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**Tobacco Awareness in Recovery Messaging Toolkit**

**April 2023 – December 2023**

**Objective:** PA STFRI allies will distribute a monthly message to their network. The content includes a summary of a research article and link to the full article.

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| **CUT & PASTE**  **Subject Line: Tobacco Awareness in Recovery** |
| **April 2023** **Tobacco Awareness in Recovery**  Many people in SUD treatment want to stop smoking and have a good chance at doing so with the support of counseling and medication. You can stop smoking while you are in treatment or early recovery. The benefits include reducing your risk of cancer, especially those of the mouth, throat, and esophagus, improving your chance of not relapsing to alcohol or other drugs, lowering your risk of lung disease, heart disease, Alzheimer’s disease, and other tobacco-related conditions.  [**https://www.mentalhealth.va.gov/quit-tobacco/docs/SUDandTobaccoUse\_508.pdf**](https://www.mentalhealth.va.gov/quit-tobacco/docs/SUDandTobaccoUse_508.pdf)  **Visit:** [**www.tobaccofreerecoverypa.com**](http://www.tobaccofreerecoverypa.com) |
| **May 2023 Tobacco Awareness in Recovery**  Learning tobacco-free coping skills is safe and achievable. Tobacco abstinence is associated with decreased anxiety, depression, and stress, and improvements in overall mood and quality of life.  [**Taylor et al. Change in mental health after smoking cessation… BMJ 2014**](https://www.bmj.com/content/348/bmj.g1151)  **Visit:** [**www.tobaccofreerecoverypa.com**](http://www.tobaccofreerecoverypa.com) |
| **June 2023 Tobacco Awareness in Recovery**  **Nicotine and Opioids: A Call for Co-treatment as the Standard of Care**  The U.S. is in the midst of an opioid epidemic. At the same time, tobacco use remains the leading cause of preventable death and disability. The current brief review outlines clinical and policy implications for concurrently addressing these two deadly epidemics. Evidence suggests that clinical care and policies that facilitate co-treatment are an expedient means of delivering healthcare to individuals that result in better health for the population while also meeting [an individuals’] substance abuse disorder recovery goals.  [**https://www.lung.org/getmedia/917aa796-8410-4b6b-9060-c159c37c6140/morris-garver-apgar2020\_article\_nicotineandopioidsacallforco-t.pdf**](https://www.lung.org/getmedia/917aa796-8410-4b6b-9060-c159c37c6140/morris-garver-apgar2020_article_nicotineandopioidsacallforco-t.pdf)  **Visit:** **[www.tobaccofreerecoverypa.com](http://www.tobaccofreerecoverypa.com)** |
| **July 2023 Tobacco Awareness in Recovery**  Smoking and tobacco craving are strongly associated with the use of and craving for cocaine and heroin. Data suggests that tobacco and cocaine may each increase craving for, and likelihood of continued use of themselves and each other.  [**https://www.academia.edu/29137770/Tobacco\_cocaine\_and\_heroin\_Craving\_and\_use\_during\_daily\_life**](https://www.academia.edu/29137770/Tobacco_cocaine_and_heroin_Craving_and_use_during_daily_life)  **Visit:** [**www.tobaccofreerecoverypa.com**](http://www.tobaccofreerecoverypa.com) |
| **August 2023 Tobacco Awareness in Recovery**  **Association of racial discrimination in health care settings and use of electronic cigarettes to quit smoking among Black adults 2023.**  Discrimination in health care settings may be driving Black adults who smoke to engage in non-evidence-based stop smoking practices, such as e-cigarettes instead of those that are evidence-based and may be more effective in this population.  [**https://www.jsatjournal.com/article/S2949-8759(23)00035-8/fulltext**](https://www.jsatjournal.com/article/S2949-8759(23)00035-8/fulltext)  **Visit:** [**www.tobaccofreerecoverypa.com**](http://www.tobaccofreerecoverypa.com) |
| **September 2023 Tobacco Awareness in Recovery**  While there is no one way to be in recovery, it begins the moment a person decides to make better choices about their physical and mental well-being, work to live a meaningful self-directed life, and strive to achieve their full potential.  Studies have shown that learning tobacco-free coping skills can:   * decrease depression, anxiety, and stress. * increase positive mood and quality of life. * boost self-confidence and self-image. * improve physical health and wellness. * enhance the probability of long-term abstinence of alcohol and other drugs.   [**Taylor et al. Change in mental health after smoking cessation… BMJ 2014**](https://www.bmj.com/content/348/bmj.g1151)  **Visit:** [**www.tobaccofreerecoverypa.com**](http://www.tobaccofreerecoverypa.com) |
| **October 2023 Tobacco Awareness in Recovery**  Tobacco dependence treatment during addictions treatment was associated with a 25% increased likelihood of long-term abstinence of alcohol and illicit drugs. Stopping smoking in the first year after intake predicted long-term recovery from substance use and remission status 9 years later.  [**https://store.samhsa.gov/sites/default/files/d7/priv/sma18-5069qg.pdf**](https://store.samhsa.gov/sites/default/files/d7/priv/sma18-5069qg.pdf)  **Visit:** [**www.tobaccofreerecoverypa.com**](http://www.tobaccofreerecoverypa.com) |
| **November 2023 Tobacco Awareness in Recovery**  Evidence suggests that smoking may cause some mental health problems, and that the tobacco withdrawal cycle partly contributes to worse mental health. By stopping smoking, a person’s mental health may improve, and the size of this improvement might be equal to taking antidepressants. Healthcare professionals can compassionately and respectfully raise the topic and integrate evidence-based methods into routine care to help their patients stop smoking.  [**https://purehost.bath.ac.uk/ws/portalfiles/portal/210533857/Manuscript\_revised\_clean\_06302020.pdf**](https://purehost.bath.ac.uk/ws/portalfiles/portal/210533857/Manuscript_revised_clean_06302020.pdf)  **Visit:** [**www.tobaccofreerecoverypa.com**](http://www.tobaccofreerecoverypa.com) |
| **December 2023 Tobacco Awareness in Recovery**  American Society of Addiction Medicine  Recommendations For Integrating Tobacco Use Disorder Interventions in Addiction Treatment  1. Screen all patients for tobacco use disorder  2. Offer evidence-based treatment to all patients with tobacco use disorder  3. Use motivational and harm reduction strategies for patients ambivalent about quitting  4. Implement organizational policies to support treatment of tobacco use disorder  [**https://www.asam.org/quality-care/clinical-recommendations/tobacco?utm\_source=UCSF&utm\_medium=email&utm\_campaign=Tobacco**](https://www.asam.org/quality-care/clinical-recommendations/tobacco?utm_source=UCSF&utm_medium=email&utm_campaign=Tobacco)  **Visit:** [**www.tobaccofreerecoverypa.com**](http://www.tobaccofreerecoverypa.com) |