



Behavioral Health &
Wellness Program

Effectively Addressing Co-Occurring Nicotine Dependence and Marijuana Use

Chad Morris, PhD
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School of Medicine

UNIVERSITY OF COLORADO
ANSCHUTZ MEDICAL CAMPUS



The background of the report cover features a large, faint, circular seal of the U.S. Department of Health & Human Services. The seal contains the text "DEPARTMENT OF HEALTH & HUMAN SERVICES" around the top edge, "1798" at the bottom, and "PUBLIC HEALTH SERVICE" in the center. The main title is overlaid on this seal.

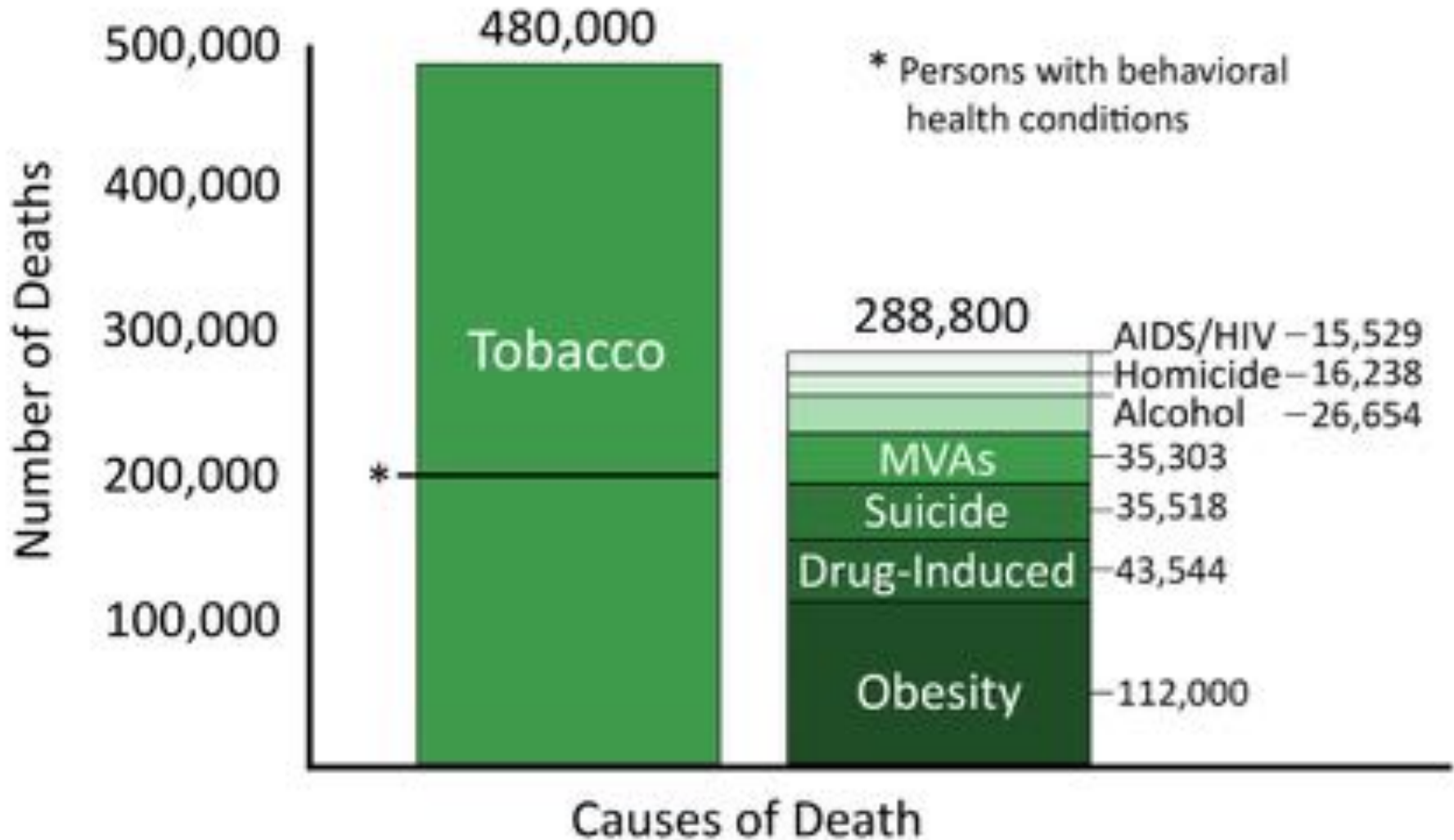
FACING ADDICTION IN AMERICA

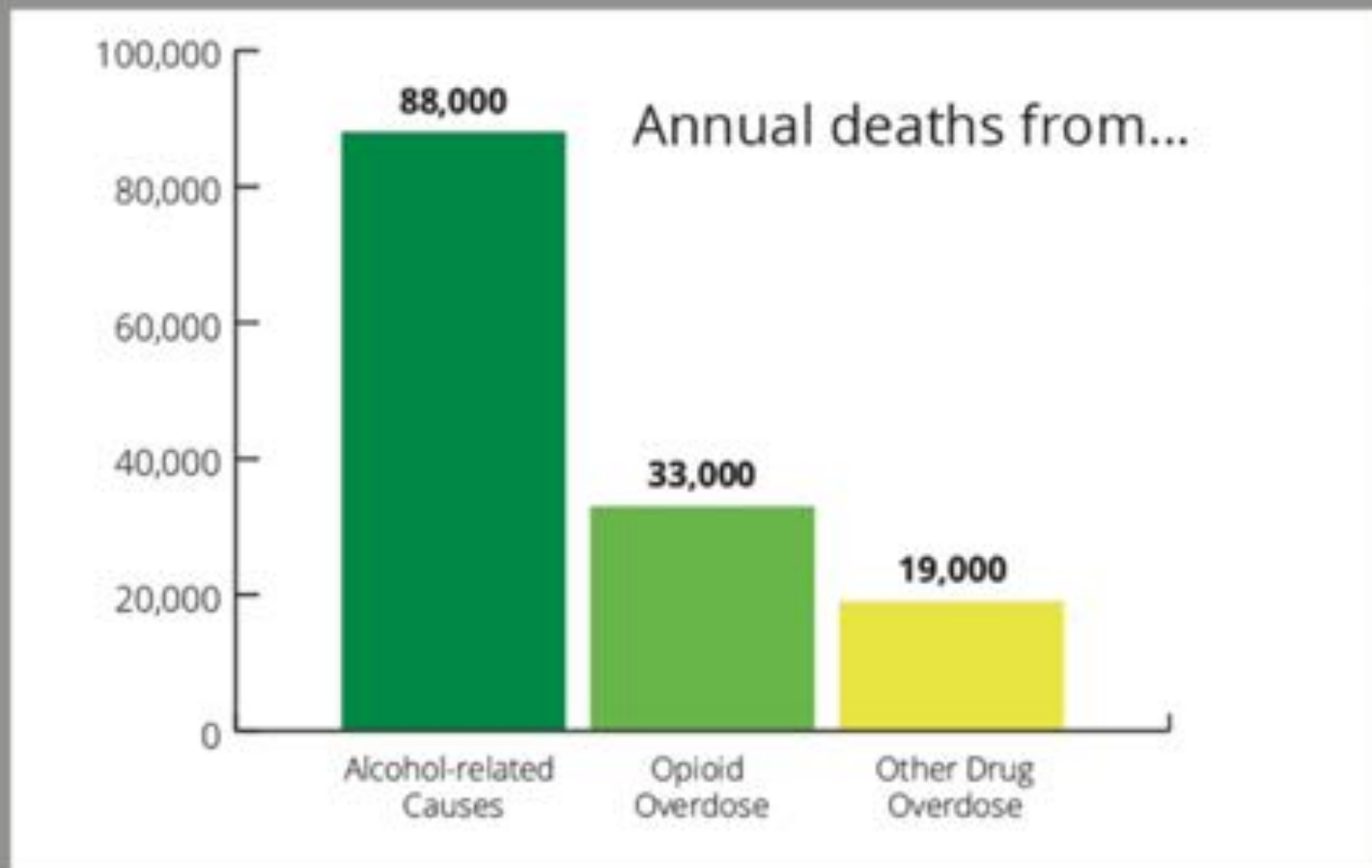
*The Surgeon General's Report on
Alcohol, Drugs, and Health*

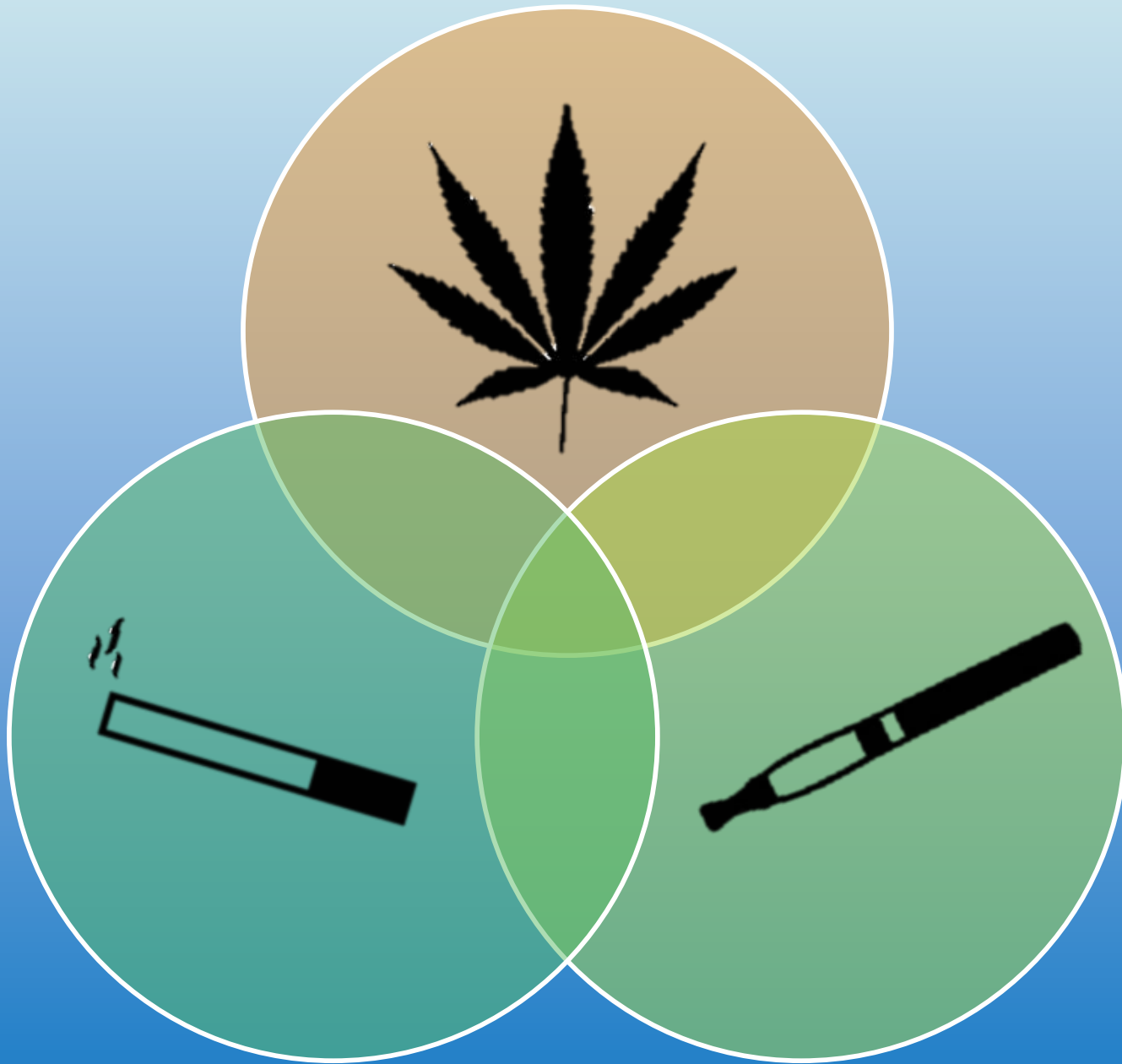
U.S. Department of Health & Human Services



Behavioral Causes of Death in U.S.







