Irrupting Tobacco Cessation with Health Promotion Activities in a Psychosocial Rehabilitation Clubhouse

Colleen McKay, MA, CAGS, Director, Program for Clubhouse Research, Center for Mental Health Services Research, Department of Psychiatry, University of Massachusetts Medical School
Greg Seward, MSHCA, LADC-I, Director, Tobacco-Free Initiative, Director, Tobacco Consultation Service, Coordinator, Tobacco Research, Departments of Psychiatry & Administration, UMass Memorial Medical Center
Doug Ziedonis, MD, MPH, Professor and Chair of the Department of Psychiatry at the University of Massachusetts Medical School & UMass Memorial Medical Center

Extent Of Tobacco Use Among Individuals Diagnosed With SMI

Many people with Severe Mental Illness (SMI) use smoking to manage symptoms, stress, or increase social contact, and consume nearly half of all tobacco sold in the US. Compared with the general population, individuals with SMI are at greater risk of co-morbid health problems and premature death. Often individuals with SMI are unaware that services like Quitlines, Nicotine Anonymous (N (A)-A) meetings, and/or NRT exist. To compound matters, many states (e.g., Massachusetts) have cut tobacco cessation funding, and few programs provide integrated approaches to tobacco cessation in mental health settings that include peer supports. The lack of services and large disparities in smoking rates and health outcomes in people with SMI have resulted in a national crisis. There is a need to implement and evaluate cost-effective interventions that attempt to decrease morbidity and mortality associated with tobacco use among people with SMI. Our efforts engage this population in integrating a manualized tobacco control intervention, “Learning About Healthy Living” (LAHL) and training in use of Breath Carbon Monoxide (CO Meters) to track the progress of tobacco use among members and staff in the Clubhouse Model. Our project joins experts in tobacco dependence treatment for adults with SMI from UMass with leaders in the Clubhouse Model from Genesis Club in Worcester, MA.

The Clubhouse Model

The clubhouse model of psychiatric rehabilitation originated at Fountain House in 1948. Today, over 328 clubs are affiliated with the International Center for Clubhouse Development (ICCD) located in 27 countries and 32 states. These clubhouses have programs served approximately 55,000 individuals, over 26,000 in the United States alone. Clubhouses are described as therapeutic communities composed of people diagnosed with Severe Mental Illness (SMI) and paid staff. Participants are called “members” rather than patients or clients, reflecting the origin of the model as a club with membership rights. Clubhouse staff and members work side-by-side with peers as peers in a real working “work-ordered” Day. Members are encouraged to participate in all aspects of clubhouse operations, including decision making meetings, leadership efforts in the community. Clubhouses offer a wide range of services including employment and vocational supports, education, housing, outreach, advocacy, health promotion activities, substance abuse services, and social supports. Clubhouses are typically open 365 days a year. Clubhouse participants are referred to as members and membership is available for life.

The clubhouse model has been the subject of an active, international dissemination effort, as well as substantial efforts to standardize the model, including the development of standards, international training, fidelity assessments, and an international certification process.

Genesis Club

Genesis Club is a free-standing, ICCD certified clubhouse, and an ICCD training center. Genesis serves approximately 120 individuals (members) per day and has an active monthly membership of 300. Their program consists of 12 monthly meetings with personalized feedback using CO meters. The average number of active monthly members is approximately 47%, male, 25% non-caucasian, and an average age of 43 years. Approximately half of clubhouse members have a diagnosis of schizophrenia, and 13% have major depression or bipolar disorder. Many clubhouse members also struggle with substance misuse: approximately 17% of active clubhouse members have severe to moderate substance abuse, 10% have mild substance abuse, and 24% are currently abstinent.

Recently 82% of Genesis members (N=114) said they endorse smoking related treatment options for nicotine dependence. In addition, Genesis has begun to address tobacco use, implementing weekly LAHL meetings with personalized feedback using CO meters.

Learning About Healthy Living (LAHL) Group I: Session Outline

Introduction to Learning About Healthy Living
General Structure of a Treatment Group
Tobacco Dependence Treatment Meditations
Group I (Motivational Group)
Group II (Quit Group)
Facilitator’s Guides
Consumer’s Handouts
Appendix/Forms Resources and References

Learning About Healthy Living: Tobacco and You

General Healthy Living Education: Stress, Diet, Exercise, Budget Tobacco and Smoking Education Health Risks, Chemicals in Cigarettes/Smoke/Second Hand Smoke, Tobacco Addiction, Mental Illness & Medication Effects Treatment Options: Making a Decision to Quit, Cold Turkey, Nicotine Replacement Therapy (NRT) & Other FDA Approved Medications
20 Weeks Smoking within the context of Healthy Living: Exercise, stress, & diet Could change the order of the sessions, some chapters may take longer than 1 session

Learning About Healthy Living Group II: Session Outline

Surviving on the Road to Healthy Living
- Why Is Smoking Dangerous?
- What’s in Cigarette Smoke?
- Why Do So Many Consumers with Mental Illness Smoke?
- What is Carbon Monoxide?
- How Much Does Smoking Cost?
- How Does Tobacco Advertising Affect Me?
- What is Second Hand Smoke?
- How Are My Medications Affected by Smoking?
- Why are Cigarettes Addictive?
- What Are My Smoking Patterns?
- How Can I Better Manage Stress?
- How Much Physical Activity Do I Need?
- How Can I Make Healthier Food Choices?
- Why Should I Quit Smoking?
- What If I’m Not Ready to Quit?
- Is It Really Possible For Me to Quit Smoking?
- What Happens When I Quit Smoking Without Help: “cold turkey”
- How Do Medications Help me Quit Smoking?
- Which Medications Should I Use?

Session Example: Session 6: How Much Does Smoking Cost?

Reviews how even buying a small item on a regular basis can add up - smoking is expensive

- Weights 1½ packs (50 cigs)
- $5.17 $36.24 $154.00 $1887.05 $18,870.50
- Costs 3 packs
- $15.51 $105.00 $456.30 $5,475.0 $54,750.00
- Costs 2 packs
- $7.50 $54.36 $228.15 $2,737.5 $27,375.0
- Costs 1 pack (10 cigs)
- $2.59 $18.12 $77.00 $943.53 $9,435.25

How Much Does Smoking Cost You?

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<th>Approximate Number of Cigarettes Smoked</th>
<th>Average Cost Per Day</th>
<th>Average Cost Per Week</th>
<th>Average Cost Per Month</th>
<th>Average Cost Per Year</th>
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<tr>
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<td>$2.59</td>
<td>$18.12</td>
<td>$77.00</td>
<td>$943.53</td>
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<tr>
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<td>2 packs</td>
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Next Steps

Begin a project funded by the American Legacy Foundation (http://americanlegacy.org) to:
- Expand peer support / consumer involvement and develop clubhouse peer tobacco leaders.
- Adapt and integrate three key tobacco interventions for clubhouse settings:
  - Learning About Healthy Living (LAHL)
  - Addressing Tobacco Through Organizational Change (ATTDC)
  - Consumers Helping Others Improve Their Condition by Ending Smoking (CHOICES)

Create new materials based on these interventions (e.g. health promotion toolkit for clubhouse settings), and disseminate findings to help individuals with SMI quit tobacco use.