

AAHD

American Association on Health and Disability
110 N. Washington Street • Suite • 340-A Rockville, MD 20850

PUBLICATIONS, ORGANIZATIONS, AND PROGRAMS PERTAINING TO SMOKING CESSATION AND PEOPLE WITH DISABILITIES

DEAF AND HARD OF HEARING

Title Advocate Illinois: Helping Deaf Americans Quit Smoking

Source Advocate Illinois Masonic Medical Center, with funding from the American Legacy Foundation and other organizations

Format Deaf and hard of hearing behavioral health program

Description According to the program's website, data collected by the National Center for Health Statistics in 2000-2006 through the National Health Interview Survey found that among adults aged 18-44 years, more than 40% of those who were deaf or had a lot of trouble hearing smoked cigarettes compared with 24% of those with good hearing. As a result, the multi-faceted behavioral health program in the Deaf and Hard of Hearing Program at Advocate Illinois Masonic Medical Center was developed and is directed by an ASL-fluent licensed psychologist. Deafness limits one's accessibility to healthcare information on topics such as the effects of smoking and how to stop smoking. Advocate Illinois developed a culturally tailored Web-based streaming video screening tool and smoking cessation intervention for people who are deaf and hard of hearing.

Contact URL <http://www.advocatehealth.com/immc/body.cfm?id=38>

Contact Name

Contact Title

Contact Dept.

Contact Agency Advocate Illinois Masonic Medical Center
836 West Wellington Avenue
Chicago, IL 60657

Contact e-Mail

Contact Dept. Phone (773) 975-1600

Title Minnesota Chemical Dependency Program for Deaf and Hard of Hearing
Individuals (MCDPDHII)

Source Funded by the Substance Abuse and Mental Health Services Administration

Format Program

Description MCDPDHHI is a specialized program designed to meet the communication and cultural needs of people who are deaf and hard of hearing and in chemical dependency treatment, enabling staff to provide outreach and training, modify and develop materials, and provide treatment. The MCDPDHHI staff are fluent in sign language and knowledgeable about deaf culture. Program offerings for deaf and hard of hearing individuals include a new smoking cessation program for people who are chemically dependent, comprehensive assessment services, individual and group therapy, lectures, occupational therapy, recreational therapy, grief group, participation in Twelve Step groups, and aftercare planning. A Clinical Approaches Manual has been developed by the program, which describes treatment approaches, philosophy, task rationale, step assignments and educational topics used with deaf and hard of hearing clients in treatment.

Contact URL <http://www.mncddeaf.org/pages/program.htm>

Contact Name
Contact Title
Contact Dept.

Contact Agency Minnesota Chemical Dependency Program for Deaf and Hard of Hearing
Individuals
2450 Riverside Avenue South
Minneapolis, MN 55454

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Title Tobacco Information for the Deaf and Hard of Hearing in Oklahoma

Source Communication Service for the Deaf, Inc. (CSD), in a partnership with TSET (Tobacco Settlement Endowments Trust and Oklahoma Department of Health)

Format Website

Description This website, created by and for Oklahomans who are deaf and hard of hearing, provides information on the effects of tobacco use and nicotine and how users can fight nicotine. Included are organizations which provide support to give up dependence on cigarettes and other tobacco products.

Contact URL <http://www.c-s-d.org/oklahoma/index.html>

Contact Name
Contact Title

Contact Dept.

Contact Agency CSD of Oklahoma
4815 South Harvard Avenue, Suite 250
Tulsa, OK 74135

Contact e-Mail

Contact Dept. Phone 1-888-660-9846

MENTAL ILLNESS AND SMOKING PROGRAMS

Title CHOICES (Consumers Helping Others Improve their Condition by Ending Smoking)

Source University of Medicine and Dentistry of New Jersey Robert Wood Johnson Medical School

Format Program

Description CHOICES, a consumer-driven program for smokers with mental illness in New Jersey, strives to increase awareness of the importance of addressing tobacco use and creating a strong peer support network; CHOICES encourages mental health consumers to make a positive healthy lifestyle change by addressing smoking and tobacco use. Consumer Tobacco Advocates, who are mental health consumers, discuss with smokers with mental illness the importance of addressing tobacco and motivate them to seek treatment. The Consumer Tobacco Advocates inform their peers of the consequences of smoking, issues on smoking and mental illness, and options available to make quitting easier. They visit mental health centers, self-help centers and health fairs to talk to consumers about their smoking and to provide resources about places in New Jersey where smokers with mental illness can receive tobacco dependence treatment.

