Tobacco-Free Recovery
Provider Toolkit

Tools and resources to support health systems change for tobacco treatment

This toolkit was developed in collaboration with the Indiana Department of Health Tobacco Prevention and Cessation Commission and Rethink Tobacco Indiana

Health Systems Change:
Treating Tobacco Use and Dependence

Integrating tobacco dependence treatment

The following strategies should be address for integrating tobacco treatment services into clinical practice:

1 Implement a protocol that ensures every tobacco user is identified, offered evidence-based treatment (e.g. pharmacotherapy and counseling) this may also include Quit Now Indiana's Quit Services, and includes documentation of identification and treatment.

Systems change for tobacco treatment involves strategies implemented at the organizational/ system-level that supports clinicians and clinics to address tobacco use consistently and effectively by integrating comprehensive tobacco dependence treatment into routine clinical care. The **5A's model** for tobacco treatment is an expansion of the abbreviated Ask, Advise, Refer (AAR) model, which focuses on referring patients to state quitlines for assistance. The 5A's method has substantial research support for its utility in helping tobacco users across a variety of settings and can be incorporated with motivational strategies in a step-by-step process. The QNI Quit Services can be utilized as supplemental support for quitting in the 5A's model.

Ask all patients about tobacco use

ARRANGE — Arrange follow-up with the patient

ASK

ASSIST — Assist the quit attempt— provide treatment and support

ADVISE — Advise all who use tobacco to quit

ASSESS — Assess willingness to quit now

Tobacco Treatment Interventions

One-on-one individual counseling with clinician
Can be delivered in-person, by phone, or virtually

Group counseling
Consider integrating into existing group treatments to maximize participation

QNI Quit Services
Offers free and confidential telephone counseling support

Text-based programs
Free text messaging programs like SmokeFreeTXT can add supplemental support

Before implementing a system change for tobacco treatment you should **evaluate the current state of your organization by using the Performance Partnership Model**. This evaluation will enable you to easily identify tobacco treatment supports within your organization as well as areas for improvement. Which staff would be most appropriate to deliver tobacco interventions? What resources will you need to start a new tobacco cessation group class? What community supports are available to your patients? After assessing your organization, you can then brainstorm small changes to make to integrate evidence-based tobacco treatment services.

The Performance Partnership Model

1. Where are we now? (baseline)
2. Where do we want to be? (target)
3. How will we get there? (multiple strategies)
4. How will we know we are getting there? (measures)

It's a good idea to form a committee or workgroup responsible for developing and implementing your goals and strategies. This committee should include a diverse group of individuals ranging from leadership and administrators to staff at all levels of the organization. Click here for a list of key staff to invite to your tobacco-free workgroup.

TOBACCO TREATMENT & SYSTEMS CHANGE TOOLKITS

- Kansas Tobacco Guideline for Behavioral Health Care: An Implementation Toolkit
- DIMENSIONS: Tobacco Free Toolkit for Healthcare Providers
- Destination Tobacco-Free: A Practical Tool for Hospitals & Health Systems
- Treating Tobacco Dependence Practice Manual: A Systems Change Approach
- Help your Patients Quit Tobacco Use: Implementation Guide for Community Health Centers – Case Studies

2 Provide education, resources, and feedback to promote interventions with clients who use tobacco.

On at least an annual basis and during onboarding, offer training/technical assistance for staff on evidence-based tobacco dependence treatments, current protocols and other available cessation resources, and provide continuing education (CE) credits and/or other incentives for participation, when applicable.

Suggested training topics:

- Link between mental illnesses, substance use, and tobacco dependence
- Screening and assessment tools
- Counseling strategies
- Motivational interviewing
- Evidence-based pharmacotherapy
- Workflow training
- Strategies to work with priority populations
- Tobacco Treatment Specialist training
- Community referrals and resources

A Tobacco Treatment Specialist . . .

Is a professional who possesses the skills, knowledge and training to provide effective, evidence-based interventions for tobacco dependence across a range of intensities. A TTS may engage not only in providing treatment, but also in educating others (e.g. clinicians, administrators, non-tobacco users, etc.) about tobacco dependence treatments. Click here to view a list of accredited training programs by the CTTTP. Additionally, Rethink Tobacco Indiana hosts local TTS trainings utilizing the University of Massachusetts Medical School training curriculum.

TOBACCO-RELATED TRAINING RESOURCES

- Purdue University College of Pharmacy
  Offers free continuing education on variety of tobacco-related topics. Account creation required.

- Rx for Change: Clinician-Assisted Tobacco Cessation
  Offers comprehensive teaching tools for training health professional students and licensed health care providers. Links are provided to web-based training programs. Free with account creation.

- Helping Behavioral Health Patients Quit Tobacco Use
  Free CE credits from the University of Wisconsin. Account creation required.

Provide and promote resources such as ready access to the ITQL and other community resources, self-help materials, and information about effective tobacco dependence treatment medications.

During your organizational assessment, did you consider what resources you have available to promote the QNI Quit Services? What resources are available in your community that your patients could access to help with their quit attempts? What type of educational materials and resources do you offer to create a supportive environment for tobacco treatment?