Health Disparities

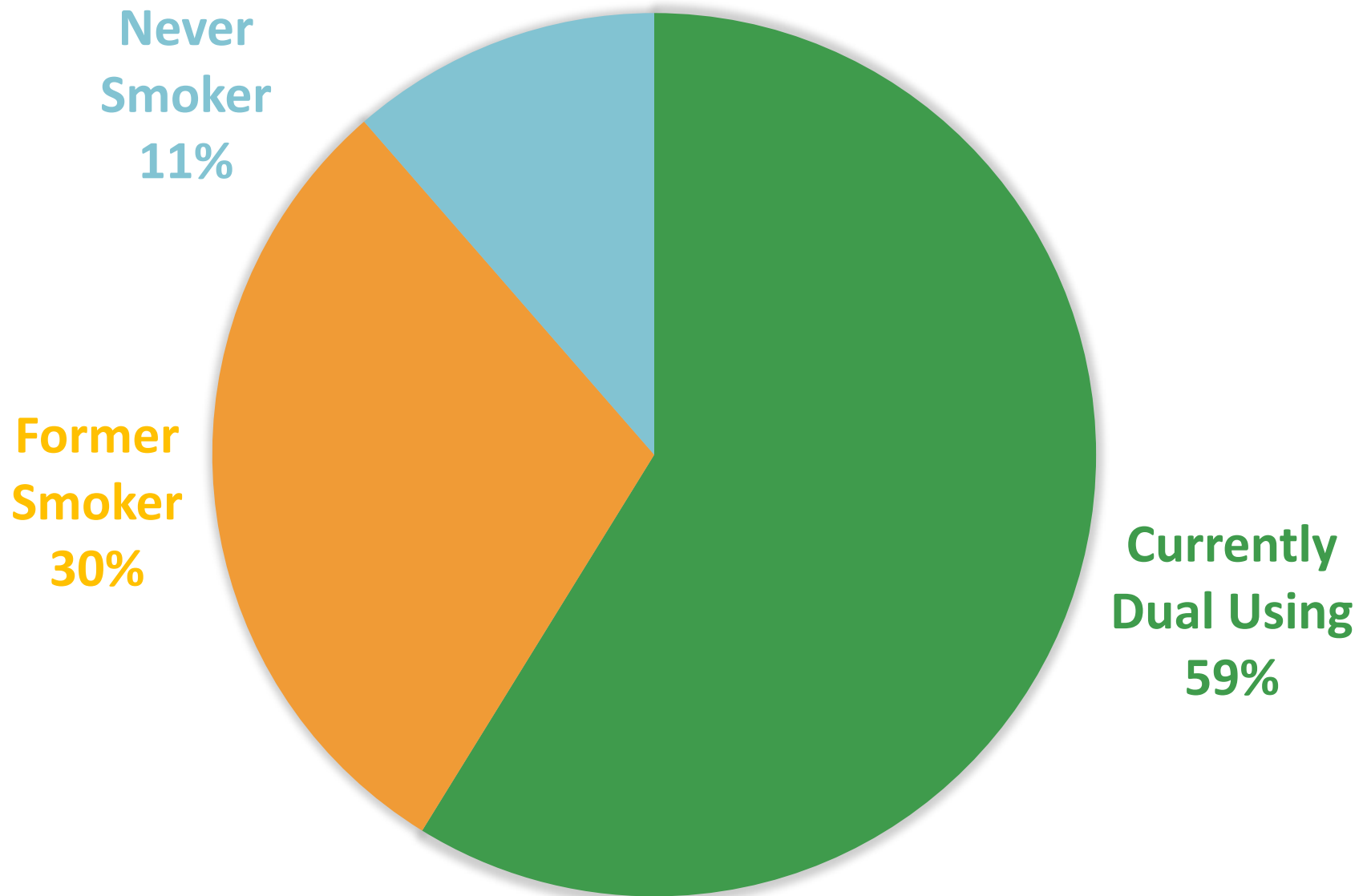
Population	Rates of Use Compared to General Population
Behavioral Health	2-3 times higher
HIV/AIDS Diagnosis	2-3 times higher
Homeless (or at risk)	Nearly 4 times higher
Justice Involved	3 times higher



