

Kansas Tobacco Guideline for Behavioral Health Care:

Lessons Learned in Assessment and Implementation

Participant Polls

Client tobacco use

Staff tobacco use

Treatment for tobacco cessation

Collaboration for tobacco-free recovery

Behavioral Health Tobacco Project



Project Goals

- Create statewide policy, practice, culture change to support tobacco prevention and treatment in substance use and mental health settings
- Support behavioral health and primary care providers in adopting and implementing the Tobacco Guideline for Behavioral Health Care
- Increase access to evidence-based treatment for individuals with SMI and SUD, especially for Medicaid beneficiaries
- Expand and increase utilization of insurance coverage for tobacco dependence treatment

Kansas Tobacco Guideline for Behavioral Health Care

12 Comprehensive Strategies

1. Promote Wellness
2. Build Staff Capacity
3. Tobacco-Free Environment
4. Focus on Youth

Section One: Promoting Wellness

- Assess tobacco use and provide treatment
- Provide psychosocial treatment
- Provide cessation medications
- Integrate tobacco treatment in assessments, treatment planning and implementation
- Incorporate tobacco treatment as part of other wellness and recovery efforts
- Monitor quality improvement to measure outcomes and improve services

Section Two: Building Staff Capacity

- Train staff on treatment and prevention
- Seek payments for tobacco treatment
- Support staff who smoke to quit tobacco

**Section Three:
Tobacco-Free Environment**

Enact A Comprehensive
Tobacco-Free Policy

Section Four: Focus on Youth

- Provide/support treatment for youth
- Conduct/support prevention efforts

Self-Assessment Checklist

Implementation Self-Assessment Kansas Tobacco Guideline for Behavioral Health Care

This self-assessment is a companion to the *Kansas Tobacco Guideline For Behavioral Health Care* (“Tobacco Guideline”:
<https://namikansas.org/resources/smoking-cessation-information/>). The self-assessment identifies which Tobacco Guideline steps your program is, or is not, implementing. Completing this assessment will help identify strengths and targets for quality improvement in your program.

Please complete the following 12 items, which correspond to the 12 items in the Tobacco Guideline. Please circle one response for each item.
For assistance completing this assessment or implementing the Tobacco Guideline, please contact: kdads.prevention@ks.gov.

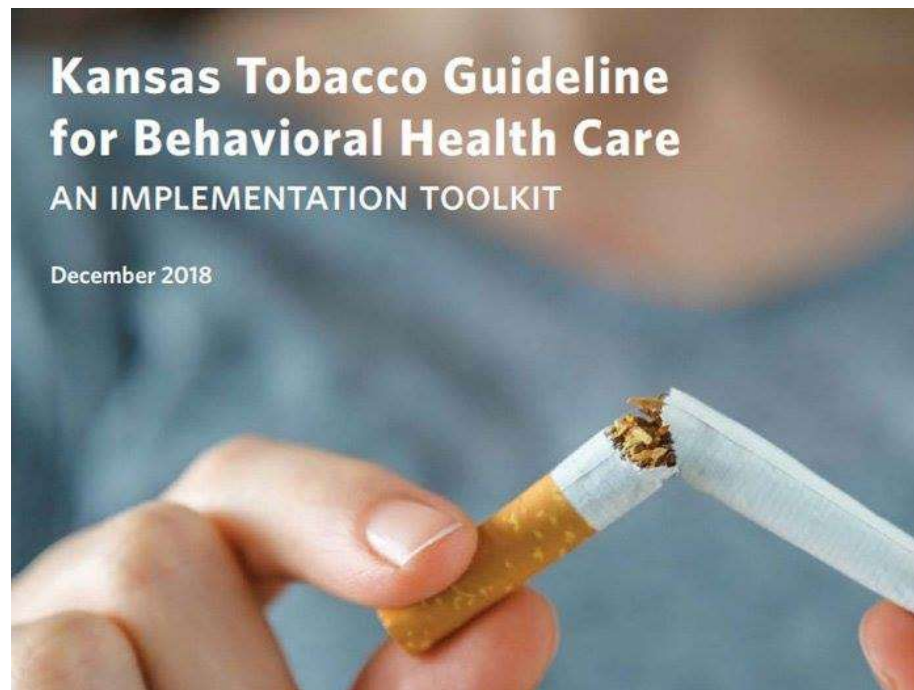
Promoting wellness by integrating evidence-based tobacco treatment into routine clinical practice