Contact URL <http://njchoices.org/>

Contact Name

Contact Title

Contact Dept.

Contact Agency CHOICES
317 George Street, Suite 105
New Brunswick, NJ 08901

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Title In SHAPE Program**Source** Monadnock Family Services**Format** Health promotion program

Description In SHAPE, a health promotion program for people with mental illness, strives to improve physical health and quality of life, reduce the risk of preventable diseases, and lengthen the life expectancy of individuals with severe mental illnesses. In SHAPE participants works with trained health mentors to create a Self Health Action Plan for Empowerment (SHAPE) that includes physical activity, healthy eating goals, and attention to medical needs, including smoking cessation when needed. Mentors help participants implement their SHAPE plans by encouraging participation in a variety of activities already existing in the community and attending the activities with participants until they feel comfortable going alone. Every 12 weeks, participants attend a celebration, where verbal recognition and incentive items are provided for their efforts. In February 2009, two mental health centers, The Providence Center in Providence, RI and the Genesee County Community Mental Health Center in Flint, MI, worked with Monadnock Family Services in a year-long training process to become certified In SHAPE providers.

Contact URL <http://www.inshapeprograms.com/> and <http://www.rwjf.org/reports/grr/063029.htm#AftertheGrant>

Contact Name Peter Sebert**Contact Title****Contact Dept.**

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Keene, NH 03431

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Contact Dept. Phone (603) 283-1675

Title Ohio Tobacco and Recovery (TR) Project**Source** Northcoast Behavioral Healthcare**Format** Project

Description The TR Project is a technical assistance program that helps service systems, organizations, and direct-service providers implement the TR model. TR is a stages-of-change model that helps people with severe mental disorders and substance use disorders as well as service providers reduce and eliminate the use of harmful tobacco products. The model is

implemented at community-based behavioral healthcare organizations, including those providing mental health and addiction services. Some core components of the model are also being implemented at select consumer-operated services; with continuing evaluation over time, the project partners intend to create a best practice for tobacco recovery.

Contact URL ohiotobaccorecovery.case.edu/

Contact Name

Contact Title

Contact Dept.

Contact Agency Ohio Tobacco and Recovery (TR) Project
c/o Northcoast Behavioral Healthcare
1708 Southpoint Drive, 2 Left
Cleveland, OH 44109-1911

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Contact Dept. Phone (216) 398-3933

Title Peer-to-Peer Tobacco Program: Services for Behavioral Health Consumers

Source University of Colorado Denver, Behavioral Health and Wellness Program

Format Program

Description This peer-to-peer tobacco program provides training and ongoing supervision to mental health peer counselors, called Consumer Tobacco Advocates (CTAs), who address tobacco among their peers by providing tobacco cessation education, brief motivational interventions, and advocacy for tobacco dependence treatment.

Contact URL http://www.bhwellness.org/?page_id=102

Contact Name Mandy Graves May, MPH

Contact Title Director of Training and Outreach

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Contact Agency University of Colorado Denver
Behavioral Health and Wellness Program
1784 Racine Street, Building 401
Campus Box F478
Aurora, CO 80045

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Title Smoking Cessation Leadership Center (SCLC) of the University of California

Source SCLC is a national program office of the Robert Wood Johnson Foundation and receives support by the American Legacy Foundation

Format Program

Description SCLC aims to raise smoking cessation rates and increase the number of health professionals who help smokers quit by creating partnerships with a variety of groups and institutions, including psychiatric settings, to develop and implement action plans around smoking cessation. Partnerships with dental hygienists, nurses, pharmacists, emergency physicians, hospitals, labor unions, family physicians, the Veterans Health Administration and other groups all strive to save lives by increasing cessation rates and cessation interventions.

Contact URL <http://smokingcessationleadership.ucsf.edu/Pioneers.htm>

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Contact Dept.

Contact Agency University of California
Smoking Cessation Leadership Center
3333 California Street, Suite 430
San Francisco, CA 94143

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Contact Dept. Phone (415) 502-8880

Title Smoking Cessation and Wellness Project

Source Clubhouse of Suffolk

Format Non-profit provider of psychiatric rehabilitation services

Description Clubhouse of Suffolk has developed a comprehensive model, the Healthy Body Healthy Mind model, to address the biological, psychological and social aspects of tobacco dependence in people with serious mental illness; this model concludes that individuals with mental illness respond to tailored interventions which address their specific needs and, as a result, they are able to quit smoking. The components of Clubhouse's Smoking Cessation and Wellness Project are education, support, Nicotine Replacement Therapies, and wellness services which address changes to achieving a healthy lifestyle. The Project also has produced a video called "Smoke Alarm," which discusses the impact of smoking on the lives of people with psychiatric disabilities and features Clubhouse members who have reduced or quit smoking.

