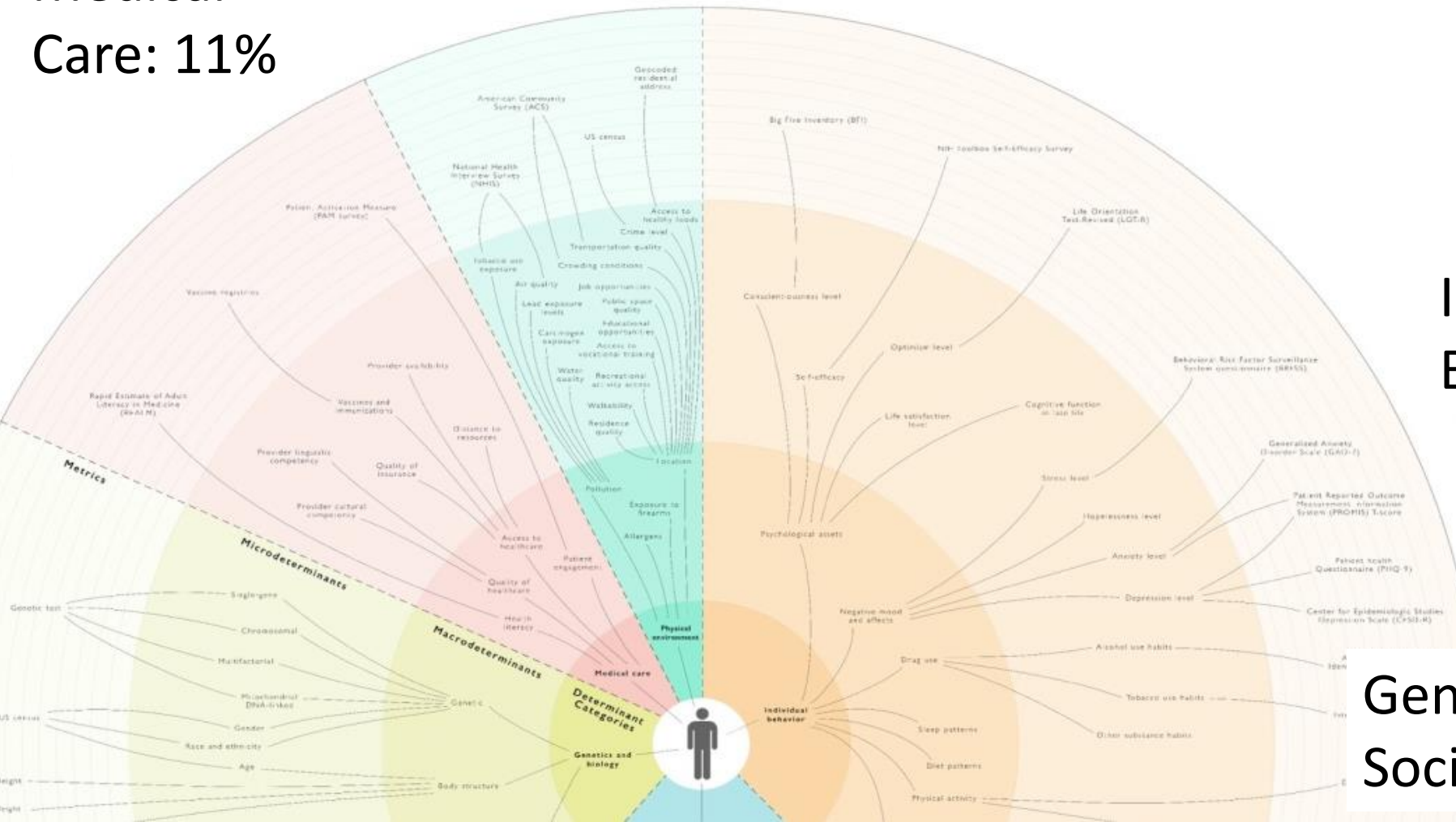
# Determinants of Health

Physical  
Environment: 7%

Medical  
Care: 11%

Individual  
Behaviors: 38%

Genetics & Biology: 21%  
Social Circumstances: 23%



# Social Determinants

- Stigma
- Low SES
- Discrimination
- Chronic Stress
- Psychological Distress
- Coping Skills
- Environmental Exposure
- Industry Targeting
- Biology
- Access to Treatment