1. Our program has assessed tobacco use status among the following percentage of our current consumers/clients:

0	1	2	3	4	5
Not yet implemented	Few (10% or less)	Some (~25%)	About half (~50%)	Many (~75%)	Nearly all (90%-100%)

Evidence for level of implementation. Please describe how this was measured or evaluated. This may include actual data from medical records or staff estimates of the degree of implementation:

Implementation Toolkit



Tobacco Guideline Endorsements

- Community Mental Health Centers
- Community Health Centers
- Developmental Disability Providers
- Family Physicians
- Addiction Professionals
- Local Health Departments
- Cancer Centers
- Advocacy Partners and Coalitions

Resources

Questions? Need More Information?

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<https://namikansas.org/resources/smoking-cessation-information/>



Johnson County Mental Health Center

Jamie Katz, MPH, CPP



Needs Assessment

- Completing the Self-Assessment
 - Available for any staff to complete
 - Wanted input from diverse staff (L.E.A.P. model, E.A.L. model)
- Gaps were identified as a result of completing the Self-Assessment.
- Based upon results, JCMHC decided to focus on:
 - Getting more Tobacco Treatment Specialists
 - Tobacco and behavioral health training for staff
 - Create a billing pathway to bill for tobacco treatment services
 - Tobacco free grounds at our Northeast campus

Assess Tobacco Use Regularly and Provide Tobacco Treatment Until Quit Attempts are Successful

- Staff trained in 2As and R tobacco screening
 - On staff badges
- Assess for tobacco use at intake
- Assess for tobacco use every 90 days
 - Located in our Electronic Medical Records
 - Turns red if not completed

Adult - 2 A's & R
(Brief Tobacco Intervention)

1. Ask about tobacco use
2. Advise the patient to quit
3. Refer the patient to resources

IF READY TO QUIT: Refer to KanQuit or other cessation resources.

IF NOT READY TO QUIT: Use motivational interviewing to encourage client to consider quitting.

KanQuit
1-800-QUIT-NOW (784-8669)
KSquit.org

Provide Psychosocial Treatment Within Whole Person Primary Care & Behavioral Health Systems

- Healthy Living curriculum
 - Psychosocial group focusing on:
 - Stress management
 - Nutrition
 - Physical activity
 - Tobacco cessation
 - Partnered with Johnson County Department of Health and Environment and Johnson County Libraries
 - Offered for free for any community member



Provide Cessation Medications and Ensure Access Without Barriers Through State Medicaid and Other Third-Party Payers

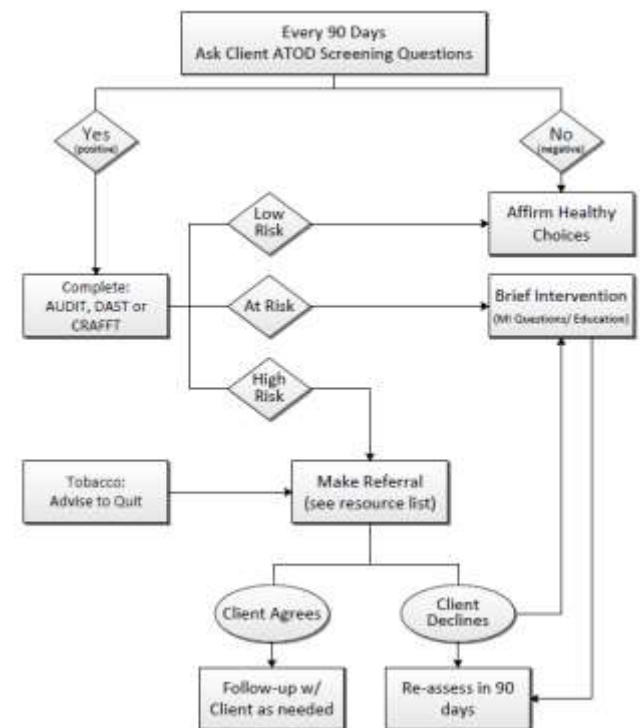
- Presentations from KU Medical Center
 - Training for Medical Services staff on NRT
 - Training on tobacco and behavioral health
- Relias Training
- NRT available at Genoa Pharmacy
 - Located inside JCMHC



