

Community Success Story: Making Success Personal with a Warm Hand-Off, Year 1

Ingham County Health Department

Summary

To reduce the burden of smoking within the mental health community, this project is training Ingham Community Health Center clinics to provide an effective tobacco cessation intervention to every tobacco user. This includes enhanced staff training on documenting tobacco use and cessation referrals in the electronic health records and referral to appropriate cessation services.

To increase available and appropriate cessation services this project supports “Tobacco and You” quit-tobacco classes which are led by Peer Support Specialists and held at locations that are familiar to individuals with a mental health diagnosis to facilitate a more comfortable experience.

Contact Information:
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“Tobacco and You” Group Leader Paul

Challenges

Individuals with a mental health diagnosis make up 20% of the population, but consume 31% of all cigarettes. This population has a higher incidence of smoking, smokes more per day than the general population, and bears a higher cancer burden with frequent cancer recurrence.

Unfortunately, many mental health institutions and mental health providers have historically used cigarettes, tobacco, and smoking breaks as a reward for compliant behavior, even though nicotine use decreases the effectiveness of most psychotropic medications and causes death and disease.

An additional challenge is that many Ingham Community Health Center clients lack access to regular phone service, have a difficult time maintaining a schedule, and do not maintain regular medication dosing, so traditional cessation services such as the Michigan Tobacco Quitline may not be appropriate for all clients.

Solutions

This project uses the most effective tobacco reduction intervention, NCI 5-A (ask, advise, assess, assist, and arrange), and pairs that strategy with targeted, consistent, free community support. All Ingham Community Health Center Clinics will be trained in providing every tobacco user with an effective tobacco intervention. This includes advice to quit and referral to two free weekly quit-tobacco support programs. These services are located at facilities that support individuals with a mental health diagnosis, but the programs are open and promoted to all members of the public.

In the first year of the project all 14 Ingham County Health Center clinics were trained in NCI 5-A and in tobacco usage and cessation electronic health record reporting and referral options. Five human-service agencies received referral resources for the Michigan Quitline services and the resources list titled: “Capital Area Quit-Tobacco Resources.” Clinical staff at the seven youth-serving Ingham Community Health Center clinics was trained in assessment of child exposure to secondhand smoke in addition to the NCI 5-A training. Finally, “Tobacco and You” quit-tobacco classes were provided twice weekly at locations that are familiar to individuals that have a mental-health diagnosis.

Results

Based on NextGen Reporting for CQIC (Clinical Quality Improvement Committee/Meaningful Use) on Tobacco, the Ingham Community Health Center (IHC) staff asks about tobacco use 96% of the time. The referral to services NextGen screen is completed for tobacco users 63% of the time. These reports are part of the IHC Quality Improvement Plan and tobacco use was selected as a key measure for quality improvement by IHC. The Michigan Department of Community Health, Cancer Section grant is seen as a positive support for quality improvement within the IHCs by both administration and on-site clinical staff.

The most significant success that our community has achieved with “Tobacco and You” was in December 2013 when we had two Peers leading the weekly “Tobacco and You” classes at the Clinton-Eaton-Ingham/Community Mental Health- Coordinating Agency (CEI/CMH-CA) in the BIRCH Clinic. This clinic is an Ingham County Health Department (IHD) medical clinic that is co-located inside the local Community Mental Health. One Peer was an employee of the BIRCH Clinic and one Peer was an employee of CEI/CMH-CA. The BIRCH Clinic serves 200 clients of CEI/CMH-CA. Our star member was Paul who would come each week to “Tobacco and You” by taking three buses from Holt into Lansing which took him over two hours. His wife is blind and scared to be alone, so this was the only day that Paul would leave the house alone. After the group he would work out at the YMCA and grocery shop. He was successful in quitting tobacco thanks to an enormous number of supports that he used. He lived in a trailer park and his trailer was smoke-free; he had pets and did not want to smoke around his pets or wife. He used the Michigan Tobacco Quit-Line and two iPhone apps to ensure accountability. He attended “Tobacco and You” weekly and became a leader of the group.

Look Ahead

The second year of the project will involve continued and enhanced support for the participating clinics and the “Tobacco and You” weekly classes. Also, tobacco cessation referral resources will be provided to additional community medical practices.