Contact URL <http://www.clubhouseofsuffolk.org/>

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Contact Agency Clubhouse of Suffolk
939 Johnson Avenue
P.O. Box 373
Ronkonkoma, NY 11779

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Title Wisconsin Nicotine Treatment Integration Project (WiNTiP): Mental Health, AODA and Tobacco Dependence

Source Administered by the University of Wisconsin Center for Tobacco Research and Intervention and funded by Wisconsin Division of Public Health Tobacco Prevention and Control

Format Project

Description WiNTiP is a three year planning project that will produce a plan by December 31, 2010 for implementing the integration of evidence-based nicotine dependence treatment into Wisconsin's Alcohol and Other Drug Abuse (AODA) Program and mental health programs and services. WiNTiP brings together tobacco, mental health, AODA and government officials to determine how best to address tobacco dependence treatment.

Contact URL http://web.mac.com/creativerep/WiNTiP_Site_1/WiNTiP_Home.html

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Contact Agency University of Wisconsin
CTRI Main Office
1930 Monroe, Suite 200
Madison, WI 53711

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MENTAL ILLNESS AND SMOKING RESOURCE GUIDES

Title "Bringing Everyone Along: a Resource Guide for Health Professionals"

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www.aahd.us

Providing Tobacco Cessation Services for People with Mental Illness and Substance Use Disorders,” by Wendy Bjornson, MPH, Elizabeth White, MPA, Tobacco Cessation Leadership Network, Oregon Health & Science University, Smoking Cessation Center, January 2008

Source The Tobacco Cessation Leadership Network, with funding from the American Legacy Foundation

Format Resource guide

Description This guide has been developed to assist health professionals including tobacco dependence treatment program directors and treatment specialists, mental health and substance use treatment program directors and treatment specialists, and primary care providers to adapt tobacco cessation services to the needs of tobacco users with mental illness and substance use disorders. Aimed to be a practical resource based on existing research, this guide provides insight and advice obtained through key informant surveys of professionals, and the interpretation and recommendations of an Expert Advisory Committee. It provides recommendations for adapting all types of tobacco dependence treatment services, as well as specific advice for professionals adapting services in: 1) tobacco dependence treatment programs available in the community, 2) tobacco quit lines, 3) mental health treatment programs, and 4) substance use treatment programs.

Contact URL http://www.tcln.org/pdfs/BEA_Resource_Guide-web.pdf

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Contact Agency Oregon Health and Science University (OHSU)
OHSU Smoking Cessation Center
Tobacco Cessation Leadership Network
3181 SW Sam Jackson Park Rd. #CR115
Portland, OR 97239

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Title “Expert Panel Addresses High Rates of Smoking in People with Psychiatric Disorders: Recommendations Urge Exploration of Causal Links, Treatment Research,”—a science update by William T. Riley, Ph.D., deputy director of the National Institute of Mental Health’s Division of AIDS and Health and Behavior Research, February 18, 2009

Source National Institute of Mental Health

Format Online news article

Description This article is based on a report of an expert panel convened by the National Institute of Mental Health which found that biological, psychological, and social factors most likely play a role in the high rates of smoking in people with psychiatric disorders; the report also identified research needed to improve treatment aimed at reducing the rates of illness and mortality due to smoking in this population (Ziedonis, D., et al. "Tobacco Use and Cessation in Psychiatric Disorders: National Institute of Mental Health Report." Nicotine & Tobacco Research, 2008;10:1-25). According to the National Comorbidity Study (NCS), a nationally representative survey of psychiatric disorders in the U.S., 41 percent of people with a psychiatric disorder smoke; this is around twice the rate (22.5 percent) in people without psychiatric diagnoses. The high rate of smoking is an important factor in increased rates of physical illness and mortality in this population. Despite the high smoking rates, studies of hospital and outpatient care of psychiatric patients reported that less than a quarter of outpatients with psychiatric diagnoses received counseling on smoking cessation from their doctors. As well, while only one percent of psychiatric inpatient smokers were assessed for smoking, none of the treatment plans for these patients addressed tobacco use. The panel report suggested that the low rates of assessment and treatment may be due to health professionals' acceptance of psychiatric patients' smoking as an expression of individual rights and a means of self-medication to relieve symptoms. Several recommendations related to smoking cessation in this population include using adequate sample sizes in cessation trials, adapting cessation treatment to various psychiatric populations and in different treatment settings, and conducting research on how tobacco control policies affect psychiatric populations.