Integrate Tobacco Treatment Into Assessment, Treatment Planning, and Implementation

- Required Trainings:
 - Brief Tobacco Intervention Training
 - Motivational Interviewing Training
- Presentations from KU Medical Center
 - Training on tobacco and behavioral health
- Alcohol, Tobacco and Other Drug Flow Chart
 - Assess for tobacco use every 90 days
 - Located in our Electronic Medical Records
 - Turns red if not completed

Alcohol, Tobacco and Other Drugs (ATOD) Screening Flow Chart



Incorporate Tobacco Treatment Into Other Ongoing Efforts Toward Wellness and Recovery

- Prevention Services Coordinator
 - Focus on tobacco and vaping prevention, focus on tobacco free recovery
- Health Navigation Division focuses on overall wellness
 - Monthly wellness topics
 - Member of Tobacco Impact Project committee
- Peer Engagement Specialist
 - Focuses on recovery and client engagement
 - Member of Tobacco Impact Project committee
- Healthy Living psychosocial group
 - Focus on overall wellness, including tobacco cessation

Conduct Quality Improvement to Define Outcomes, Monitor Progress, and Improve Tobacco Treatment Services

- Tobacco Impact Project (TIP) committee
 - Team has been meeting since March 2015
 - Members include: Staff at all levels representing diverse service areas within the Mental Health Center
- Primary goals:
 - Train mental health professionals at the Johnson County Mental Health Center to better screen for tobacco use
 - Support and assist persons with mental illnesses to stop using tobacco by utilizing an evidence-based method
 - Implement a tobacco free grounds at campuses

Train Staff How To Treat And/Or Prevent Tobacco Dependence

- Four Tobacco Treatment Specialists
- Training requirements:
 - Relias training
 - Motivational Interviewing (MI) training
- Presentations from KU Medical Center /KU Cancer Center
- Tobacco cessation one-page resource
- Badges with 2As and R tobacco screening
- Flow chart with 2As and an R for staff to utilize when discussing tobacco use with clients.
- Client quitting tobacco picture guide.
- Information about tobacco cessation on Sharepoint
- Presentation about cessation benefits



Bill for reimbursement and utilize other resources to pay for tobacco treatment

- On-going: working internally to figure out how to bill for non-clinical Tobacco Treatment Specialists

Help Staff Who Use Tobacco to Access Evidence-Based Treatment For Tobacco Dependence

- In order to receive tobacco cessation incentive staff must declare use or non-use for BOTH employee and spouse.
 - If the employee and/or spouse is a regular tobacco user, each user must complete an approved tobacco cessation program.
- Tria Health offers tobacco users access to the Tria Health S.T.O.P. Program.



Enact A Comprehensive Tobacco-Free Policy

Tobacco Free procedure enacted September 1, 2017

- includes buildings, vehicles, grounds and expectations for staff, visitors, and clients

Steps to Success:

1. Convene a tobacco-free committee.
2. Create a timeline/action plan.
3. Craft the message.
4. Draft the policy.
5. Clearly communicate your intentions.
6. Educate staff and clients.
7. Provide tobacco cessation services.
8. Build community support.
9. Launch the policy.
10. Monitor the policy & respond to challenges.



Provide and Support Tobacco Treatment for Youth and Young Adults

- Providing coaching to youth groups and schools on tobacco prevention and control
 - My Life My Quit
 - Johnson County Teen Task Force
 - RESIST movement for teens
 - School-based presentations for teens
 - Presentations for parents
 - Vaping workshops for school staff
 - ASPIRE
 - Train the trainer workshop

MY LIFE MY QUIT™



RESIST
Fighting the influence of Big Tobacco.

JOHNSON
COUNTY
KANSAS

Conduct and Support Tobacco Prevention Efforts and Policies

- Community-based programs, practices, and policies
 - Tobacco 21
 - Flavor ban
- Media Campaign:
 - End The Trend (on Vaping)
 - Defenseless
- School prevention presentations
- Support to schools on tobacco prevention and control



Contact Information

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Breakout Discussions

What will be your first steps
or next steps in
implementing the Tobacco
Guideline strategies?

[https://padlet.com/jaim818/fll
ksoc8fbuuqmmb](https://padlet.com/jaim818/fllksoc8fbuuqmmb)