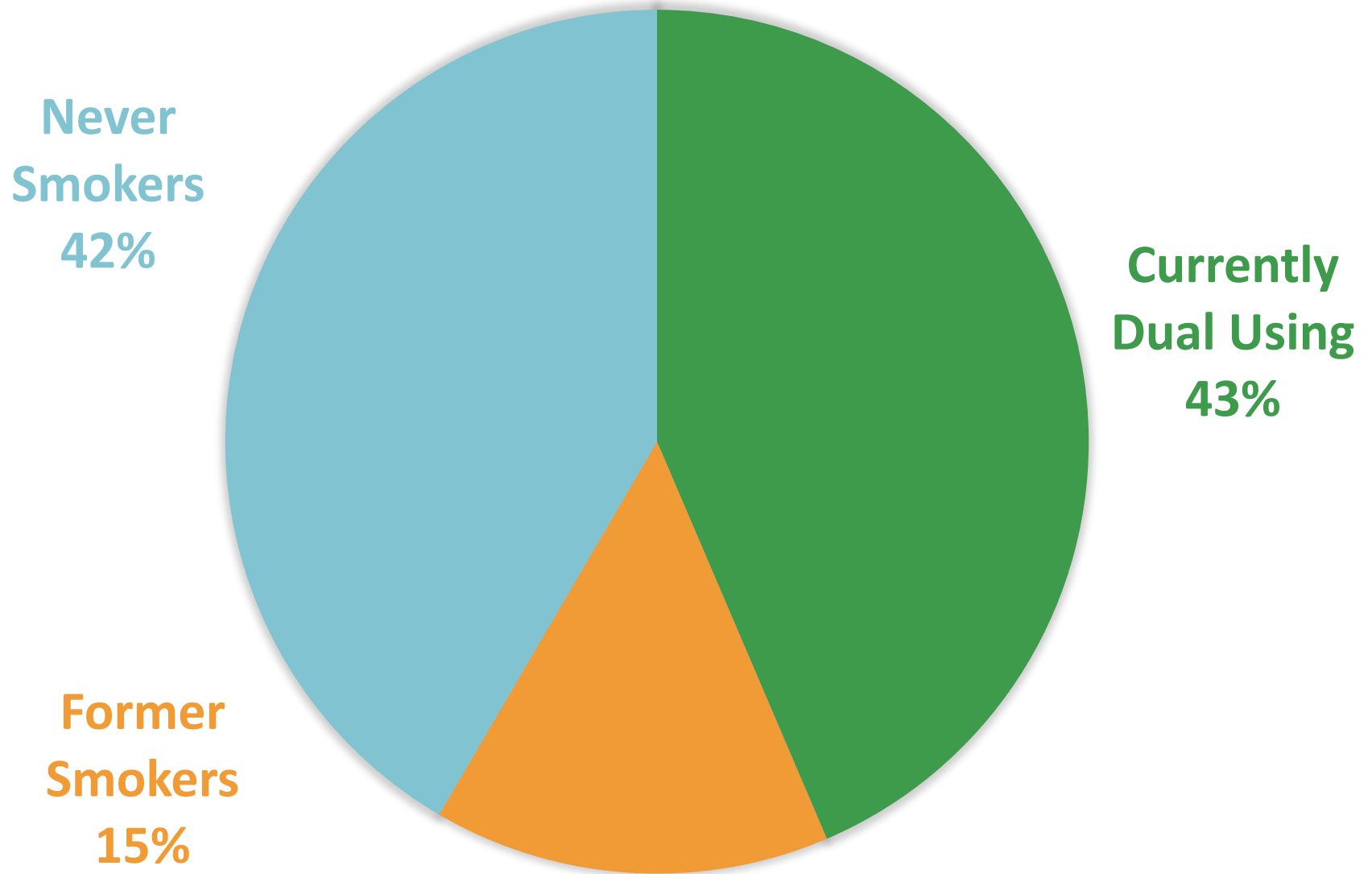
Electronic Nicotine Delivery Systems



Adult ENDS Users



Young Adult (18-24) ENDS Users



Youth Marijuana Use

- Significant decrease in the mean age of first marijuana use
- Marijuana abuse accounts for the majority of adolescent substance-abuse admissions
- ↓ Perceived harmfulness
- ↓ Disapproval of marijuana use



Risks of Early Marijuana Use

- Lower Cognition
- Psychosis
- Anxiety
- Structural Brain Changes
- Accidents
- School Drop-out
- Risky Sex
- Aggression
- Addiction



Adult Risk

- Automobile accidents
- Respiratory problems
- Relationship and family problems
- Financial difficulties
- Low energy
- Low self-esteem
- Sleep and memory problems
- Suicidality and suicide completion
- Social anxiety



Marijuana Smoke

- Contains several of the same carcinogens as the tar from tobacco
- 50 harmful chemicals (70% more than tobacco smoke)
- Significant amounts of mercury, lead, ammonia, and hydrogen cyanide, among others
- Respiratory symptoms caused by marijuana smoke include:
 - Chronic bronchitis
 - Frequent phlegm
 - Shortness of breath
 - Frequent wheezing
 - Chest sounds without a cold



An addiction...

is an addiction...

is an addiction.