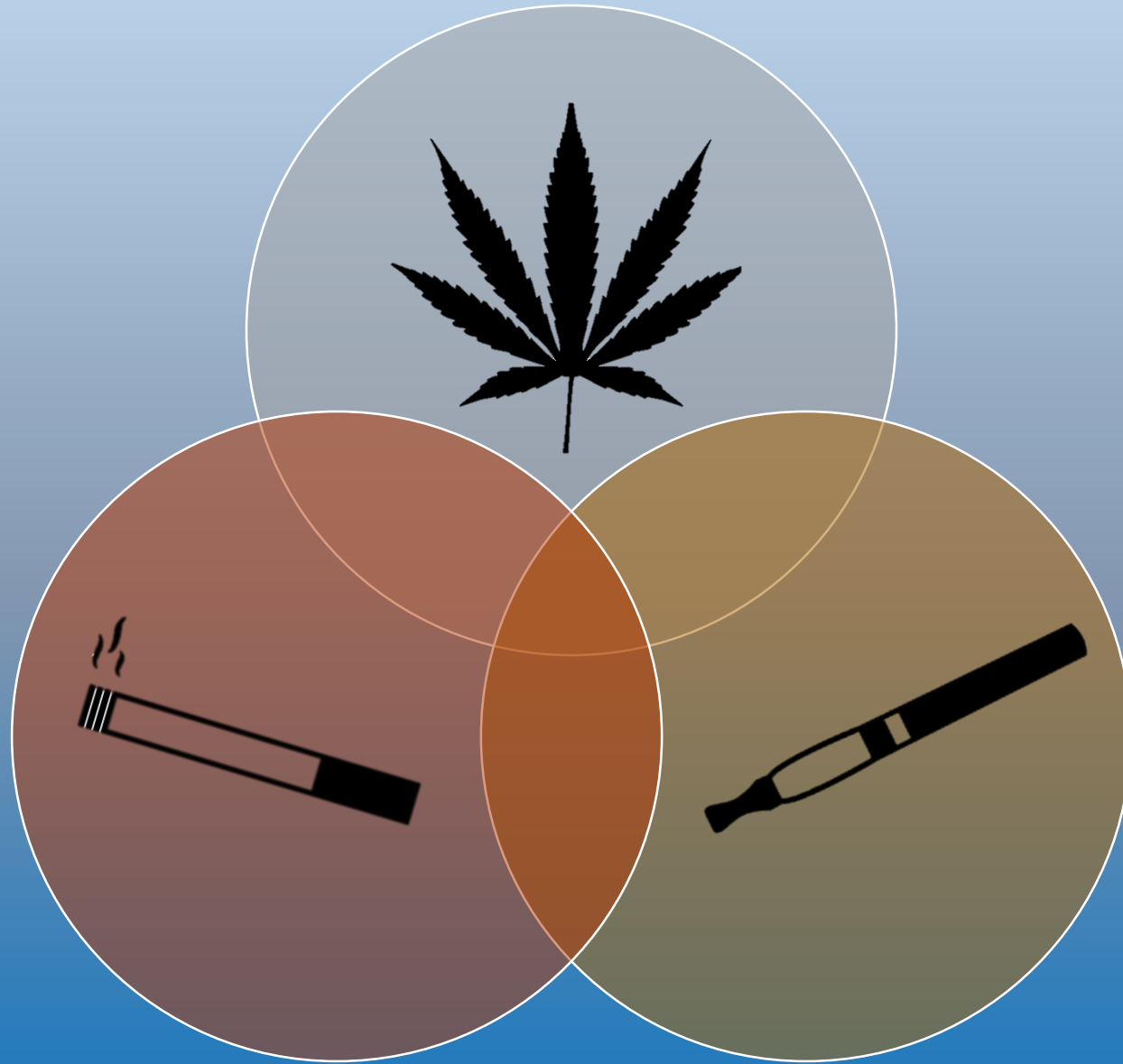
Addiction



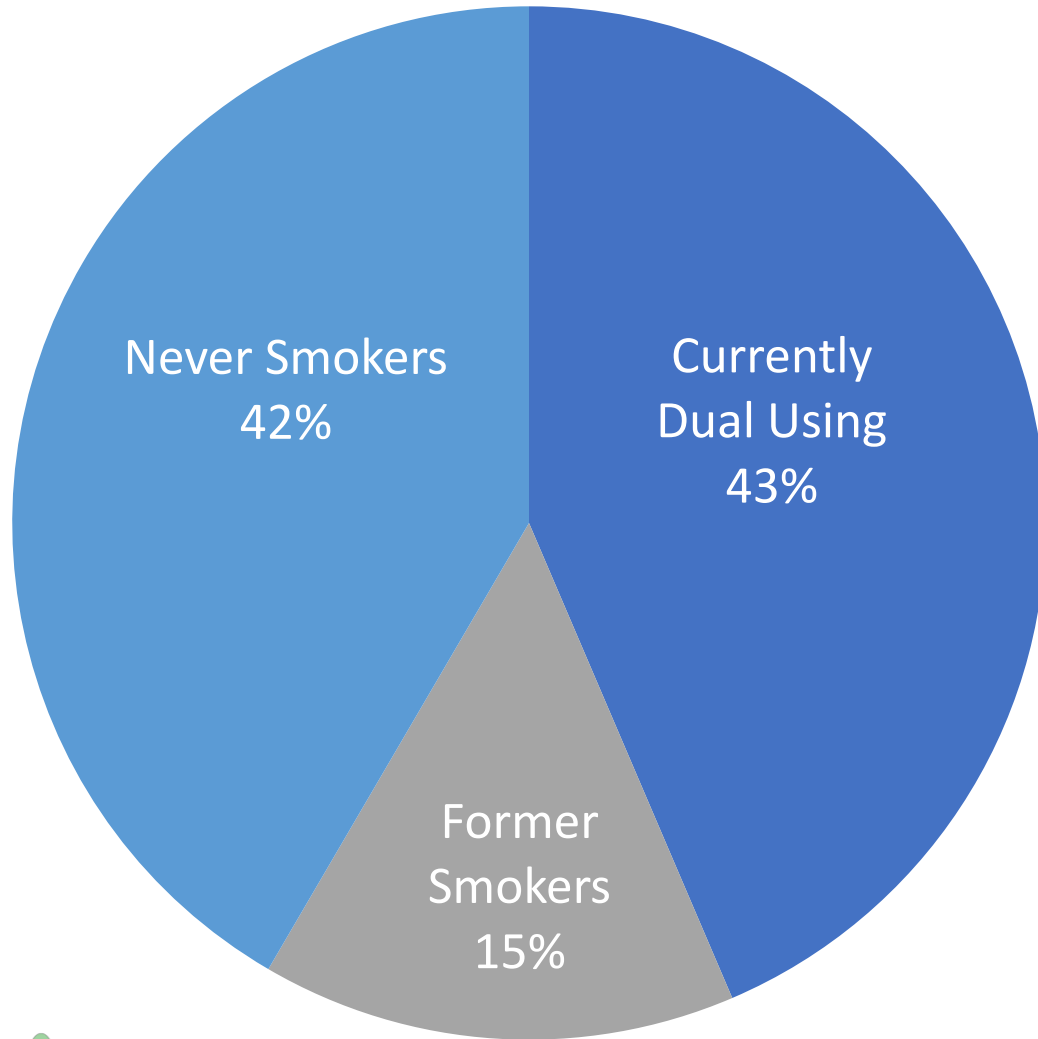
# Coping Through Addictions

- The majority recognize they are unhealthy and life threatening
  - But mistakenly believe it has positive psychological functions
    - In particular relief from isolation, stress, anxiety, and depression
      - Used as an indirect coping strategy
      - Reinforces coping through addiction
      - Perceived stress reduction is often relief of withdrawal symptoms

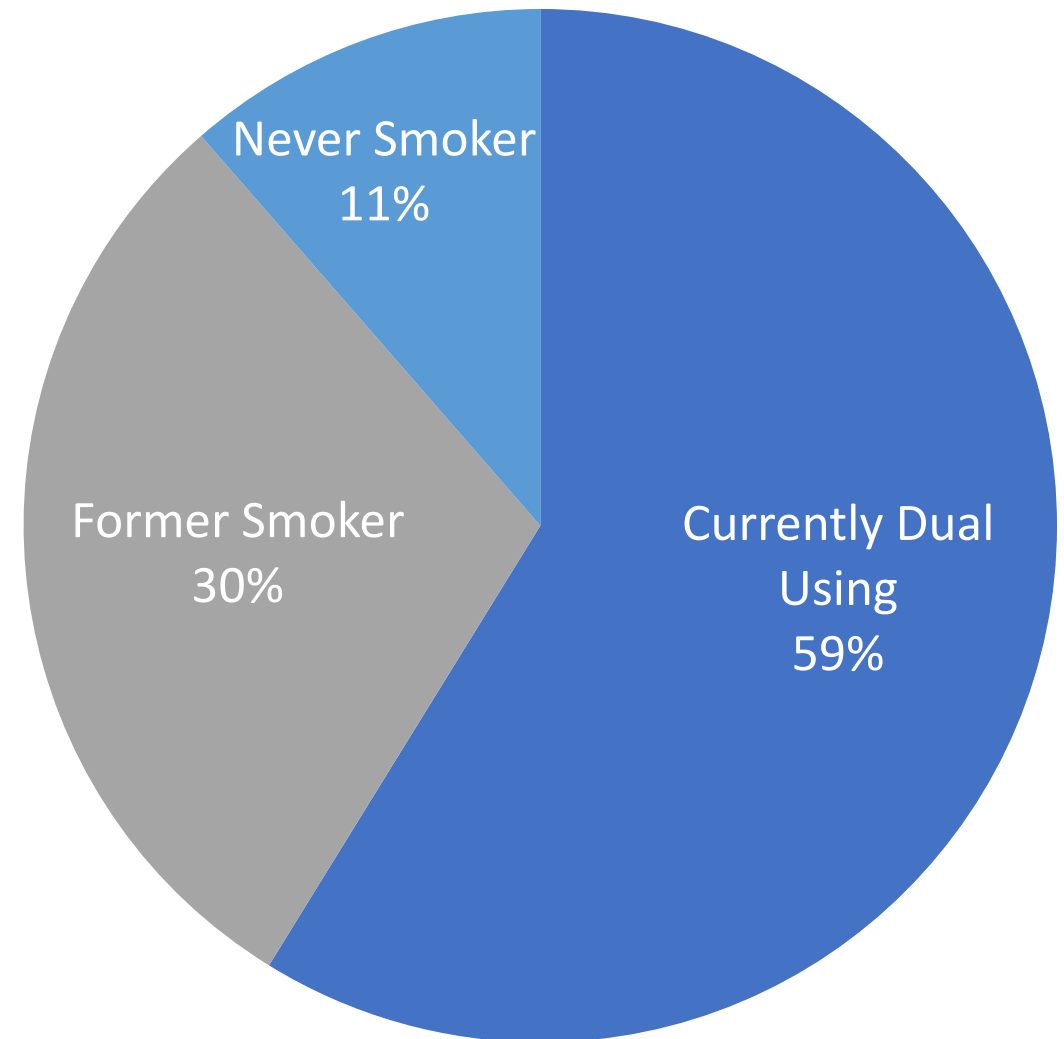