Contact URL <http://www.nimh.nih.gov/science-news/2009/expert-panel-addresses-high-rates-of-smoking-in-people-with-psychiatric-disorders.shtml>

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National Institute of Mental Health (NIMH)
Science Writing, Press, and Dissemination Branch
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Bethesda, MD 20892

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Toll-free 866-615-6464

Title "Learning about Healthy Living: Tobacco and You" by Jill Williams, MD, Douglas Ziedonis, MD, MPH, Nancy Speelman, CSW, CADC, CMS, Betty Vreeland, MSN, APRN, NPC, BC, Michelle R. Zechner, LSW, Raquel Rahim, APRN, and Erin L. O'Hea, PhD, 2005

Source New Jersey Division of Mental Health Services

Format Treatment manual

Description This manual, developed with input from mental health consumers and treatment staff, addresses tobacco for smokers with a serious mental illness who are either prepared to quit or are thinking about quitting smoking in the future. Although the focus of the manual is on tobacco, it also includes sections on other aspects of healthy living including increasing activity, improving diet, and managing stress. This treatment is designed for all types of smokers with different mental health problems and assumes that not everyone using this treatment will be ready to quit smoking right away, but strives to move consumers towards a tobacco-free lifestyle. Handouts for consumers with educational information as well as questions for discussion are included for each chapter. Sections include the overall Learning about Healthy Living approach, a description of the general structure of the treatment group, two group treatments with consumer handouts and facilitator guides, a chapter on tobacco dependence treatment medications, and an appendix with additional resources and forms.

Contact URL <http://ubhc.umdnj.edu/nav/LearningAboutHealthyLiving.pdf>

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Contact Agency New Jersey Division of Mental Health Services
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Trenton, NJ 08625

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Contact Dept. Phone Toll-free 1-800-382-6717

Title “Smokers with Psychiatric Co-Morbidity and/or Chemical Dependency--
Treating Tobacco Use and Dependence: PHS Clinical Practice Guideline”

Source U.S. Department of Health & Human Services, Agency for Healthcare Research and Quality

Format Guidelines

Description These guidelines stress the importance of providing smoking cessation treatments found to be effective in the general population of smokers to smokers with co-morbid psychiatric conditions despite that psychiatric co-morbidity puts smokers at increased risk for relapse. It is unclear if smokers with psychiatric co-morbidity benefit more from specialized cessation treatments than from standard ones. The guidelines suggest that certain medicines, such as bupropion SR and nortriptyline are effective for cessation treatment, and at the same time, they can also be used for treating depression. Although some smokers may experience worsening of a co-morbid condition upon quitting smoking, abstinence seems to involve minimal adverse effect. The guidelines warn that because quitting smoking may affect the pharmacokinetics of certain psychiatric medications, clinicians should closely monitor possible side effects of psychiatric medications in smokers trying to quit; patients with other chemical

dependencies should also be monitored to make sure they do not relapse to other drug use when they stop smoking.

Contact URL <http://www.ahrq.gov/clinic/tobacco/comorb.htm>

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Contact Agency Agency for Healthcare Research and Quality
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Rockville, MD 20850

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Title “Smoking Cessation for Persons with Mental Illnesses: A Toolkit for Mental Health Providers,” the University of Colorado Denver, Department of Psychiatry, Behavioral Health and Wellness Program, Chad Morris, Ph.D., Jeanette Waxmonsky, Ph.D., Mandy May, MPH, Alexis Giese, M.D., Laura Martin, M.D.

Source Funding provided with proceeds from the Colorado tobacco tax through a grant with the Tobacco Disparities Initiatives of the State Tobacco Education and Prevention Partnership (STEPP), Colorado Department of Public Health and Environment. Additional support was provided by the Smoking Cessation Leadership Center at the University of California San Francisco

Format Toolkit

Description This toolkit was developed for mental health providers, including direct providers, as well as administrators, behavioral health organizations, and primary care and substance abuse providers. It contains a variety of information and step-by-step instruction about ways of assessing readiness to quit smoking, possible treatments for smoking cessation, strategies for reducing relapse, and referral to community resources.