Dopamine Reward Pathway

Prefrontal cortex

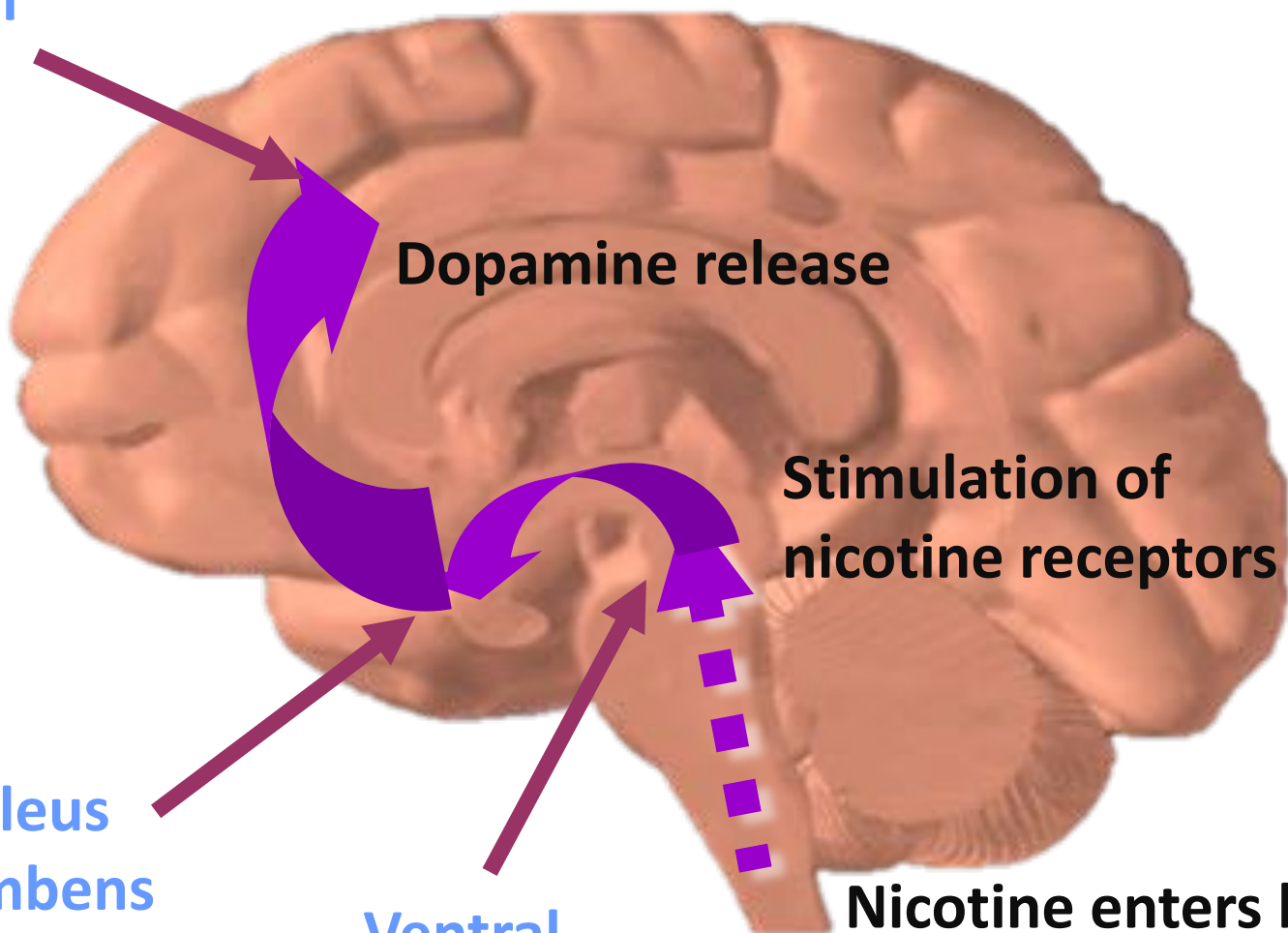
Dopamine release

Stimulation of nicotine receptors

Nucleus accumbens

Ventral tegmental area

Nicotine enters brain

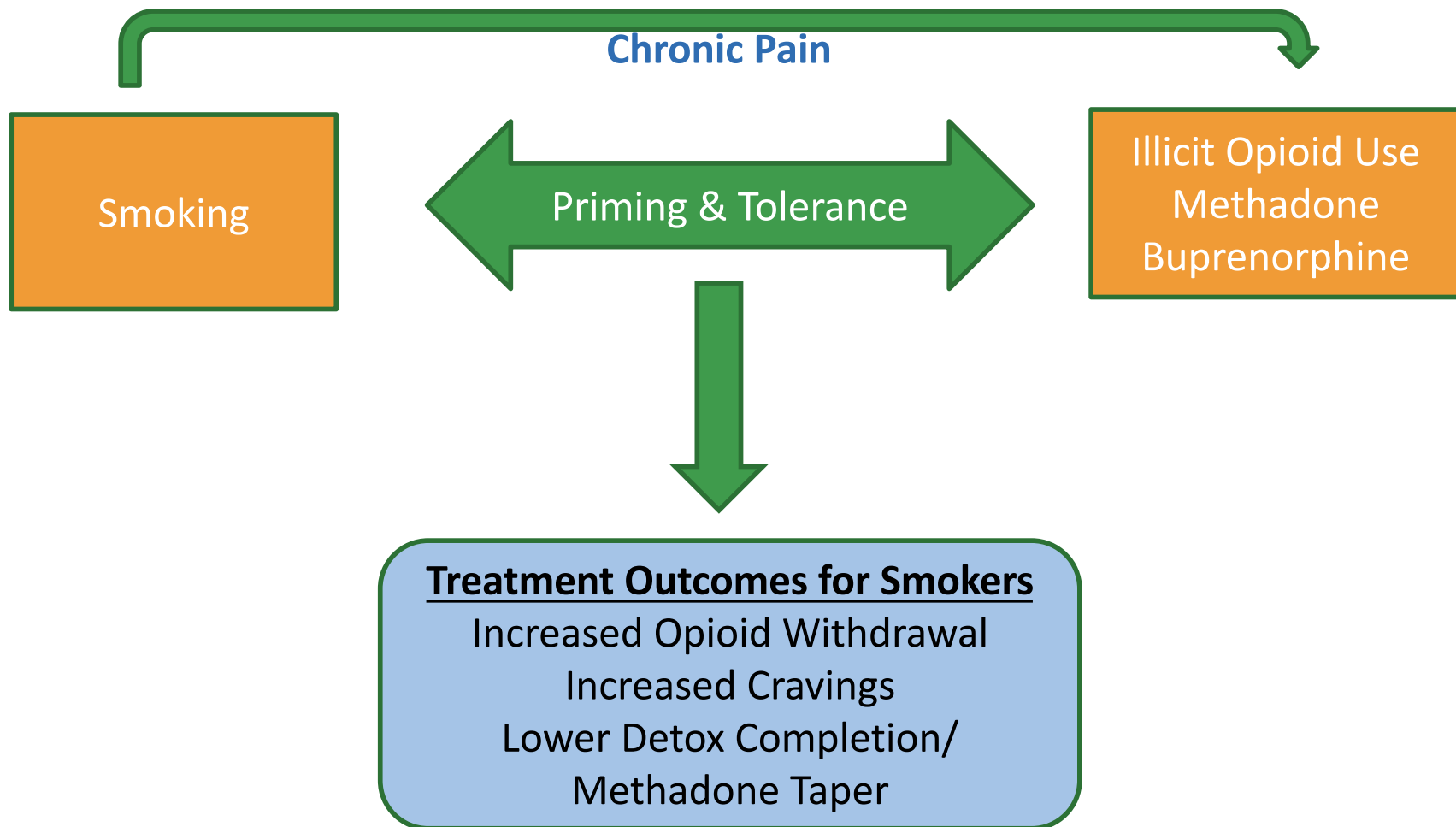


Coping Through Nicotine Addiction

- The majority recognize smoking is physically unhealthy
 - But mistakenly believe it has positive psychological functions
 - In particular relief from stress, anxiety, and depression
 - Smoking is used as an indirect coping strategy
 - Reinforces coping through addiction
 - And perceived stress reduction is often relief of withdrawal symptoms



Opioids and Smoking



A Science to Service Gap

- 1 in 3 adults with co-occurring SMI and an SUD did not receive either type of care
- 12 percent received both mental health care and specialty substance use treatment
- 51 percent received only mental health care
- 2 percent received only specialty substance use treatment





Interventions

- Stigma
- Low SES
- Discrimination
- Chronic Stress
- Psychological Distress
- Coping Skills
- Environmental Exposure
- Industry Targeting
- Biology
- Access to Treatment



Addiction

Co-Treatment

- Co-Treatment is the only adequate solution
- Bio-psycho-social underpinning are similar
- And unrelated to the age, sex, race and ethnicity, gender identity, or culture



Tobacco Use Affects Treatment & Recovery from Addiction

Addressing tobacco dependence during treatment for other substances is associated with a **25% increase** in long-term abstinence rates from alcohol and other substances

