



## **Talking About Tobacco Part 3: Building Motivation for Change**

Broadcast on August 16, 2021

### Resources

#### **Workshop Goal**

In this third webinar in the Talking About Tobacco Series, we draw upon questions and comments from the previous webinars in this series and stories shared by the presenters to explore different motivations to change, particularly in relation to tobacco use.

Together, and in chat with those who attend, we will explore what we mean by motivation and the things that work or don't work with we are ready to make any change in our lives. We will consider how to have these important (sometimes lifesaving) conversations related to health and wellbeing while respecting peer support values of choice and not forcing or coercing people to make changes against their will. We will consider how the Eight Dimensions of Wellness can offer opportunities to talk about different areas where a person might want to make changes, Stages of Change to help them consider their motivation and readiness for change, and then talk about their goals for wellness, and possibly invite them to develop a Wellness Recovery Action Plan™ for that aspect of recovery or to come up with their own plans for wellness.

The webinar will include personal stories by the presenters related to their own tobacco use, their motivations for change at different stages and some of the methods they used for regaining control over tobacco use and introduce discussion about the ways in which peer support can offer a non-judgmental space for talking about and exploring changes related to tobacco use.

**Presenters:** Amanda Saake, Susan Friedlander, Regina Shoen, Tony Trahan, and Gita Enders.  
Moderated by Rita Cronise.

## Objectives

By the end of this session, you will be able to:

- Describe some of the things that motivate people to make a change
- Discuss different approaches that work or don't work when helping people to make a change
- Consider the Eight Dimensions of Wellness when exploring change
- Use the Stages of Change as a framework for engaging people in effective discussions about change

## References

### Articles and Sites (alphabetical by author)

Prochaska, J. & DiClemente, C. (1983). Stages and processes of self-change of smoking: Toward and integrative model of change. *Journal of Consulting and Clinical Psychology*, 51(3), 390–395. <https://doi.org/10.1037/0022-006X.51.3.390>

Rutgers Center of Alcohol & Substance Use Studies. (2021). Wellness in Recovery (WinR). The 8 Dimensions of Wellness. <https://alcoholstudies.rutgers.edu/wellness-in-recovery/>

Swarbrick, M. (2006). A wellness approach. *Psychiatric Rehabilitation Journal*, 29(4):311-4. [https://doi: 10.2975/29.2006.311.314](https://doi.org/10.2975/29.2006.311.314)

Swarbrick, M., Murphy, A., Zechner, M., Spagnolo, A., & Gill, K. (2011). Wellness Coaching: a new role for peers. *Psychiatric Rehabilitation Journal*, 34(4):328-31. doi: [10.2975/34.4.2011.328.331](https://doi.org/10.2975/34.4.2011.328.331). PMID: 21459751

## PRESENTER BIOS

(In order of appearance)



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

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**

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, she 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.



**Regina Shoen, NYCPS**

Regina Shoen is an Advocacy Specialist II with the New York State Office of Mental Health, Office of Consumer Affairs. She has worked as a Peer Advocate, a Peer Supportive Case Manager, a state item Peer Specialist and a Certified Benefits Practitioner over the course of her career.

She firmly believes in the power of work as a tool towards recovery and is passionate about educating providers and programs about the benefits of hiring people with disabilities. In addition to that, Regina works towards educating those who want to return to work about the incentives offered that enable them to do so without compromising their health insurance and other benefits. Regina has 15+ years working in Peer positions, and 30 years working in both mental health and developmental disabilities realms with both transitional age youth and adults. Regina is on the Center for Practice Innovations Advisory Panel and has worked as a Subject Matter Expert (SME) with the Academy of Peer Services (APS).

Regina has her own lived experience and has used that experience to share the message of hope and recovery through her various positions.



**Tony M. Trahan, BA**

Tony Trahan is the Deputy Director OMH Office of Consumer Affairs. Tony is the Deputy Director of the Office of Consumer Affairs at the Office of Mental Health. He has been an advocate for people with mental health issues for over 30 years. His lived experience with mental illness, and his learned experience of recovery, gives him a unique foundation to help inform and shape policy from the perspective of service recipients. Tony is a husband, father, musician, sociologist, and ordained minister.



