



## Talking About Tobacco Series, Webinar 2: WRAP® and Talking About Tobacco

Originally broadcast on March 18, 2021

### Workshop Goal

#### WRAP® and Talking About Tobacco

In this second webinar in the Talking About Tobacco series, presenters Gina Calhoun, Chacku Mathai, and Rita Cronise provide an orientation to the Wellness Recovery Action Plan (WRAP®)<sup>1</sup> and discuss how WRAP® can be used for exploring options for wellness, including the use of tobacco and the impacts that use might have on one's life. The presenters will share elements of their own stories related to tobacco use and audience members will be able to contribute their own ideas about wellness tools and action plans throughout the orientation to WRAP®.

**Presenters:** Amanda Saake, Susan Friedlander, Gina Calhoun, Chacku Mathai, and Rita Cronise.

### Workshop Objectives

By the end of the workshop, you will be able to:

- Identify the importance of talking about tobacco
- Recall the five key concepts of recovery
- Describe the main parts of the Wellness Recovery Action Plan
- Discover wellness tools and make action plans that can be used when making a change around tobacco use
- Explore the role peer supporters can play in addressing tobacco

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<sup>1</sup> WRAP® is a registered trademark of Advocates for Human Potential (AHP), which operates WRAP and Recovery Books. This webinar is approved by AHP and The Copeland Center for **general education** about the Wellness Recovery Action Plan (WRAP®) however, it is not a substitute for or counted toward the full WRAP® Seminar 1 or 2 (to become a certified WRAP facilitator)

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# References and Resources

## ARTICLES ALPHABETICAL BY AUTHOR

- Cook, J., Copeland, M., Floyd, C., et al. (2012). A Randomized, Controlled Trial of Effects of Wellness Recovery Action Planning on Depression, Anxiety, and Recovery. *Psychiatric Services*, Vol. 63, No. 6.
- Cook, J. A., Copeland, M. E., Corey, L., Buffington, E., Jonikas, J. A., Curtis, L. C., et al. (2010). Developing the evidence base for peer-led services: Changes among participants following Wellness Recovery Action Planning (WRAP) education in two statewide initiatives. *Psychiatric Rehabilitation Journal*, 34(2), 113-120.
- Copeland, M.E. (2014). WRAP® for Life, Chapter 15: WRAP® for Becoming a Non-Smoker. Mental Health Recovery and WRAP® materials are developed by Mary Ellen Copeland and copyrighted by Advocates for Human Potential, Inc.  
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- Gardiner, P. (2004). [The African Americanization of menthol cigarette use in the United States](#). *Nicotine & Tobacco Research*, Vol 6(1) S55-S65.
- Rosario, C. & Harris, K. (2020). [Tobacco Advertisements: What Messages Are They Sending in African American Communities?](#) *Health Promotion Practice*.
- Smith, S. (2010). [Tobacco signs still target city's poorest areas](#). *The Boston Globe*.
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- van den Brand, F., Nagtzaam, P., Nagelhout, G., Winkens, B., & van Schayck, C. [The Association of Peer Smoking Behavior and Social Support with Quit Success in Employees Who Participated in a Smoking Cessation Intervention at the Workplace](#). *International Journal of Environmental Research and Public Health* 16(16): 2831.
- Zern, A., Seserman, M., Dacus, H., Wallace, B., Friedlander, S., Manseau, M., Smalling, M., Smith, T., Williams, J., & Compton, M. (2020). [Screening and Treatment of Tobacco Use Disorder in Mental Health Clinics in New York State: Current Status and Potential Next Steps](#). *Community Mental Health Journal*. *Online Ahead of Print*.

## RESOURCES MENTIONED IN THE WEBINAR

For free educational articles and information, lists of resources and organizations and recovery stories go to:

- [www.MentalHealthRecovery.com](http://www.MentalHealthRecovery.com)
- [www.WRAPandRecoveryBooks.com](http://www.WRAPandRecoveryBooks.com)
- [www.CopelandCenter.com](http://www.CopelandCenter.com)

For WRAP resources you can purchase including books, workbooks, audio downloads, the WRAP App, CDs, DVDs and more.