Prochaska et al., 2004

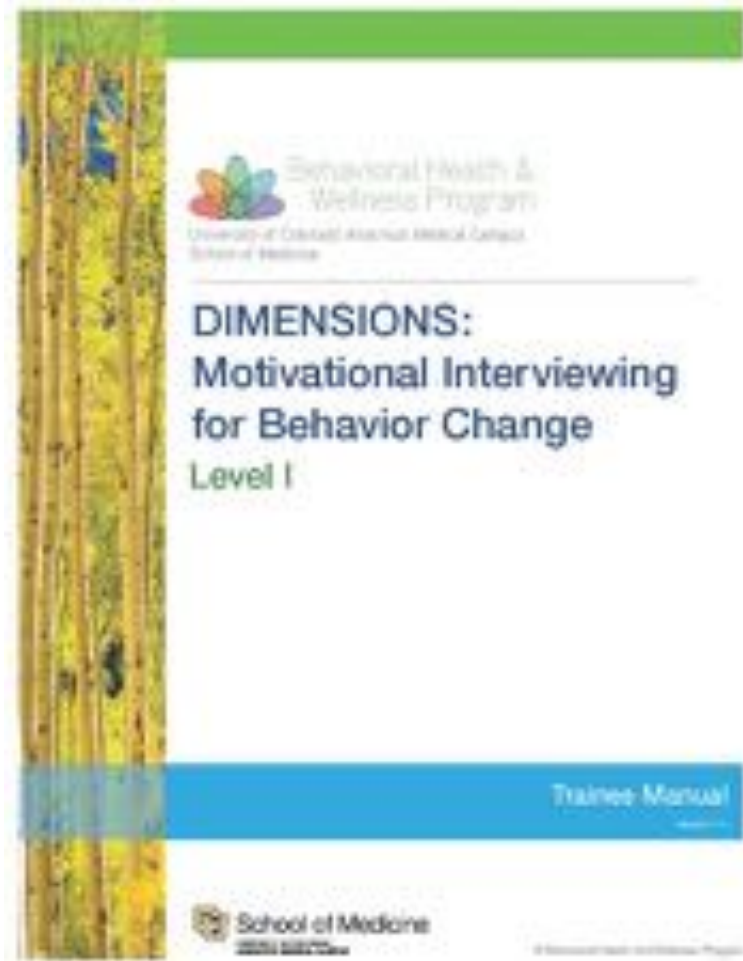


Marijuana Treatment: Behavioral Strategies

- Behavioral Treatments
 - Cognitive Behavioral Therapy
 - Contingency Management
 - Motivational Enhancement
- School-based



Motivational Interviewing



Planning

Evoking

Focusing

Engaging

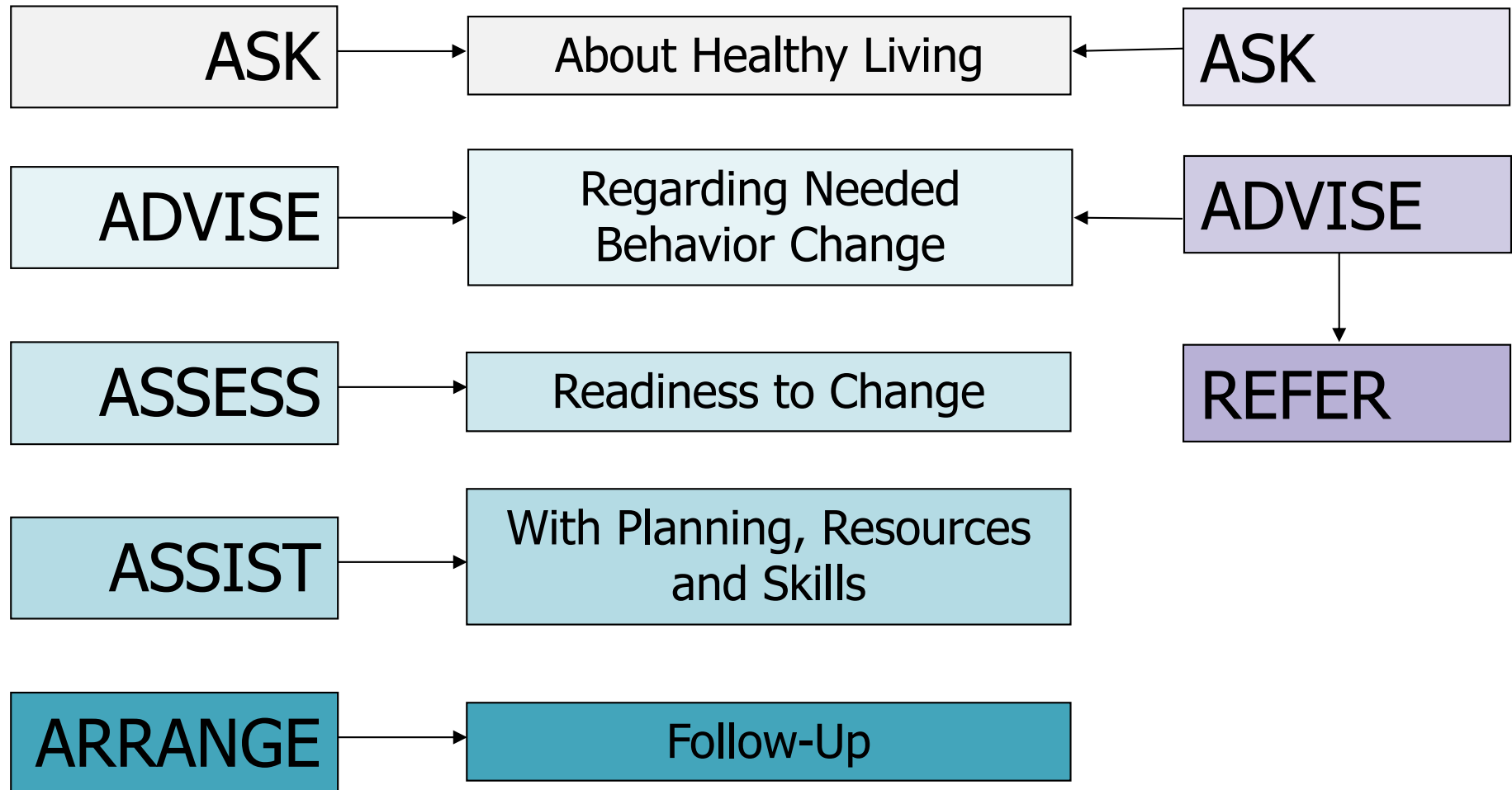
<https://www.bhwellness.org/programs/motivational-interviewing>

The 5A's

The 2A's & R

Clinician/ Medical Assistant

Physician



Medication Assisted Treatment (MAT)



- Combination of behavioral interventions and medications to treat substance use disorders
- Highly effective treatment option for individuals with alcohol, opioid, or tobacco dependence
- Not available for marijuana



Take Control

1-800-QUIT-NOW

Call. It's free. It works.

