Talking About Tobacco Part 3: Building Motivation for Change

August 16, 2021
1:30 – 3:00 pm Eastern

The Academy of Peer Services (APS) is funded by the NYS Office of Mental Health (OMH) and operated by Rutgers University, School of Health Professions, Dept. of Psychiatric Rehabilitation in partnership with the New York Association of Psychiatric Rehabilitation Services (NYAPRS).
The webinar is being recorded
- You will be on mute/camera off throughout
- Use Q&A feature to ask questions
- Use Chat when invited by the presenters

CE Credit:
The recording will be converted to a continuing education course (CE credit) within the next few weeks, and you will be able to take a quiz and complete an evaluation for CE credit.

Presenters

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Director of the Office of Consumer Affairs, NYS OMH

Susan Friedlander, LCSW
Director of Community Integration and Wellness Initiatives New York City Field Office, NYS OMH

Regina Shoen
Advocacy Specialist II
Office of Consumer Affairs, NYS OMH
Presenters (cont.)

Tony M. Trahan, BA  
Deputy Director OMH Office of Consumer Affairs

Gita Enders, LMSW, MA, CPRP, NYCPS  
NYC Health+Hospitals

Rita Cronise, MS, ALWF (Moderator for this session)  
Coordinator, Academy of Peer Services Virtual Community  
Distance Faculty, Rutgers University

Objectives

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
It’s about meeting people where they’re at…

… but not leaving them there.

Tony M. Trahan

Why talk about tobacco?

Where it started…

Amanda and Susan share their stories and how the idea for this series started.
Why Talk about Tobacco?

- OMH is committed to integrating a health and wellness in our services.
- Tobacco use disproportionately impacts people with behavioral health conditions, reducing life span.
- Tobacco use can also have a negative impact on recovery and community inclusion

Why Talk about Tobacco? [Amanda]

- Let's start a tobacco conversation which honors the values, principles and practices of Peer Support.
- We’re looking to create opportunities for tobacco champions and influencers in the Peer Support community!

Please contact me if you feel passionate about addressing tobacco use in your role as a Peer Worker, Amanda.saake@omh.ny.gov
Why Talk about Tobacco?

Creedmoor Project & Lessons Learned
- Peer Supporters can play a critical role!
- Not enough peer support for tobacco interventions
- Focus on cessation excludes people who are not ready to quit
- Need more practical information about how to properly use NRT

How can we help you more effectively address tobacco use in your role as a Peer Supporter?

Motivation to change
What do we mean by motivation?

Let's Chat!

What motivates you to make a change?
What helps with motivation?

- Listening
- Asking questions
- Listening some more
- Asking some more questions
- Helping people find their own answers

In other words, Peer Support!
Let’s Chat!
What gets in the way of motivation?

- Being judgmental
- Shaming
- Blaming
- Telling people what to do
- Fear
- Force
- One and done
- Being differently motivated
Eight Dimensions of Wellness:

A way of exploring what impacts our quality of life

What are the Eight Dimensions of Wellness?

Wellness is a conscious, deliberate process that requires being aware of and making choices for a more satisfying lifestyle.

https://alcoholstudies.rutgers.edu/wellness-in-recovery/
Eight Dimensions of Wellness

CHAT:
In your life, what dimension is most affected by tobacco use?

Eight Dimensions of Wellness

Wellness Inventory Quiz
How can we use the Wellness in Recovery (WIN-R) Inventory Quiz to help people identify areas for change?

https://alcoholstudies.rutgers.edu/wellness-in-recovery/quiz/
Our Stories

Tony
Amanda
Susan
Gita
Gina

Change Talk

What helps us shift from “Can’t” to “Can”?
Matching the Stage of Change with the Treatment or Support Approach

<table>
<thead>
<tr>
<th>Stage of Change</th>
<th>Clinical Treatment Approach</th>
<th>Support Approaches</th>
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</thead>
<tbody>
<tr>
<td>Pre-contemplation</td>
<td>Engagement</td>
<td>Make a connection, build trust, offer practical assistance</td>
</tr>
<tr>
<td>Contemplation</td>
<td>Persuasion</td>
<td>Explore pros and cons of tobacco use, review impact on recovery goals</td>
</tr>
<tr>
<td>Preparation</td>
<td>Persuasion</td>
<td>Share treatment options and strategies</td>
</tr>
<tr>
<td>Action</td>
<td>Active Treatment</td>
<td>Connect to treatment and non-tobacco activities and environments</td>
</tr>
<tr>
<td>Maintenance</td>
<td>Relapse Prevention</td>
<td>Ongoing support for new recovery goals that reinforce the change</td>
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(Prochaska & DiClemente, 1983)

“Do you think about quitting?”

If “no”, it does not have to be a “one and done” situation!

Validate that you hear the person’s response.
Focus on engagement.

“Do you think about quitting?”

As appropriate:

• Help them consider the smoking rules in their current settings (residence, work, etc.)
• Consider impact of tobacco use on recovery
• Problem-solve about how to deal with uncomfortable withdrawal symptoms and cravings if they are in a non-smoking situation---this can include the use of NRT products to manage withdrawals.
• Gently support the person to explore the pros and cons of tobacco use in relation to their recovery and the dimensions of wellness.

AVOID FURTHER QUIT TALK UNTIL THEY ARE READY TO TALK!
“Do you think about quitting?”

If “yes”, ask about the time frame

- **More than 6 months?**
  - What are some of the pros and cons of quitting/reducing?
  - What do they enjoy about smoking and how will they replace it?
  - Who will support them?
  - How will they cope with smoking prohibitions in chosen settings?

- **Less than 6 months?**
  - Encourage learning about treatment options to prepare.
  - Develop a quit plan.
  - Complete a tobacco-focused WRAP
  - Collaborate with treatment provider.

Questions and Answers
Next in the Series

Talking About Tobacco 4: Sharing Strategies and Treatments that Work
Monday, Sept. 13, 2:30 – 4:00 pm

Talking About Tobacco 5: NJ CHOICES Peer Support Program
Monday, October 25, 1:30 – 3:00 pm

References

View the Resource Handout for a list of References for this session
Thanks!

On behalf of the Academy of Peer Services, we thank you for attending today’s webinar.

For questions related to today’s topic or ideas for upcoming sessions, send email to: academy.virtual.community@gmail.com

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