## Young Adult ENDS Users (18-24)



## All Adult ENDS Users (18-65)





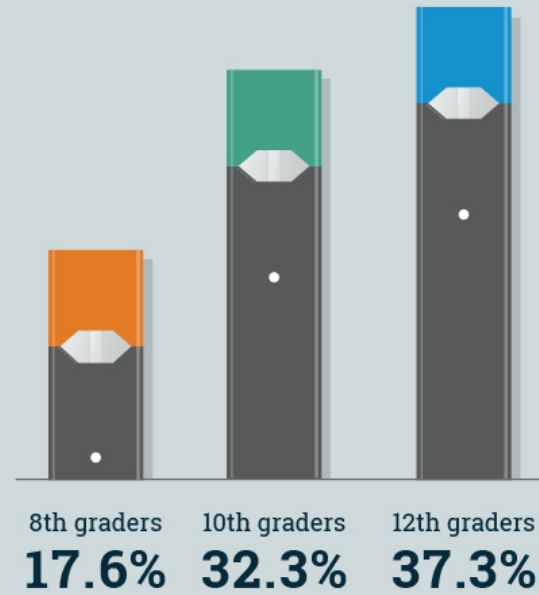
- About 4.9 million middle and high school students use nicotine products
- This was an increase from 3.6 million in 2017
- This increase is driven by a surge in e-cigarette use (1.5 million more e-cigarette users)
- Erased past progress in reducing youth use
- No change occurred in use of other tobacco products
- E-cigarette use is highest among boys, whites, and high school students