1-800-784-8669

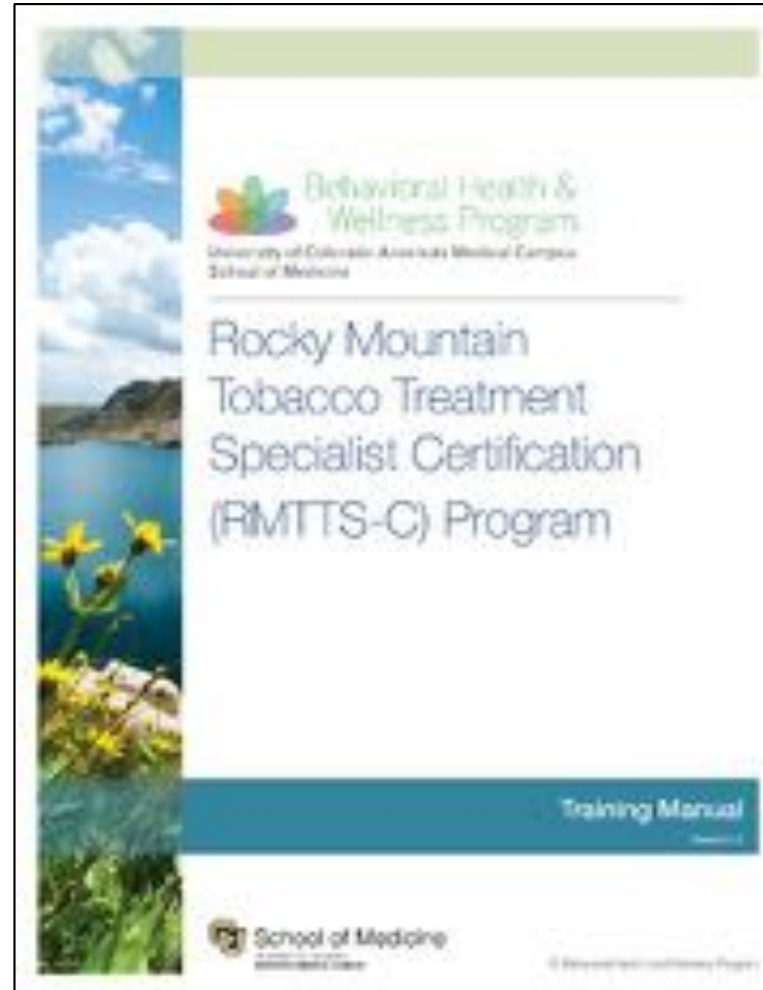
www.smokefree.gov





Potential Innovation

Enhanced Addictions Training



<https://www.bhwellness.org/programs/rmtts-c>

Evidence-Based Guidance



Supplements

- Behavioral Health
- Youth (Ages 11-18)
- Young Adults (18-25)
- Low-Income
- Pregnant and Post Partum

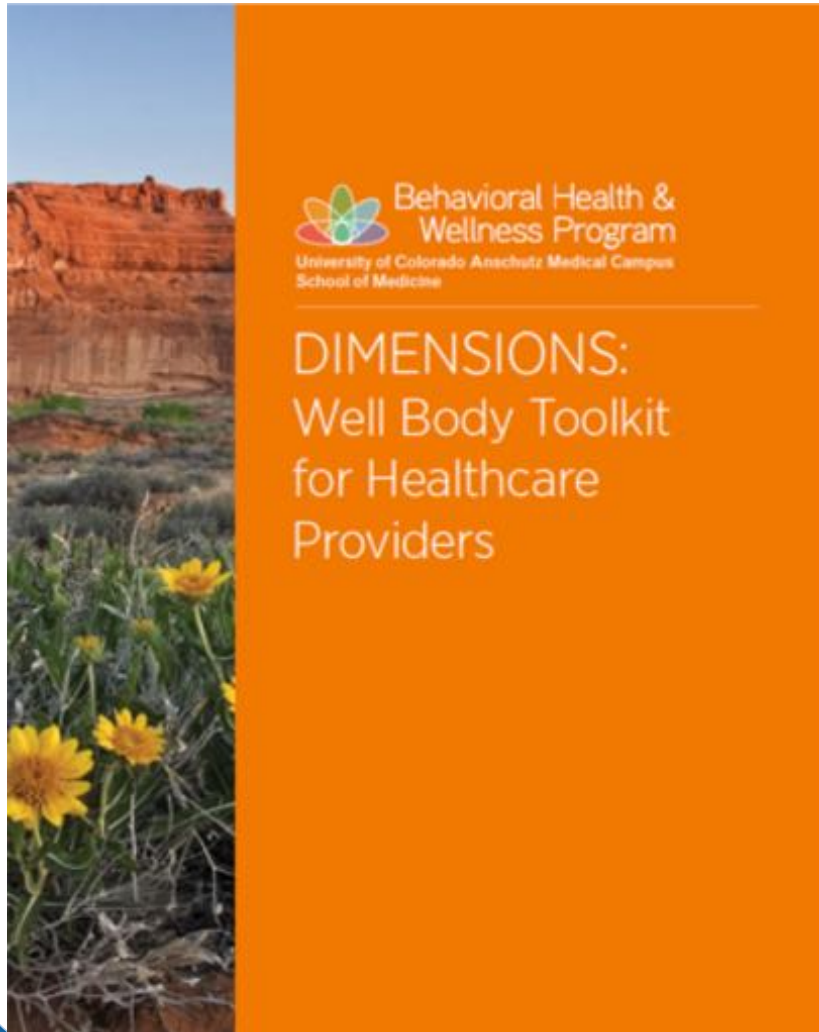
MI Video Modules

<http://www.bhwellness.org/resources/toolkits/>

A Whole Health Approach



DIMENSIONS Well Body Program



- Healthy eating
 - Physical activity
 - Stress Reduction
 - Sleep
-
- Motivational interviewing skills
 - Manualized 6-week Well Body group.