**Gita Enders, LMSW, MA, CPRP, NYCPS**

Director of Peer Services, Office of Behavioral Health  
NYC Health+Hospitals

Gita Enders currently holds the position of Director in the NYC Health + Hospitals / Office of Behavioral Health, where she oversees numerous health care delivery system activities and concerns impacting individuals who use mental health, substance use, and co-occurring treatment services. Gita has presented locally and nationally on programming and supervision. She is a Licensed Master Social Worker; she has a Master's degree in English (Creative Writing), a Bachelor's degree in Psychology, and is a Certified Psychiatric Rehabilitation Practitioner (CPRP) and New York Certified Peer Specialist. She serves as supervisor to the Peer Advisor Program as part of the Public Psychiatry Fellowship of Columbia University and New York State Psychiatric Institute and is also involved with the Community Access Howie the Harp Advocacy Center as a Peer Training Program instructor.



**Rita Cronise, MS, ALWF (Moderator for this session)**

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.



**Maryam Husamudeen (Technical Support for this session)**

Maryam Husamudeen has been a Peer Bridger for NYAPRS since 2013 and the User Support Staff for APS since 2018. Her background work experience allows her to be highly skilled in the field of High Risk Populations. She is an Advocate and Consultant. She is very dedicated to servicing the community. Her objective is to enlighten service providers on the barriers to care of these populations and develop Quality Improvement Techniques to have a more efficient interaction. She is a seasoned nonprofit professional with over 30 years' experience. She has earned her BA in Sociology. She is a NY State Certified Peer Specialist and newly trained in eCPR amongst other certifications.

## For Further Information

These are resources from previous sessions in this series or recommended for further study.

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.  
[https://www.wrapandrecoverybooks.com/store/wrap\\_for\\_life.html](https://www.wrapandrecoverybooks.com/store/wrap_for_life.html)

Ford, P., Clifford, A., Gussy, K. & Gartner, C. (2013). [A Systematic Review of Peer-Support Programs for Smoking Cessation in Disadvantaged Groups](#). *International Journal of Environmental Research and Public Health* 10(11): 5507-5522.

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.

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.

### **OTHER RESOURCES AND ORGANIZATIONS**

[Cigarette Smoking and Tobacco Use Among People of Low Socioeconomic Status](#). Centers for Disease Control and Prevention (CDC) website.

[Culturally Competent Smoking Cessation for People with Serious Mental Illness](#), Center of Excellence for Cultural Competence, New York State Psychiatric Institute, Cultural Competence Matters Newsletter, Feb 2009.

[Quick Facts on Risks of E-Cigarettes](#). Centers for Disease Control and Prevention (CDC) website.

[National Center for Cultural Competence](#). Georgetown University website.

[Morgan State University CEASE Smoking Program](#). Morgan State University, School of Community Health & Policy website.

[The Role of the Community Health Worker](#), New York Presbyterian Performing Provider System website.

[Tobacco Company Marketing to African Americans](#). Tobaccofreekids website.

[Tobacco is a social justice issue: Racial and ethnic minorities](#). truth initiative website.

[Tobacco-free Toolkit for Behavioral Health Agencies](#). California Behavioral Health & Wellness Initiative website.

[Train the Trainer Smoking Cessation Toolkit: Help Someone Quit Smoking Today](#). Institute for Health Promotion and Disease Prevention Research (IPR), Preventive Medicine, Patient Education and Community Outreach Center, Norris Comprehensive Cancer Center, Keck School of Medicine of USC University of Southern California (USC), Multicultural Area Health Education Center (MAHEC), National Latino Tobacco Control Network (NLTCN), and Indiana Latino Institute (ILI).

## **WEBSITES**

American Lung Association

<https://www.freedomfromsmoking.org/>

CDC Smoking and Tobacco Use

<https://www.cdc.gov/tobacco/>

[https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/?s\\_cid=OSH\\_tips\\_D9385](https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/?s_cid=OSH_tips_D9385)

<https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/index.html>

National Cancer Institute

<https://smokefree.gov/>

Nicotine Anonymous

<https://nicotine-anonymous.org/>

NJ CHOICES

<https://www.njchoices.org/>

North American Quitline Consortium (New York)

<http://map.naquitline.org/profile/usa/ny/>

NYS Smokers Quitline

<https://www.nysmokefree.com/>

Roswell Park Cessation Services

<https://rpcs.roswellpark.org/>

The Truth Initiative (inspiring tobacco free lives)

<https://truthinitiative.org/>

## VIDEOS

NYC Health (2019). Nicotine Replacement Therapy. [Video 15:12 min.] Retrieved from <https://youtu.be/UOEpWE8GY0Q>

Doors to Wellbeing (2019). Peer Support and Smoking Cessation by Gina Calhoun. [Video 60:33 min.] Retrieved from <https://youtu.be/UOEpWE8GY0Q>

## 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.