Quit Now Indiana offers **free promotional materials**, including palm cards, posters, and business cards to transform your clinic into a supportive environment. Select from a variety of tailored materials, including Spanish resources.
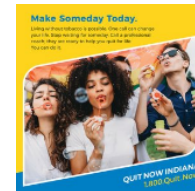
Click here to order QNI Provider Materials

The CDC's *Tips from Former Smokers® (Tips®)* profiles real people living with serious long-term health effects of smoking and secondhand smoke exposure.

The campaign offers materials and posters that you can order, and social media graphics to tailor to specific types of providers and patients.
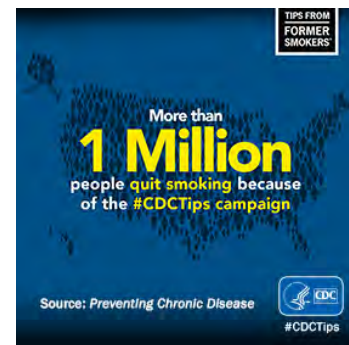
TOBACCO DEPENDENCE TREATMENT RESOURCES

- Nicotine Withdrawal Symptoms Info Sheet
- Cognitive and Behavioral Coping Strategies
- Learning About Healthy Living (Group curriculum)
- Savings Calculator
- Smoking and Viral Respiratory Infections
- Factsheets, Journal Articles, & Tools
- Tobacco use fact sheets

Implement a referral system (fax, online, and/or electronic) to the Quit Now Indiana Quit Services as a cessation treatment extender.

The 2020 Surgeon General's Report found that proactive quitline counseling, like the QNI Quit Services, when provided alone or in combination with tobacco treatment medications, helps to increase smoking cessation. Your organization can enroll as a "**Preferred Provider**" of the QNI Quit Services and receive direct referral privileges and more! Consider what referral method(s) would work best for your practice environment (fax, online portal, and/or e-referral).

Did you know…
Quit Now Indiana offers a special quit program for behavioral health consumers! Participants who enroll in the behavioral health program receive enhanced services such as increased number of proactive calls with a Quit Coach® (who has had additional training in mental illness and tobacco) and a 12-week regimen of free combination nicotine replacement therapy.

REFERRAL RESOURCES

- QNI Preferred Provider Enrollment
- QNI Fax Referral Form
- QNI Online Referral Portal – User Guide
- About the QNI Behavioral Health Program
- SmokeFree.gov
- Order 1-800-QUIT-NOW Notepads for Providers

3 Dedicate staff responsible to support tobacco dependence treatment and recommend assessing the delivery of this treatment in staff performance evaluations, if applicable.

To determine appropriate staff to support tobacco treatment, you need to evaluate how patients advance through each step of your agency, from the time of arrival to departure. Your patient workflow may differ slightly by department or among clinic locations. **Consider the following questions as you evaluate your current patient workflow:**

- Where do patients go when they arrive for treatment?
- What do patients see and do before they are called back for their appointment?
- How is the patient's tobacco use status being asked?
- How do clinicians support tobacco treatment during the visit?
- How is tobacco counseling and/or other treatment documented?
- What prompts are in place to alert clinicians of opportunities to discuss tobacco treatment?
- What resources are available to patients if they are interested in quitting?

Clinic Leadership

In addition to the support from agency/clinic leadership, it is important to identify a "**tobacco champion**" who will serve to coordinate and champion the tobacco treatment initiatives at the clinic level. This person must be passionate about assisting patients to improve their quality of life by quitting tobacco. The "tobacco champion" at your clinic will help to reinforce needed system changes to support evidence-based tobacco treatment efforts.

These may include:

– Assessing patient workflow for tobacco treatment

– Coordinating tobacco treatment trainings (consider having champion trained)

– Ensuring tobacco screening, assessment, and treatment is captured and documented into the EHR and treatment plans

– Answering clinical questions, such as questions about tobacco treatment medications

– Monitoring and evaluating reports to ensure improvement and project success

– Maintaining up-to-date resources, share new research and evidence-based practices, etc.
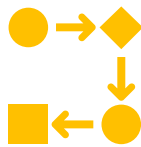
TOBACCO WORKFLOW RESOURCES

- [Patient Workflow Worksheet](#)
- [Implementation Self-Assessment](#)
- [Tobacco Cessation Protocol](#)
- [Tobacco Cessation Workflow](#)
- [Referral to Quitline Workflow](#)
- [Workflow for Tobacco Counseling](#)

4 Consider designating a tobacco dependence treatment advocate for selected settings

Consider the peer support model to promote tobacco treatment and recovery at your organization. Peer specialists can facilitate positive change through goal setting, education, and skills building by sharing their own recovery journeys and modeling healthy decision-making. Additionally, peer specialists can provide support, increase engagement and activation in treatment, increase community engagement, and decrease self-stigma – all of which can be challenges when working with patients who are not yet ready to quit.

TOBACCO TREATMENT ADVOCATE RESOURCES

- [Peer Support Program Toolkit](#)
- [Peer Supports for Tobacco Cessation for Adults with SMI](#)
- [Roles for Certified Peer Specialists to Support Peers as they Address their Smoking](#)