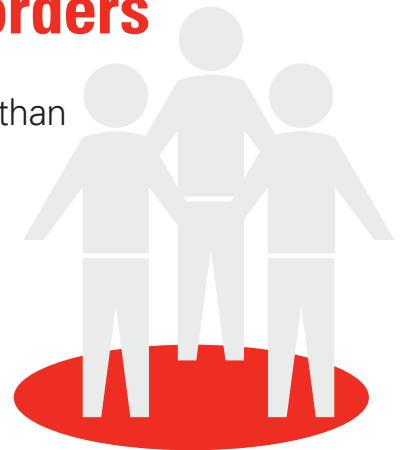


Tobacco use and behavioral health disorders

People with behavioral health disorders are more likely to smoke than members of the general population. They also are less likely to access information on smoking cessation and medical services.

This places them at a unique disadvantage when it comes to the impact of tobacco use on health.



Smoking and behavioral health: **What's the link?**

- Researchers believe that a combination of biological, psychological and social factors contribute to increased tobacco use among persons with behavioral health disorders.
- Nicotine is a drug that can mask symptoms of mental illness and the side effects of medication by reducing anxiety and improving concentration. However, these benefits last as little as five minutes, and do not outweigh the dangers of smoking.

Smoking and its related health problems are rampant in this vulnerable population

- People with behavioral health and substance use disorders comprise more than **44%** of the United States tobacco market.
- Nicotine dependency rates are **two- to three-times** higher among those with behavioral health and substance abuse disorders than the general public.
- Tobacco-related illnesses, including cancer, heart disease and lung disease are among the most common causes of death among people with behavioral health disorders.
- Nearly **half of the 435,000** deaths from smoking occur annually among patients with behavioral health and/or substance use disorders.
- People with behavioral health disorders want to quit smoking, and want information on cessation services and resources.
- People with behavioral health disorders can successfully quit using tobacco.
- **Less than half** (42%) of substance abuse treatment centers offer cessation services.
- Individuals with behavioral health disorders have a higher rate of fatality due to cancer.



Project TEACH - Tobacco Education and Cessation in the Health System

Tobacco cessation does not hamper behavioral health or substance abuse treatment.

Timely interventions promote overall health and wellness.

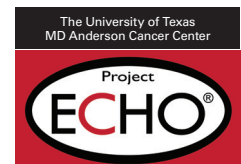
Project TEACH uses the Project ECHO® model to connect community health care providers with ongoing support and training, so they can provide smoking cessation services to those with behavioral health disorders.



Our comprehensive program provides convenient, web-based training that includes:

- professional development
- online tools
- live discussions
- tele-mentoring
- case consultation

The Project ECHO® model provides specialized smoking cessation expertise through distance learning.



The program is free.

Continuing education credits are available.

The curriculum covers a wide range of areas, including:

- cessation benefits and strategies
- motivational interviewing and counseling techniques
- specific concerns and approaches for those with behavioral health disorders



For more information, call 713-563-2997 or visit www.mdanderson.org/projectTEACH.

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