

CMMHC WELLNESS BULLETIN

May 2019

Tobacco Use is Mental Illness Too

Steven Loos, Psy.D, LP

Wait, I thought May was Mental Health Awareness month? The May Wellness Bulletin always attempts to raise awareness of Mental Illness, what is this Tobacco article doing here? My belief is that this is the very problem with our treatment of Tobacco-Related Disorders. Please rest assured that I made this very mistake throughout my career. I worked several years in Minneapolis at a Co-Occurring Disorder treatment facility. I became well versed at the complex interaction of chemical health and mental health. I also was provided mentorship by great Chemical Dependency Counselors and taught Motivational Interviewing. Yet still, I failed my clients. It was common practice for me to focus on severe mental illness, drug of choice, and completely ignore Tobacco Use Disorder. I had all sorts of justifications that I was focusing on the most pertinent issues of my client and that tobacco use was simply not as important. Dr. Jill Williams challenged this perspective when she informed CMMHC that Tobacco use is the number 1 killer of individuals with mental illness. She also reminded us that Tobacco Used Disorder is right there in the DSM-5, along all the other conditions we are competent to treat. Dr. Williams also challenged the Chemical Dependency and Mental Health staff to consider we are in fact best suited to treat maladaptive behaviors that are resistant to change. That is the very nature of our work! How do we treat it you ask? The first step is believing it is important and talking to our clients about it. It is truly that simple. After that, I am fully confident that your theoretical orientation can be applied to Tobacco Cessation. Personally, I find Motivational Interviewing to be the most effective in dealing with complicated behavior change. It is so important that we know where our client is at in the change process and match it with an appropriate intervention. I suspect a large number of our clients are at the pre-contemplative stage of change regarding tobacco use. I am equally confident that if you listen closely they will offer you plenty of negative consequences related to smoking (cost, smell, sleep disruption, coughing or dealing with MN winters). Simply holding up the mirror and reflecting back these costs is a tremendously impactful intervention. To CMMHC staff who are reading this article (thank you!) please join us on May 2nd for **The Need for Addressing Tobacco in Behavioral Health by Dr. Jill Williams**. For CMMHC clients who are reading this article (thank you!) please understand when we ask about tobacco use, we are not trying to be intrusive or dis-

missive of the reason you are seeking services. We simply care so much, we need to know if we can help address the very thing that could extend your life.

MAY IS 2
MENTAL 0
HEALTH 1
MONTH 9

#4MIND4BODY



LEARN ABOUT HEALTH
4MIND4BODY



SHARE WHAT YOU DO
TO STAY WELL



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ARE DOING
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60
years
1959-2019


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Central Minnesota Mental Health Center
Together, Creating a Healthier Life

MAY IS 2
MENTAL 0
HEALTH 1
MONTH 9

#4MIND4BODY



Humor, spirituality, recreation, social connections, animal companionship, and work-life balance can help to prevent the onset or worsening of mental and physical health conditions and also help people recover.

LEARN ABOUT HEALTH - 4MIND4BODY
at bit.ly/MayMH.

SHARE WHAT YOU DO TO STAY WELL
by posting with #4Mind4Body.

**UPCOMING
EVENTS★**

SEE WHAT OTHERS ARE DOING
at bit.ly/4Mind4Body.

- **CSP fundraiser:** Monticello Pizza Ranch May 13th from 5pm-8pm
- **10th Annual Disabilities Resource Fair:** Saturday May 4th at Monticello High School 8:30am-3:30pm
- **The Need for Addressing Tobacco in Behavioral Health Training:** May 2nd (2 sessions available) 9am-11am or 12pm-2pm at Atwood Memorial Center on SCSU Campus in the Cascade Room
- **Mental Health Awareness Month:** All of May. CMMHC will be celebrating May 20th—24th

CMMHC's Wellness Committee Mission Statement:

It is the mission of the CMMHC Wellness Committee to promote the health and wellness of staff through education and initiatives that:

- Encourage habits of Wellness
- Increase awareness of factors and resources contributing to well-being
- Inspire and empower individuals to take responsibility for their own health.
- Support a sense of community