- AHP's [www.wrapandrecoverybooks.com](http://www.wrapandrecoverybooks.com)

For Training and Technical Assistance:

- Copeland Center for Wellness and Recovery <http://copelandcenter.com>
- Doors to Wellbeing <http://www.doorstowellbeing.org/>

For information about the WRAP study:

<http://www.cmhsrp.uic.edu/nrtc/wrap.asp>

Judith Cook [cook@ripco.com](mailto:cook@ripco.com)

(Free) Download the Wellness Guide to Overcoming Isolation During COVID-19: Being Connected, Staying Connected, and Choosing Connection.

<https://www.wrapandrecoverybooks.com/store/wellness-guide-for-isolation-during-covid-19-being-connected-staying-connected-and-choosing-connection--details.html>

## VIDEOS

- Doors to Wellbeing (2019). Peer Support and Smoking Cessation by Gina Calhoun. [Video 60:33 min.] Retrieved from <https://youtu.be/UOEpWE8GY0Q>
- NYC Health (2019). Nicotine Replacement Therapy. [Video 15:12 min.] Retrieved from <https://youtu.be/UOEpWE8GY0Q>

## TOBACCO RESEARCH

New Jersey CHOICES is conducting a study of people with mental health conditions who smoke. Rutgers-Robert Wood Johnson Medical School, Department of Psychiatry in New Brunswick is conducting an **online survey** to evaluate tobacco quitting barriers in smokers with mental health conditions. Eligibility Requirements: Volunteers must be smokers who are 18 years or older. Compensation: You will be compensated for your time (\$20 gift card). Visit [www.tinyurl.com/RUTBS](http://www.tinyurl.com/RUTBS) to complete the survey.

## PRESENTER Biographies

(In order of appearance)



**Amanda Saake, LMSW, CPRP, NYCPS-P (she/her/hers)**

Director of the Office of Consumer Affairs and Special Assistant to the Commissioner at the New York State Office of Mental Health

Amanda Saake is currently the Special Assistant to the Commissioner at the New York State Office of Mental Health. In this role, she serves as the interface between individuals and families served by the public mental health system and OMH staff responsible for programmatic and policy decisions. She also provides leadership for Peer Support services. She is dedicated to strengthening the opportunities for the Peer workforce to have upward mobility in their careers and expanding opportunities for Peer Specialists to work in positions throughout the behavioral system of care. Amanda has more than 15 years' experience providing direct service and supervision in the human services workforce. Amanda has worked in a broad range of settings, including supportive housing, Assertive Community Treatment (ACT), harm reduction, LGBT youth outreach, Personalized Recovery Oriented Services (PROS), and outpatient mental health as both a practitioner and supervisor.

Amanda's commitment to high quality, person-centered care is also personal, stemming back to her first encounters with the mental health system at the age of 17. Amanda attributes her career as one of the most important aspects of her recovery journey.

Amanda has been a member of the Certification Commission for Psychiatric Rehabilitation's (CPRP) Board of Subject Matter Experts since 2013. She has served as a Commissioner for the PRA Certification Commission since 2019. In 2016, Amanda received the New York Nonprofit Media's "40 under 40 Rising Star" award. Amanda also received the Distinguished Alumni Award from her alma mater. Amanda received the Brendan Nugent Leadership Award in 2020.

Amanda is a graduate of Marywood University (Scranton, PA) and Columbia University School of Social Work (New York, NY). Amanda is a Licensed Master Social Worker, Certified Psychiatric Rehabilitation Practitioner, and a Provisional New York Certified Peer Specialist.