MMWR, 2019

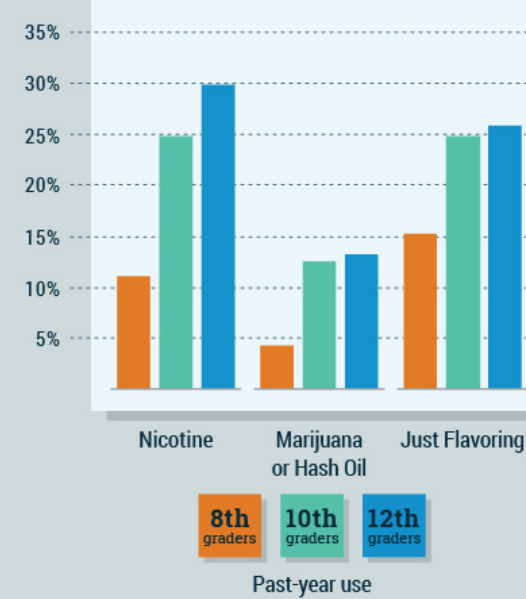


## TEENS USING VAPING DEVICES IN RECORD NUMBERS

### PAST-YEAR VAPING



### WHAT DO TEENS SAY THEY ARE VAPING?



NEARLY 2 IN 5 STUDENTS IN 12TH GRADE REPORT PAST-YEAR VAPING, RAISING CONCERNS ABOUT THE IMPACT ON BRAIN HEALTH AND POTENTIAL FOR ADDICTION.



DRUGABUSE.GOV



An addiction...  
is an addiction...  
is an addiction.



# Co-Treatment

- Co-Treatment is the only adequate solution
- Bio-psycho-social underpinning are similar
- And unrelated to the age, sex, race and ethnicity, gender identity, or culture



Surgeon General's Report, 2016



# Tobacco Use Affects Treatment & Recovery from Addiction

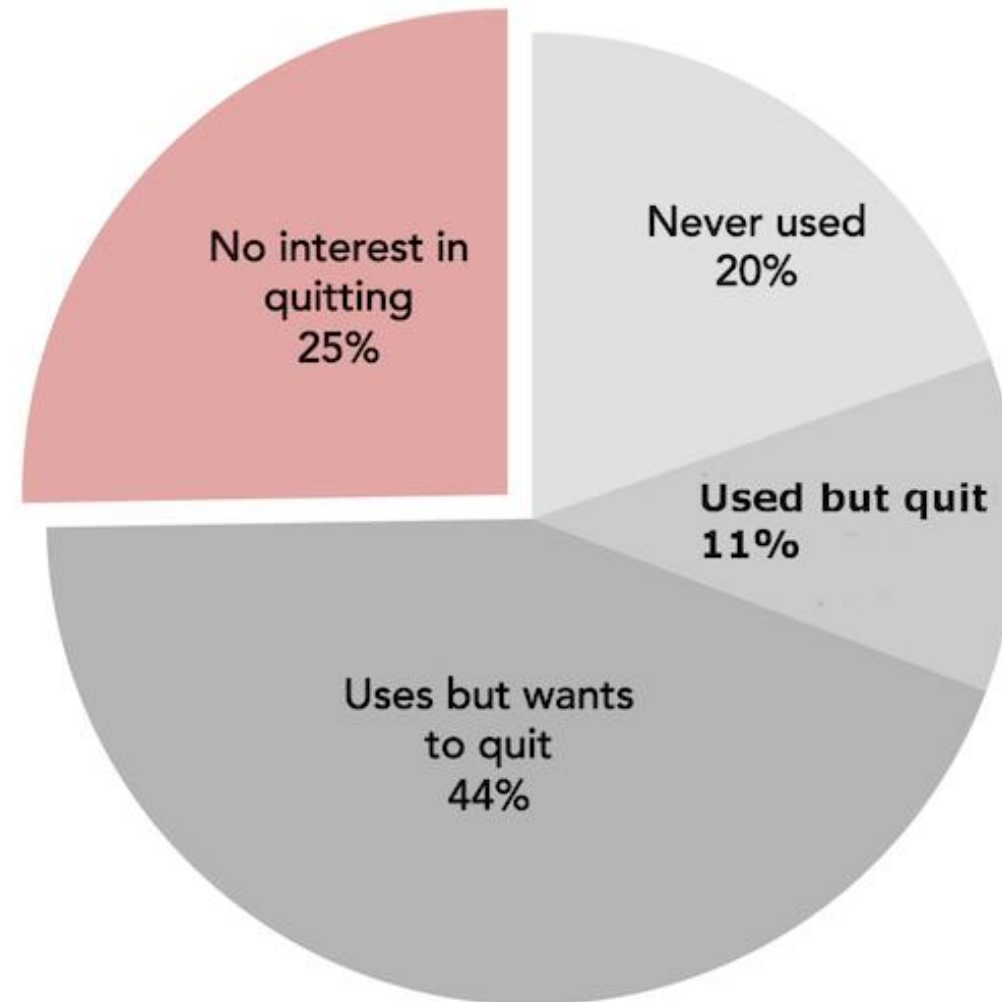
Addressing tobacco dependence during treatment for other substances is associated with a **25% increase** in long-term abstinence rates from alcohol and other substances

