

# Indiana Leadership Academy for Wellness & Tobacco Free Recovery



## Background



In 2019, the Indiana Department of Health (IDOH) and the Indiana Family and Social Services Administration (FSSA), invited leaders and advocates in public health, behavioral healthcare, government agencies, health insurers, and tobacco control to the Indiana Leadership Academy for Wellness and Tobacco Free Recovery Summit to address the high prevalence of smoking among adults in Indiana with mental illness or substance use disorders.

These areas were identified as practical strategies to achieve the summit goals:



## Where are now? Where do we want to be?

Attendees of the Indiana Summit brainstormed and discussed specific aims to reduce and ultimately eliminate tobacco use among persons with behavioral health conditions. Using the Performance Partnership model, Indiana's Action Plan aims to achieve the following:

-  **Decrease the prevalence of smoking among Hoosier adults who report poor mental health from 33.0% to 25.0% by 2025.**
-  **Decrease the prevalence of smoking among Hoosier adults who meet heavy drinking criteria from 37.2% to 25.0% by 2025.**

## Why Address Tobacco Use?

- People with behavioral health conditions make up only 25% of the U.S. adult population, yet consume 40% of all cigarettes smoke
- Although majority of adults who smoke cigarettes make a quit attempt each year, less than one-third use FDA-approved tobacco treatment medications or behavioral counseling for support
- Quitting smoking is associated with a decrease in depression, anxiety, and stress.

## Indiana Stats

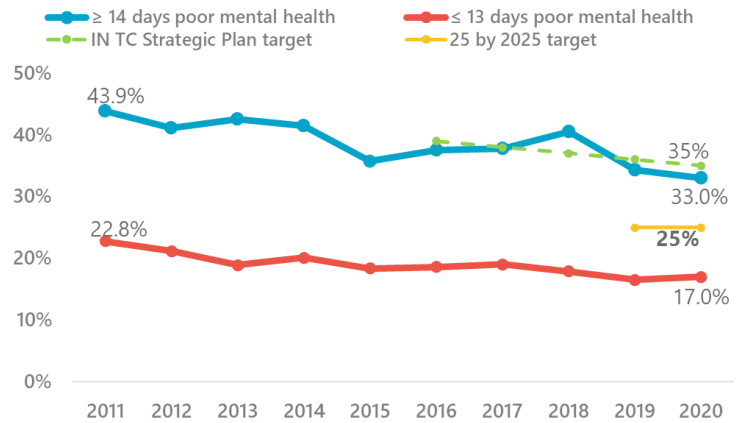
Efforts to promote population-based tobacco control strategies such as tobacco price increases, anti-tobacco mass media campaigns, and comprehensive tobacco-free policies are underway, however, opportunities still exist throughout the state to enhance both tobacco-free environments and tobacco cessation treatment in behavioral health treatment settings.

	MENTAL HEALTH TREATMENT FACILITIES				SUBSTANCE USE DISORDER FACILITIES			
	Tobacco Use Screening	Tobacco Cessation Counseling	NRT	SF-Grounds	Tobacco Use Screening	Tobacco Cessation Counseling	NRT	SF-Grounds
Indiana	93.1%	78.5%	61.5%	88.3%	83.3%	71.3%	43.4%	54.0%
U.S.	66.3%	50.7%	32.6%	54.9%	79.4%	64.8%	35.8%	36.2%

National Directory of Substance Abuse Treatment Services; based on responses to SAMHSA's National Substance Abuse Services Survey (IN data collected 7/19/22; US data collected 7/11/2022).

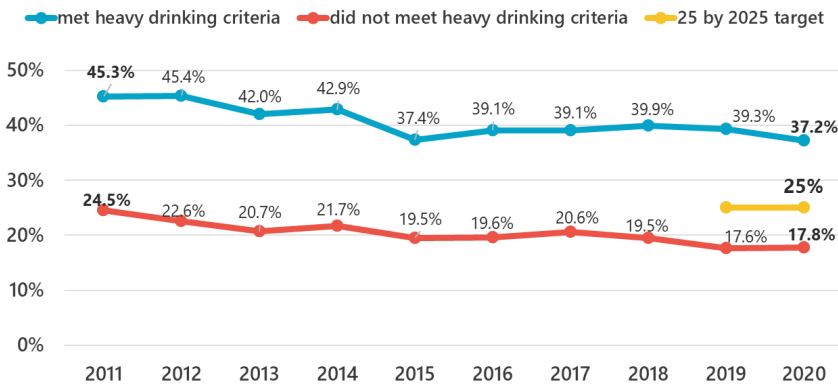
## Current Smoking Prevalence among Indiana Adults Aged 18 Years and Older by Mental Health Status\*

\*Mental Health status question 1: "Do you currently have any mental health conditions, such as: ..." Participants may select multiple responses.



## Current Smoking Prevalence among Indiana Adults Aged 18 Years and Older by Heavy Drinking Criteria\*

\* Heavy drinking: 2015-2020 defined as consuming on average more than 14 drinks per week for men, more than 7 drinks per week for women; 2011 to 2014 defined as consuming on average more than 2 drinks per day for men and one drink per day for women.  
Source: 2011-2020 Indiana Behavioral Risk Factor Surveillance System



## Progress to Date

- Initial Summit 2019/Reconvening 2020 (virtual)
- Active committees include: Provider education/Policy/Data
- "Making the Case for Tobacco Treatment" presentation to behavioral health providers
- Removed unit limits on tobacco dependence counseling for billing codes 99406 and 99407
- Education on tobacco free policies and treatment provided
- Provider case study developed
- Tobacco Free Recovery grant program supporting 13 providers. A partnership IDOH/DMHA/Rethink Tobacco Indiana
- Statewide Tobacco Free Recovery Conference, collaboration with Indiana Commercial Tobacco Control Partner Information X-Change 2022

## Get Involved

Are you, or is your organization, interested in making an impact in your community and around the state of Indiana?

Is your organization ready to prioritize tobacco dependence treatment for your patients?

Join us in this collaborative partnership as we work toward reducing tobacco-related disparities by improving patient care, and creating supportive tobacco-free environments!



Tobacco Prevention and Cessation



Division of Mental Health and Addiction

For additional information:

[in.gov/health/tpc/cessation/indiana-leadership-academy-for-wellness-and-tobacco-free-recovery](http://in.gov/health/tpc/cessation/indiana-leadership-academy-for-wellness-and-tobacco-free-recovery)