**Susan Friedlander, LCSW**

Director of Community Integration and Wellness Initiatives, Office of Mental Health, NYC

Susan Friedlander is the Director of Community Integration and Wellness Initiatives at OMH's NYC Field Office. She received her B.A in Political Science from Kenyon College and her M.S.W. from New York University. Susan has a wide range of experience in the mental health field and has worked in clinics, inpatient hospitals, and psychiatric rehabilitation programs as a practitioner. After several years at South Beach Psychiatric Center where she developed innovative interactive television programming, she joined the NYC Field Office as part of the Assisted Outpatient Treatment Team. Subsequent roles have included serving as the Queens Borough Coordinator and the lead for Personalized Recovery Oriented Services programs. More recently, Susan has had the opportunity to focus on tobacco interventions including the development of "Crushing Cravings", a 12-session curriculum for smokers in pre-contemplation.

As a former tobacco user, Susan is passionate about assuring that people who participate in mental health services have access to stagewise tobacco interventions which support recovery and community inclusion. In her non-work hours, she adores travel, the arts, gardening, wildlife, forest-bathing, yoga and hanging

out with Chloe, a semi-feral kitty she adopted in May 2020.



**Gina Kaye Calhoun, BA, CPS, CPSS, ALF, AFAA-CGFI**

Director for Peer Support Education, Copeland Center

Gina Calhoun is the PA Program Director for Peer Support Education at the Copeland Center. She is a wife, sister, friend, fitness enthusiast, and a person with mental health challenges. She has over 25 years of experience in mental health services, first as a participant and now as a peer professional. When Gina is not promoting wellness and recovery, she enjoys adult gymnastics and spending time with her large dynamic family.

Gina won the Timothy J. Coakley National Behavioral Health Leadership Award. This award honors peer and family leaders in the behavioral health field whose work is characterized by the highest degree of integrity and a passion for creative approaches for improving the lives of persons living with mental health challenges, especially in the public sector.



**Rita Cronise, MS, ALWF**

Academy of Peer Services, Virtual Learning Community Coordinator

Rita holds a position as distance faculty at Rutgers University on the instructional design team for the Academy of Peer Services, where she also serves as the Coordinator for the Virtual Learning Community.

She has been involved in the peer support movement for over 20 years and uses her lived experience both as a person with a major mental health condition and as a facilitator of many forms of peer support to provide resources to those in the peer support workforce. Rita is a former smoker who understands the challenges of managing this and other forms of addiction. In this and future webinars she shares her story of tobacco use and her motivation for change.



**Chacku Mathai**

SAMHSA Project Director at Center for Practice Innovations at Columbia University

Chacku Mathai is an Indian-American, born in Kuwait, who became involved in mental health and addiction recovery advocacy when he was only 15 years old. Chacku's personal experiences with trauma, attempting suicide, and disabling mental health and substance use challenges as a youth and young adult launched Chacku and his family towards a number of efforts to advocate for improved services, social conditions, and alternative supports in the community.

He has since accumulated over thirty years of experience in behavioral health systems in a wide variety of roles such as youth leadership and community organizing, executive and board management and behavioral health infrastructure development.

He currently lives in New York City and works as the Director for the SAMHSA Healthy Transitions Initiative with the Center for Practice Innovations and OnTrackNY, a Coordinated Specialty Care model for young

people experiencing early psychosis in New York State. He volunteers his time in roles such as the President for Friends of Recovery – New York, a statewide coalition of people in recovery from addiction, as a board member for the National Association for Rights Protection and Advocacy, and as co-founder of Healing through Hip Hop. He is a National Advisory Council member for the Hogg Foundation for Mental Health in Texas and the National Center on Advancing Person-Centered Practices and Systems. Chacku serves on several advisory boards for key research initiatives at Boston, Columbia, Lesley and Rutgers universities. Chacku is also an appointed member of the New York State Integrated Block Grant Committee.

Chacku's most recent executive leadership roles with the Mental Health Association of Rochester, STAR Center, National Alliance on Mental Illness, Substance Abuse Mental Health Services Administration, and the New York Association of Psychiatric Rehabilitation Services offer an unparalleled mix of experiences developing trauma-informed, person-centered, and culturally congruent infrastructure with local communities, community-based organizations, large healthcare systems, as well as multiple state, territory, and tribal governments across the country.