(Prochaska et al., 2004)



# Is This a Social Justice Issue?

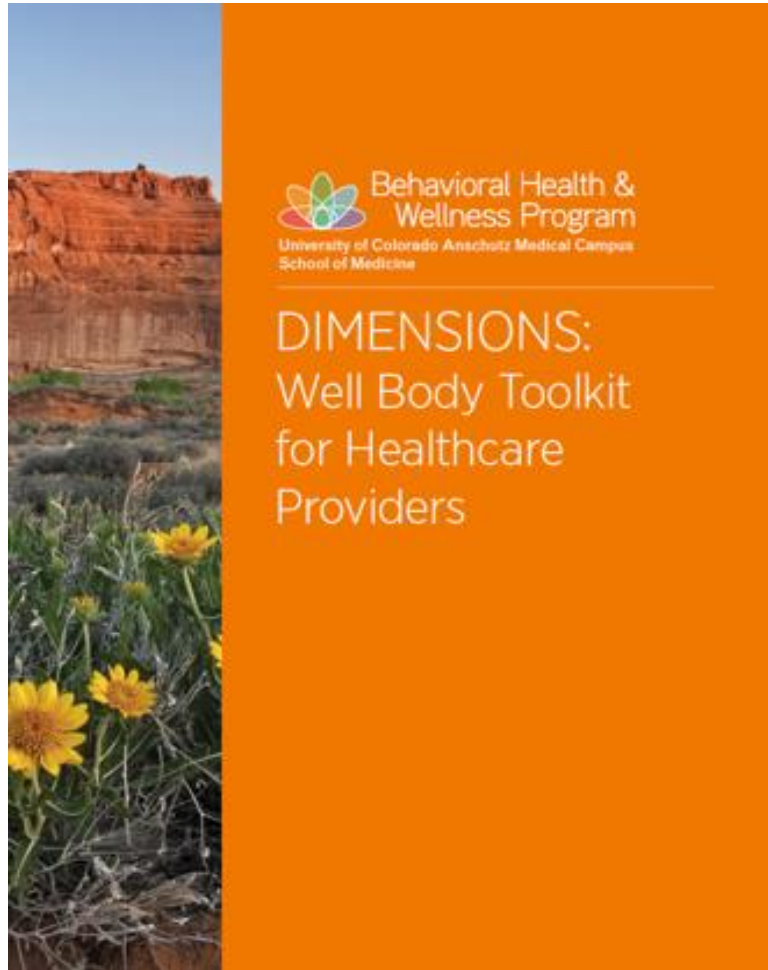
## Recent Community of Practice Findings



# A Whole Health Approach



# DIMENSIONS Well Body Program



- Healthy eating
  - Physical activity
  - Stress Reduction
  - Sleep
- 
- Motivational interviewing skills
  - Manualized 6-week Well Body group.