Contact URL

http://smokingcessationleadership.ucsf.edu/Downloads/catalogue/MHtoolkitJan_2009.pdf

Contact Name Chad Morris, Ph.D.

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Title “Tobacco-Free Living in Psychiatric Settings: A Best-Practices Toolkit Promoting Wellness and Recovery”, July 2007 by the National Association of State Mental Health Program Directors

Source National Association of State Mental Health Program Directors (NASMHPD)

Format Toolkit

Description The premise of this toolkit is that tobacco kills those with mental illness disproportionately and earlier, and is the leading contributor to disease and death in this population. As a result, NASMHPD members have supported a resolution to reduce the toll of smoking on people with mental illness and developed this toolkit as a response to the high rate of smoking in this population. Though state psychiatric hospital superintendents are the primary audience, the toolkit is meant to be shared with others such as clinicians, case managers, community mental health centers, acute care hospitals, residential facilities, tobacco quit lines and consumer-operated services to help create a tobacco-free setting and community for people with mental illness. Treatment protocols and curricula are provided to clinical staff, and guidelines and sample policies can be used by human resources managers. The toolkit is designed to address all types of tobacco use, including chewing tobacco, cigarettes, and cigars.

Contact URL

<http://smokingcessationleadership.ucsf.edu/Downloads/MH/Toolkit/NASMHPDtoolkt.pdf>

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Contact Agency National Association of State Mental Health Program Directors
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Alexandria, VA 22314

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Title Tobacco Recovery Resource Exchange

Source University at Albany Tobacco Interventions Project of the Professional Development Program, with funding from the New York State Department of Health Tobacco Control Program

Format Program

Description New York became the first state in the nation to require its chemical dependence service programs that have been licensed and/or funded by the Office of Alcoholism and Substance Abuse Services (OASAS) to implement tobacco-free environment policies and to provide tobacco dependence education and treatment interventions. A curriculum was developed and statewide training and technical assistance provided, and online versions of classroom training modules were designed. Over the two-year lifecycle of the contract from 2008-2009, the Tobacco Interventions Project and network of Regional Technical Assistance and Training Centers provided training and technical assistance to New York addiction professionals. While classroom training and technical assistance services are no longer offered, online resources are available, including manuals, slides, and video files from the Exchange's curriculum and the Exchange's Implementation Toolkit, which contains do-it-yourself resources that addiction service providers can use to implement integrated tobacco use interventions into their programs. By learning new information about tobacco dependence and applying evidence-based practices, addiction professionals can improve the quality of addiction treatment and improve the health and well-being of people in recovery.

Contact URL <http://www.tobaccorecovery.org/>

Contact Name Rebecca Stanley

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University at Albany

Tobacco Interventions Project of the Professional Development Program

Rockefeller College

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Albany, NY 12222

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MULTIPLE SCLEROSIS

Title "Breathe Easier in 2009," Feb 12, 2009

Source National Multiple Sclerosis Society

Format Online news article

Description This article describes the smoking cessation efforts of the National Multiple Sclerosis Society Minnesota Chapter, which offers smoking cessation informational sessions at

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various MS educational programs, a list of resources at www.MSsociety.org, and weeklong MS Camp programs that are now smoke free. Its website provides information on the free cessation program available to Minnesotans through Quit Plan, which can connect interested individuals with others trying to quit smoking, and offers information about treatment options, interactive online tools to help develop a personalized plan and track progress, as well as expert advice. Also provided are tips on how to start to quit smoking.

Contact URL <http://www.nationalmssociety.org/news/news-detail/index.aspx?nid=840>

Contact Name

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Contact Agency Minnesota Chapter of the National Multiple Sclerosis Society
200 12th Avenue South
Minneapolis, MN 55415

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Contact Dept. Phone (612) 335-7900

PEOPLE WITH DISABILITIES

Title “Smoking Rates Highest Among People with Disabilities: Health Disparities Persist Among People with Disabilities,” October 4, 2007

Source Centers for Disease Control and Prevention (CDC)

Format Press release

Description This press release outlines the results of a 2007 study of the Centers for Disease Control and Prevention (CDC) on preventing chronic disease; the main results found that smoking prevalence among people with disabilities is nearly 50 percent higher than among people without disabilities and that more than 40 percent of people with disabilities advised to quit smoking reported not being told about the types of smoking cessation treatment available. The benefits of quitting smoking are discussed, as well as factors which put people with disabilities at risk for declining health.

