
TOBACCO CESSATION IN DRUG TREATMENT PROGRAMS

KATIE CALL, OCT 17TH @ 3:15-4:15

BUILDING RELATIONSHIPS WITH BOTH PUBLIC AND PRIVATE TREATMENT CENTERS

- Public Treatment Centers vs Private Treatment Centers
- Get Involved!
 - Recovery Days
 - Great American Smokeout!
- Build Relationships
 - 1 hour education classes
 - Addict II Artist, Addict II Athlete

EVIDENCE BASED PROGRAMS USED

- Dimensions: University of Colorado Anschutz Medical Campus School of Medicine
- Ending Nicotine Dependence: Utah Department of Health (Youth Program)
- Both Programs consist of:
 - Group Discussions, Worksheets, demonstrations, activities
 - Life skills & tobacco cessation tools: communication, dangers of tobacco, healthy living, goal setting, tracking use, triggers & cravings, dealing with stress, cessation medications and quit coaches.

WHAT'S BEING SAID ABOUT THE PROGRAM?

Trina Esklund Public Treatment Center Nurse:

- “The clients appreciate the homework and reward system. I often hear them talking in the “fish bowl” encouraging each other to complete their homework so they can get a fidget spinner.”
- “I notice that they pay more attention when they realize that it is not an all or nothing program. Reducing use can have big benefits for them as well.”

WHAT'S BEING SAID ABOUT THE PROGRAM?

Alicia Shupe Client Manager:

- 'I have been so grateful for you and your program for bringing this to our clients. A lot of the time our clients will complain when the classes first start up and then a few classes later they will come in alone and ask for help quitting smoking. **I have worked in the county since 2006 and have never had so many of my clients ask for help with smoking.** I see more and more clients quitting and making quitting attempts. I see the difference its making. **I love that we are finally talking about smoking in substance abuse. It's always been swept under the rug and left alone even though it's so very harmful.** This class has been so helpful that I was trained so I can teach these groups myself.'

STATS & PERSONAL EXPERIENCES

- Statistics
 - Clients Served
 - Courses Taught
 - Clients who quit or reduced use
- Personal Experiences



“Quitting smoking took many attempts before I was able to be successful. What finally worked for me was a combination of using nicotine patches, the Dimensions class and being a part of Addict II Athlete.

Remembering the following keeps me going in my quit process:

A perfect and true brightness of hope may be realized when we are free to honor and acknowledge our divine potential. There is still much work to do. So, learn to walk and not be weary; learn to run and never feel faint.

And remember to enjoy every step of the journey along the way.”

Matt Abernathy – Provo

“Argue for your limitations, and sure enough they’re yours.” – Richard Bach

way to quit.org


Utah County
HEART of UTAH
Health Department
Tobacco Prevention and Control

ADDICT II ATHLETE

PERSONAL EXPERIENCES

QUESTIONS?

Katie.Call@utahcounty.gov

801-851-7529