# Motivational Intervention



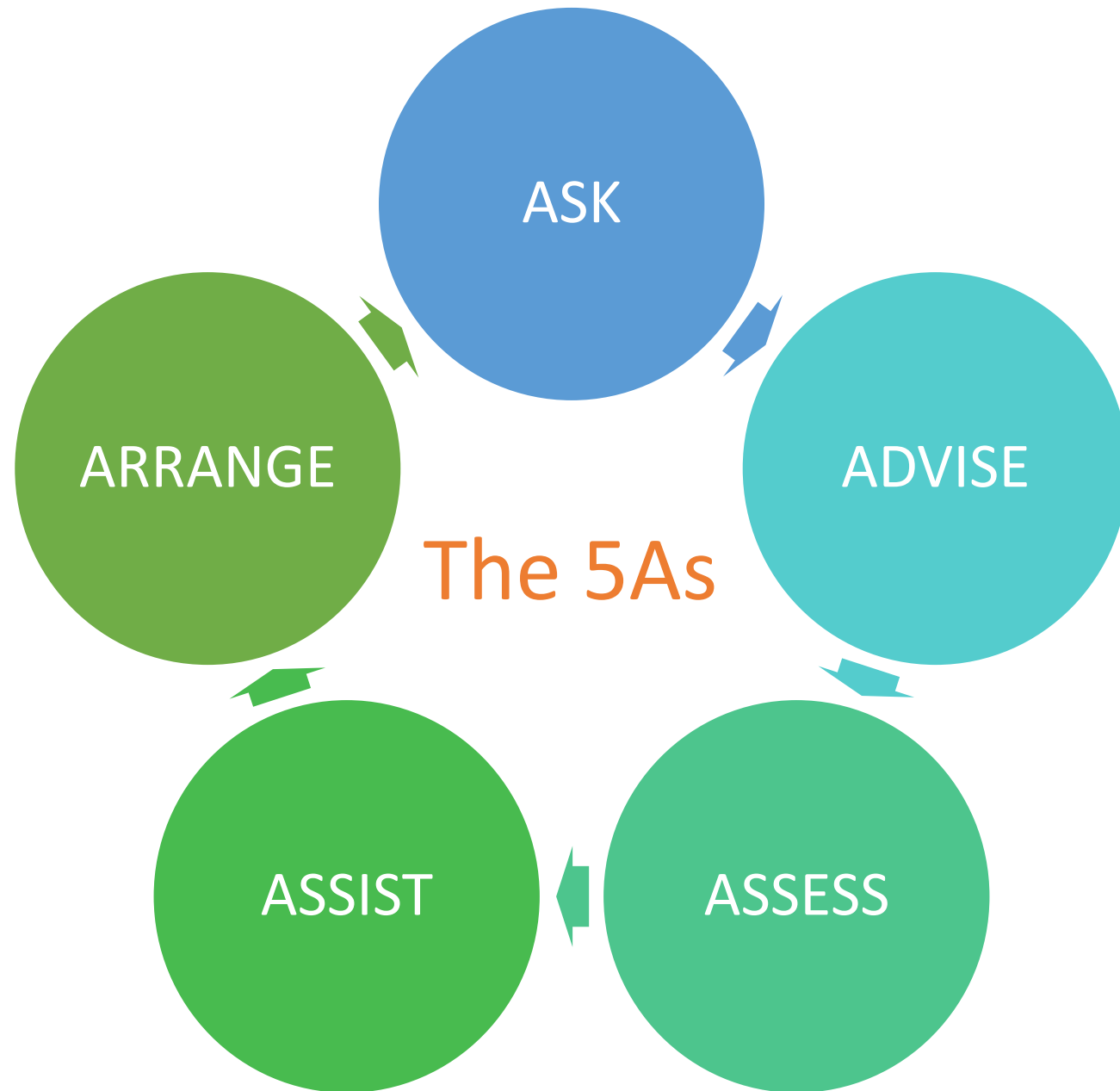
Planning

Evoking

Focusing

Engaging





# Integration into Standard Practice

- Screen for nicotine and other drug use at the same time
- Address all addictions as part of the treatment plan

The screenshot shows a 'Vitals' form with the following fields and values:

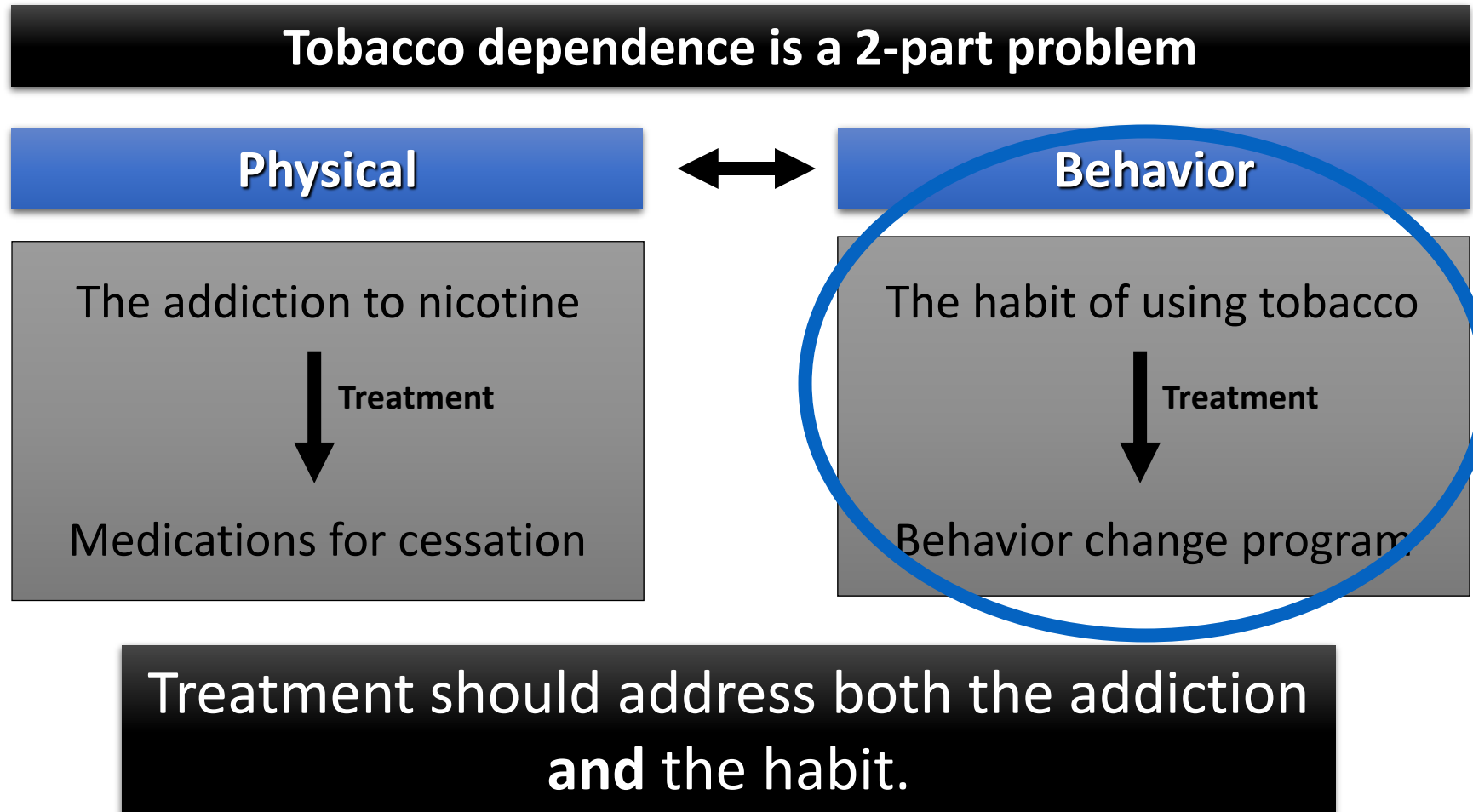
Taken on 12/19/2007 at 1436	
BP:	118/76
SpO2:	
Pulse:	88
Weight:	180 lbs (81.65 kg)
Resp:	
Height:	6' (1.829 m)
Temp:	
Source:	
PF (best):	
LMP:	

At the bottom of the form are buttons: Restore, Close F9, Previous F7, and Next F8.

