



Tobacco Use and Behavioral Health

Behavioral Health Clients Are More Likely To Die From A Tobacco-Related Disease Than From Any Other Cause

- Tobacco use is the leading preventable cause of death among people with behavioral health issues.
- People with mental illness and addictions die an average of 25 years early due to tobacco-related diseases, including heart disease and lung cancer.
- Up to 80% of behavioral health clients want to quit smoking.
- Behavioral health clients respond well to tobacco cessation treatment.
- Behavioral health providers are critical to clients' success quitting tobacco.
- Smoking is often a trigger for alcohol and drug use. Quitting smoking improves clients' abstinence from alcohol and drugs.
- Tobacco use interferes with many psychiatric medications, so quitting smoking can make managing medications easier for clients.
- Quitting smoking does not worsen psychiatric symptoms.

Leading Behavioral Health Organizations Endorse Tobacco Treatment

- The American Psychiatric Association
- American Society of Addiction Medicine, Inc.
- National Association of Alcoholism and Drug Abuse Counselors



“ Clients who quit tobacco while in substance abuse treatment have a 25 percent increased chance of long-term sobriety. This is a huge advantage because even with completing treatment there is no guarantee that an individual will stay clean and sober after treatment. ”

— Nick Gonzales, Tobacco Prevention & Policy Manager, Akeela, Inc.

Payment and Reimbursement is Available for Tobacco Treatment

Tobacco cessation coaching and medication are covered by Alaska Medicaid, Medicare, the Indian Health Service and many health insurance plans. The State of Alaska is working to streamline reimbursement for tobacco treatment services and behavioral health. Mission 100 is here to assist your organization.

Mission 100 is an innovative, multi-faceted approach to providing tobacco prevention and control technical assistance to all employers and organizations, statewide. We provide tools, training and resources to assist with:

- Training providers to ASK every client about tobacco use, ADVISE every tobacco user to quit, and REFER tobacco users to Alaska's Tobacco Quit Line
- Discharge planning
- Tobacco-related training
- Creating tobacco-free campus policies to support quitting
- Reimbursement for tobacco cessation services

Alaska's Tobacco Quit Line

- The quit line is FREE for all Alaskans and is available by calling 1-800-QUIT-NOW (1-800-784-8669) 24 hours a day, 7 days a week.
- Quit line services include phone coaching sessions and free nicotine replacement therapy.

“ This is so great for Alaskans. If people don't have the money to get the patches or gum, this gives them a way to be free. I want to give kudos because [your coaches] are so patient, understanding and knowledgeable in what you do. With this program I've felt listened to and I think that with representatives like you all helping customers, people are going to be more likely to quit, and to want to call and to get help. I wish everybody knew what a great program this is.

”
— Alaska's Tobacco Quit Line Caller



ALASKA'S
TOBACCO
QUIT LINE
1-800-QUIT-NOW
IT'S FREE. IT'S CONFIDENTIAL. AND IT WORKS.

For more information, visit alaskaquitline.com