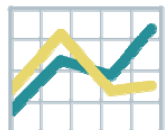




pennsylvania
DEPARTMENT OF PUBLIC WELFARE
OFFICE OF MENTAL HEALTH AND
SUBSTANCE ABUSE SERVICES

Tobacco Cessation Treatment

Eliminating the use of tobacco products is but one step toward a mental health consumer's wellness and recovery – but it is a big one. The National Association of State Mental Health Program Directors (NASMHPD) notes that smoking is the single most preventable cause of premature death and disability in our country. Reducing those numbers requires states to take assertive action to provide education and treatment to help people choose to quit tobacco and adapt healthier lifestyles.



How Are We Doing?

Pennsylvania is committing the resources necessary to create systems that promote healthy choices for persons using tobacco. Access to tobacco cessation treatment is key. Tobacco cessation counseling is available to all Medicaid recipients.

"Tobacco cessation counseling is available to all Medicaid recipients."

Talking Points:

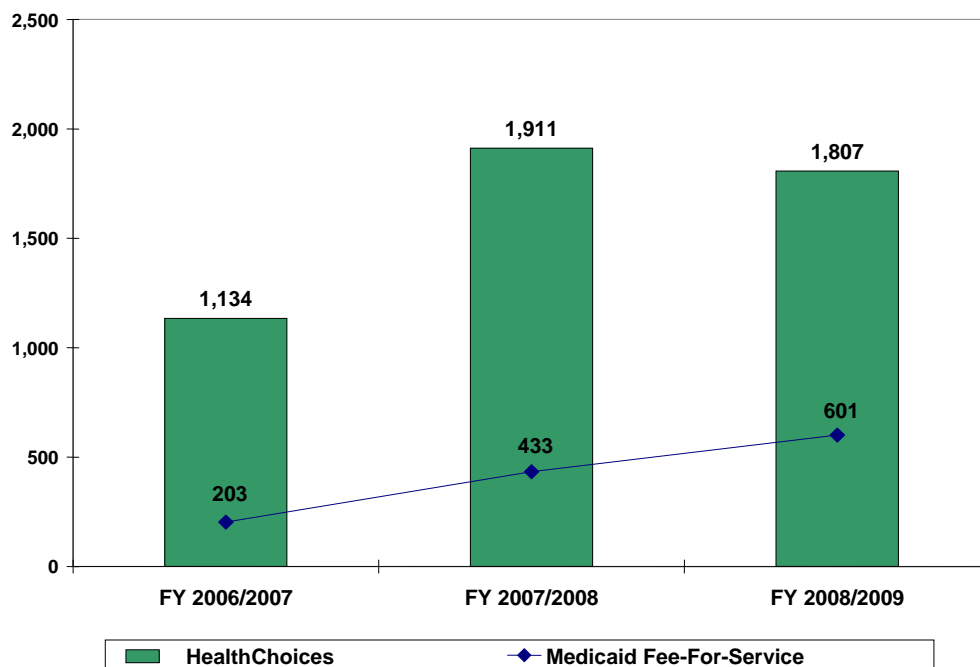
☑ We will practice the five A's: **Asking** individuals about tobacco use; **Advising** users to quit; **Assessing** one's readiness to make a quit attempt; **Assisting** with that attempt; and **Arranging** follow-up care.

☑ Studies show that **tobacco use** interferes with **psychiatric medication**.

☑ **Over 70%** of individuals with mental illness or with drug and alcohol problems smoke.

☑ Pennsylvania's **state mental health facilities** are now **smoke-free buildings**.

Pennsylvanians Ages 18 and Over Receiving Medicaid-Funded Tobacco Cessation Treatment, by Funding Source and State Fiscal Year



What Do the Findings Mean? The numbers graphed above represent unduplicated persons 18 years of age and older who received Medicaid-funded tobacco cessation services, within each funding source. Utilization in the Fee-For-Service Program increased almost 200%, while HealthChoices-funded utilization rose 59% from 2006-2007 to 2008-2009.

What Did We Measure? The data used in this report were derived from HealthChoices Behavioral Health encounter records and Medical Assistance Fee-For-Service claim submissions. Contextual information was gleaned from the NASMHPD publication titled "Tobacco-Free Living in Psychiatric Settings: A Best Practices Toolkit Promoting Wellness and Recovery", and the OMHSAS publication "A Call for Change".