On the right side, there is a 'Tobacco Use' section with a 'Verify' button and an 'Edit' button. The status is 'Not Asked'. Below this, it lists 'Types: Cigarettes, Cigars, Chewing', 'Packs/Day: Years: Pack Years: 0', and 'Last verified: <Never verified>'.



# Tobacco Dependence Has Two Parts



*Courtesy of the University of California, San Francisco*



# Behavioral Strategies



- Behavioral Treatments
  - Cognitive Behavioral Therapy
  - Contingency Management
  - Motivational Enhancement
- School-based



# Implicit Bias and Stigma



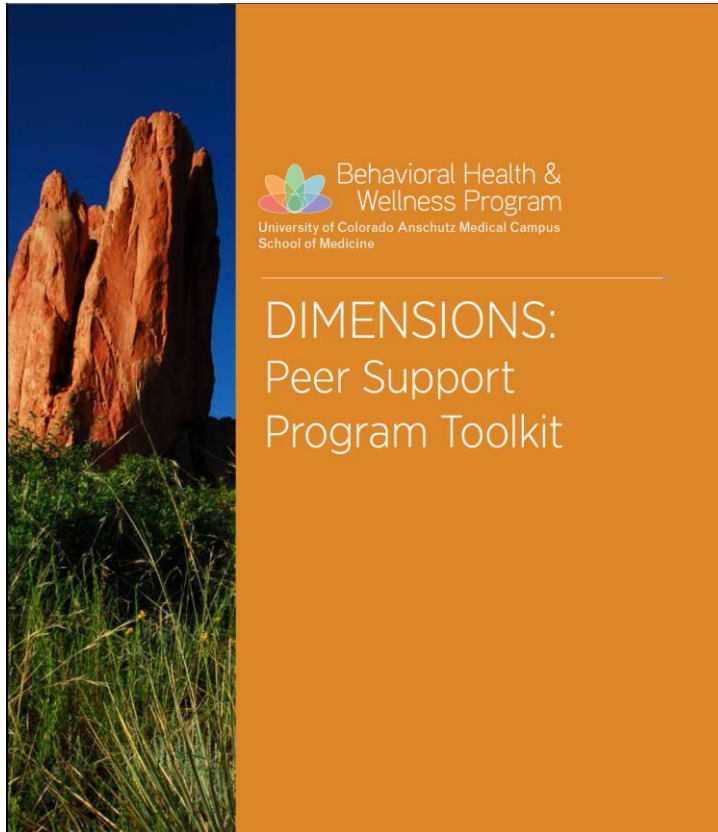
- Societal isolation
- Keeping secrets from medical providers, interfering with quality healthcare
- Delayed care

- Un-aided attempts at abstinence



Corner, Hopkinson, & Roffe, 2006; Tod, Craven & Allmark, 2008; Gysels & Higginson, 2008

# Peer Support



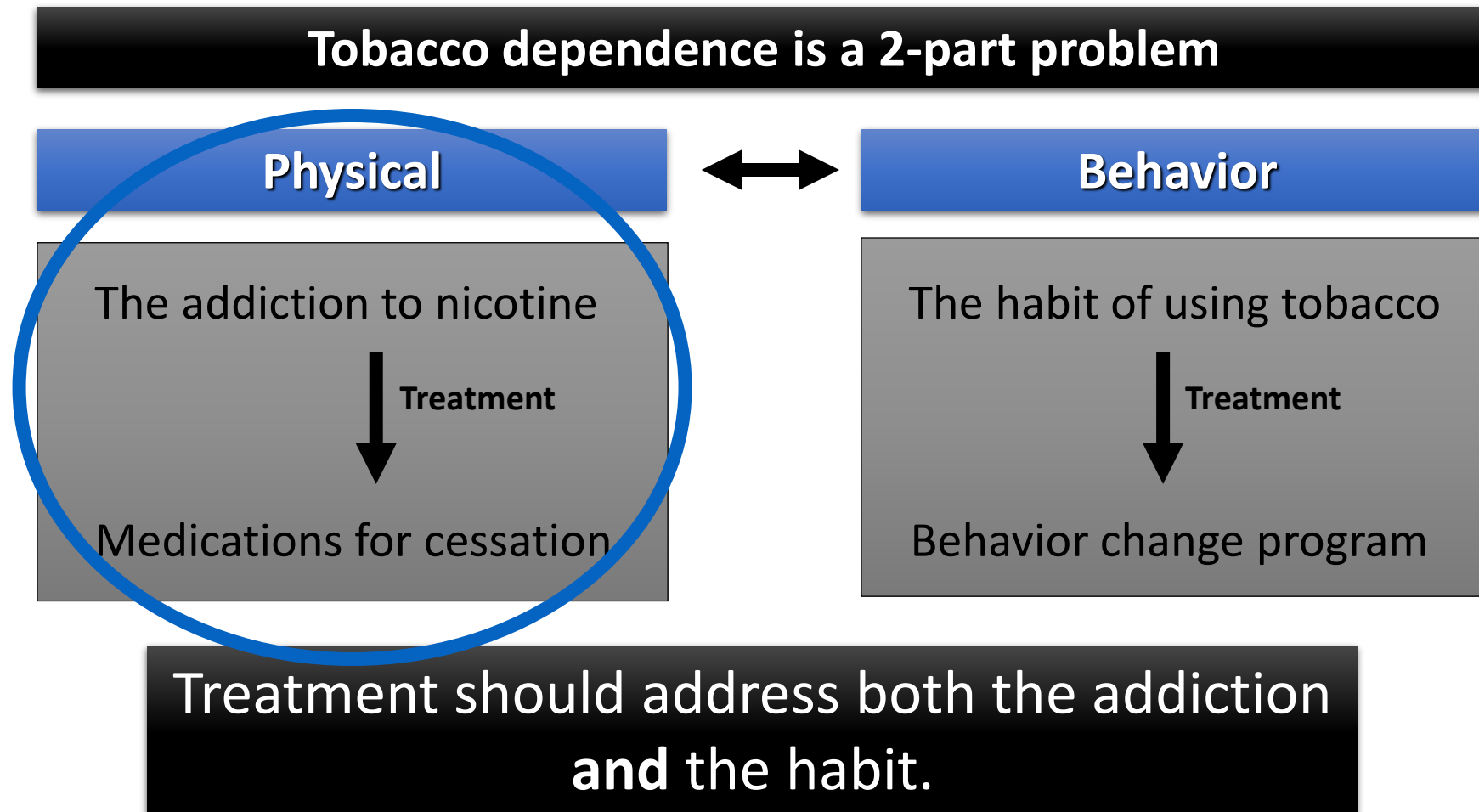
- Evidence-based information about the effectiveness of peer support programs
- Step-by-step instructions to create a successful and sustainable peer support program