Contact URL <http://www.cdc.gov/media/pressrel/2007/r071004.htm>

Contact Name

Contact Title

Contact Dept. CDC’s Division of Media Relations

Contact Agency Centers for Disease Control and Prevention
1600 Clifton Road
Atlanta, GA 30333

Contact e-Mail**Contact Dept. Phone** (404) 639-3286**Title Tobacco Access Portal Project (TAP), by Stephen Gilson, Elizabeth DePoy, and BJ Kitchin, 2007 – 2009****Source** The University of Maine Center for Community Inclusion and Disability Studies, in collaboration with Trefoil Corporation of Orono, Maine and the Bangor Literacy Center, funded by American Legacy Foundation**Format** Project**Description** This project involved the development, evaluation, and dissemination of a web portal that translates tobacco prevention, cessation and control websites into low literacy and accessible formats.**Contact URL** <http://www.ccids.umaine.edu/projects/tap/default.htm>**Contact Name****Contact Title****Contact Dept.****Contact Agency** The University of Maine
Center for Community Inclusion and Disability Studies
5717 Corbett Hall, Room 114
Orono, ME 04469**Contact e-Mail****Contact Dept. Phone** (207) 581-1084**Title Tobacco Education and Prevention Program (TEPP)****Source** Wright State University**Format** Program**Description** TEPP addresses nicotine addiction, especially in people with disabilities or people receiving substance use disorder treatment. The TEPP tobacco education/smoking cessation curriculum consists of four modules: the facts about tobacco and smoking, including the hazards of smoking and the chemicals found in cigarettes or cigarette smoke; how tobacco is connected to other substances and the similarities between tobacco and others substances such marijuana, stimulants, and other drugs; the financial cost of smoking and tobacco marketing strategies; and tips and triggers, including strategies for quitting tobacco products.

Contact URL http://www.med.wright.edu/citar/sardi/tepp_about.html

Contact Name

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Contact Agency Wright State University
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SPINAL CORD INJURIES

Title "Smoke? STOP!!" by Phil Klebine

Source University of Arkansas Birmingham Spinal Cord Injury Model System (UAB-SCIMS)

Format Online article

Description Topics discussed are the secondary complications related to spinal cord injury (SCI), which include pressure sores, bone loss, pain, and reproductive health. Smoking exacerbates these secondary conditions and puts the person with spinal cord injury at greater risk of complications. Smoking affects the respiratory and cardiovascular functioning of smokers with SCI and can cause bladder cancer, osteoporosis, increase in pressure sores, reduced sexual functioning in men with SCI who smoke, and reproductive health complications in women with SCI who smoke. The benefits of quitting are outlined.

Contact URL <http://www.spinalcord.uab.edu/show.asp?durki=108408>

Contact Name

Contact Title

Contact Dept.

Contact Agency University of Arkansas Birmingham Spinal Cord Injury Model System
(UAB-SCIMS)
619 19th Street South, SRC 529
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WOMEN WITH DISABILITIES

Title The Center for Research on Women with Disabilities (CROWD)

Source Baylor College of Medicine

Format Health promotion campaign

Description With funding from the Houston Endowment, Inc., CROWD faculty and staff have produced materials in English and Spanish about barriers to health care, its consequences for women with physical disabilities and barriers to resolving the problem; tips from women with physical disabilities who are dealing with these problems; and resources for more information. Topics include physical activity, weight management, smoking cessation, depression, and stress.

Contact URL <http://www.bcm.edu/crowd/?pmid=1431#stop>

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Houston, Texas 77030

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Title "A Way Out: Women with Disabilities and Smoking"

Source DisAbled Women's Network (DAWN) Canada

Format Workbook

Description This workbook was written by women with disabilities for women with disabilities who smoke and strives to explain why some women with disabilities smoke and provide facts so that the reader can make choices. DAWN Canada completed a study of women with disabilities and smoking and found that most smoking programs occur in buildings that have limited accessibility, and that the accompanying written information is often hard to understand and unavailable in alternate formats such as plain language or Braille. In DAWN's study, staff talked

with women with disabilities who are current and recovering smokers, as well as non-smokers. DAWN developed this workbook to help women with disabilities who might be considering changing their smoking habits and to help them create a personal plan for making changes.

Contact URL <http://www.hc-sc.gc.ca/hc-ps/pubs/tobac-tabac/awayout-sortie/index-eng.php>

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Contact Agency DisAbled Women's Network Canada
110 Sainte-Thérèse Street, Suite 505
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