<http://www.bhwellness.org/resources/toolkits/>





# Tobacco Dependence Has Two Parts



*Courtesy of the University of California, San Francisco*





# Medication Assisted Treatment



- Combination of behavioral interventions and medications
- Highly effective treatment option for alcohol, opioid, or tobacco dependence
- Reduces illicit drug use and overdose deaths



# Quitline Referral



# The Client-Centered Medical Neighborhood



# Quitting: It Can Be Done



**A TIP FROM A FORMER SMOKER**

**Quitting isn't about what you give up. It's about what you get back.**

*Rebecca, age 57, Florida*

*Rebecca struggled with depression. She thought smoking would help, but it just made her more depressed. When she quit smoking it changed her life, mentally and physically. Now she runs 5Ks and hopes to live to be one hundred.*

**You can quit smoking.**

**For free help, call 1-800-QUIT-NOW.**

 U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention  
[CDC.gov/tips](https://www.cdc.gov/tips)

**#CDCTips**

Persons with behavioral health conditions:

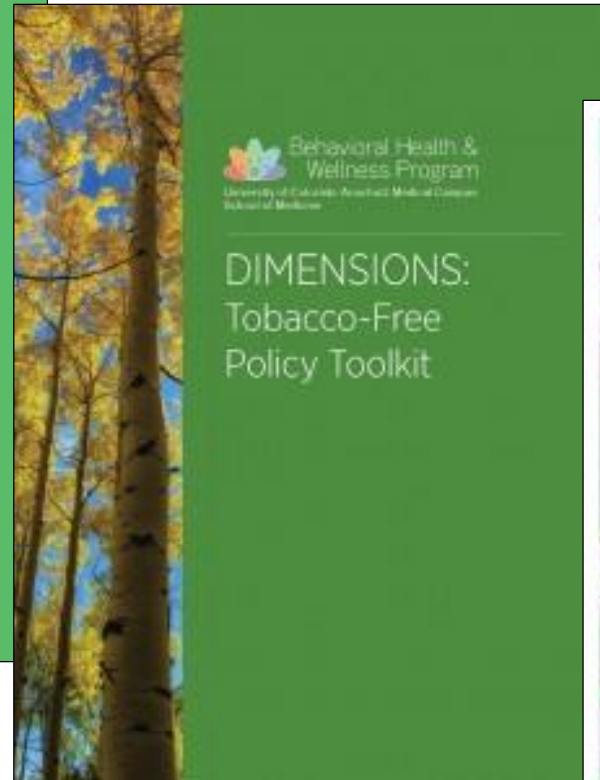
- Are able to quit using
- 75% want to quit using
- 65% tried to quit in the last 12-months







# Toolkits and Supplements



[www.bhwellness.org](http://www.bhwellness.org)





- Jointly funded by CDC's *Office on Smoking & Health & Division of Cancer Prevention & Control*
- Provides resources and tools to help organizations reduce tobacco use and cancer among people with mental illness and addictions
- 1 of 8 CDC National Networks to eliminate cancer and tobacco disparities in priority populations

Visit [www.BHtheChange.org](http://www.BHtheChange.org) and  
Join Today!

### **Free Access to...**

Toolkits, training opportunities, virtual communities and other resources

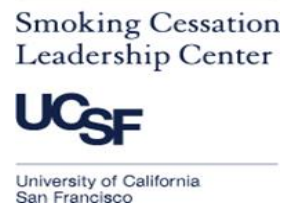
### **Webinars & Presentations**

### **State Strategy Sessions**

### **Communities of Practice**



**#BHtheChange**





- An organization of providers dedicated to the promotion of and increased access to evidence-based tobacco treatment for the tobacco user
- Listserv provides up-to-date discussion and expert information

<http://www.attud.org>







# Behavioral Health & Wellness Program

303.724.3713

[bh.wellness@ucdenver.edu](mailto:bh.wellness@ucdenver.edu)

[www.bhwellness.org](http://www.bhwellness.org)



Behavioral Health and  
Wellness Program



BHWP\_UCD



# Questions?

Submit questions using the chatbox.

A screenshot of a web-based chat interface. The window has a title bar that says "Chat (Everyone)". The main area is a large, empty light gray rectangle. At the bottom, there is a text input field with the placeholder text "\*Please type your question here!\*" and a small speech bubble icon to its right, which serves as the send button.



# Thank you!



National Behavioral Health Network  
*For Tobacco & Cancer Control*

Visit [BHtheChange.org](http://BHtheChange.org) and Join Today!