Registries

Screening:
ID smoking status



Treatment:
Offer counseling



Treatment:
Offer medications



Tobacco Treatment - Tobacco Use

Time Taken:
Date: 11/29/2010 Show Last Filed Value
Time: 1232 Show Row Info
****To flag data as significant, right click on the row name****

[-] Unable To Assess

Unable To Assess

Last Filed Value:
****No data filed****

[-] Tobacco Treatment

Select "Yes" If Patient
Has Used Tobacco
In Last 12 Months;
Otherwise, Select
"No" Yes No

Last Filed Value:
No taken at 09/29/10 0849 by Pat Bates

Tobacco Cessation
Brochure Given?

Last Filed Value:
Yes taken at 02/27/09 0700 by Margaret Turner

Nurse/Patient
Requests A Tobacco
Treatment Specialist
Consult

Last Filed Value:
Completed taken at 02/27/09 0700 by Margaret Turner

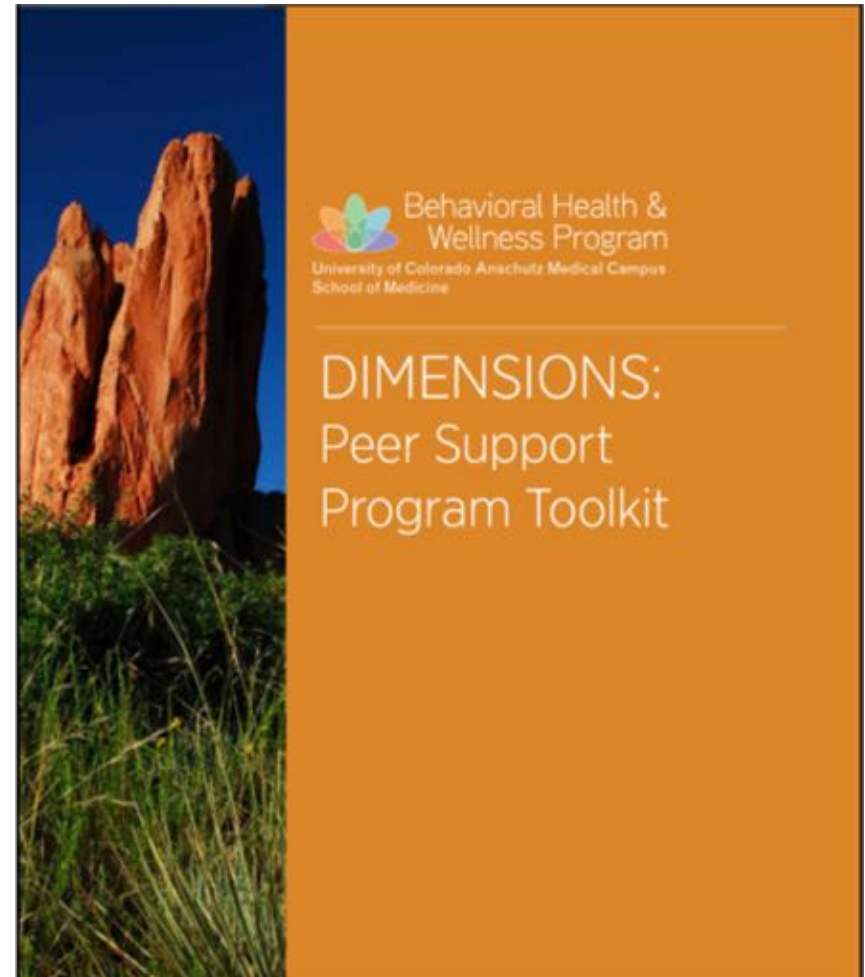
Nurse/Patient
Requests Medication
To Prevent
Withdrawal

Last Filed Value:
Not Applicable taken at 02/11/09 1104 by Ann Powell

How Many Years Did
You Smoke?

Recovery Peer Support

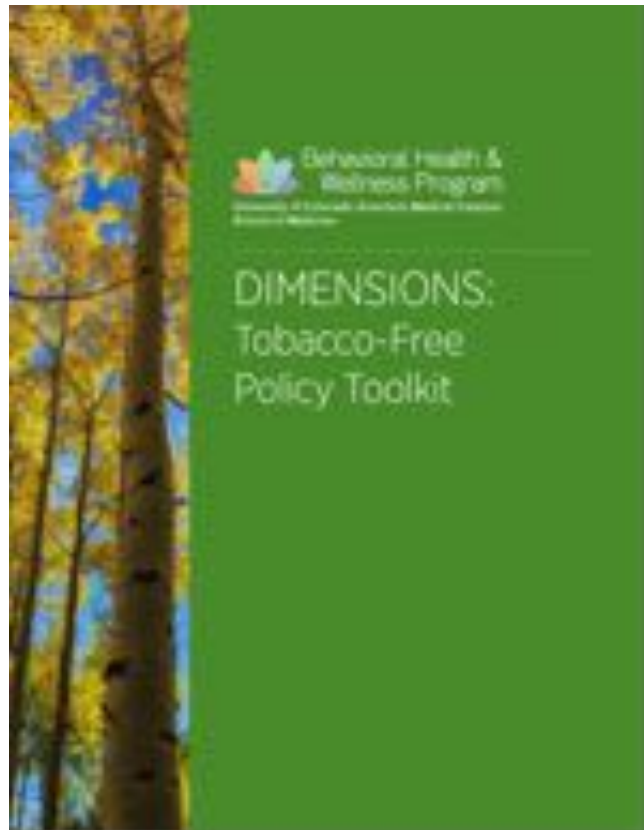
“A peer provider is a person who uses his or her lived experience, plus skills learned in formal training, to deliver services in health and public health settings to promote mind-body recovery and resiliency.”



<http://www.bhwellness.org/resources/toolkits/>



Tobacco Free Policy



Convene Your Wellness Committee



Provide Education



Create Your Change Plan



Offer Tobacco Cessation Services



Draft Your Policy



Launch Your Policy



Communicate Your Plan



Enforce Your Policy



Build Community Support



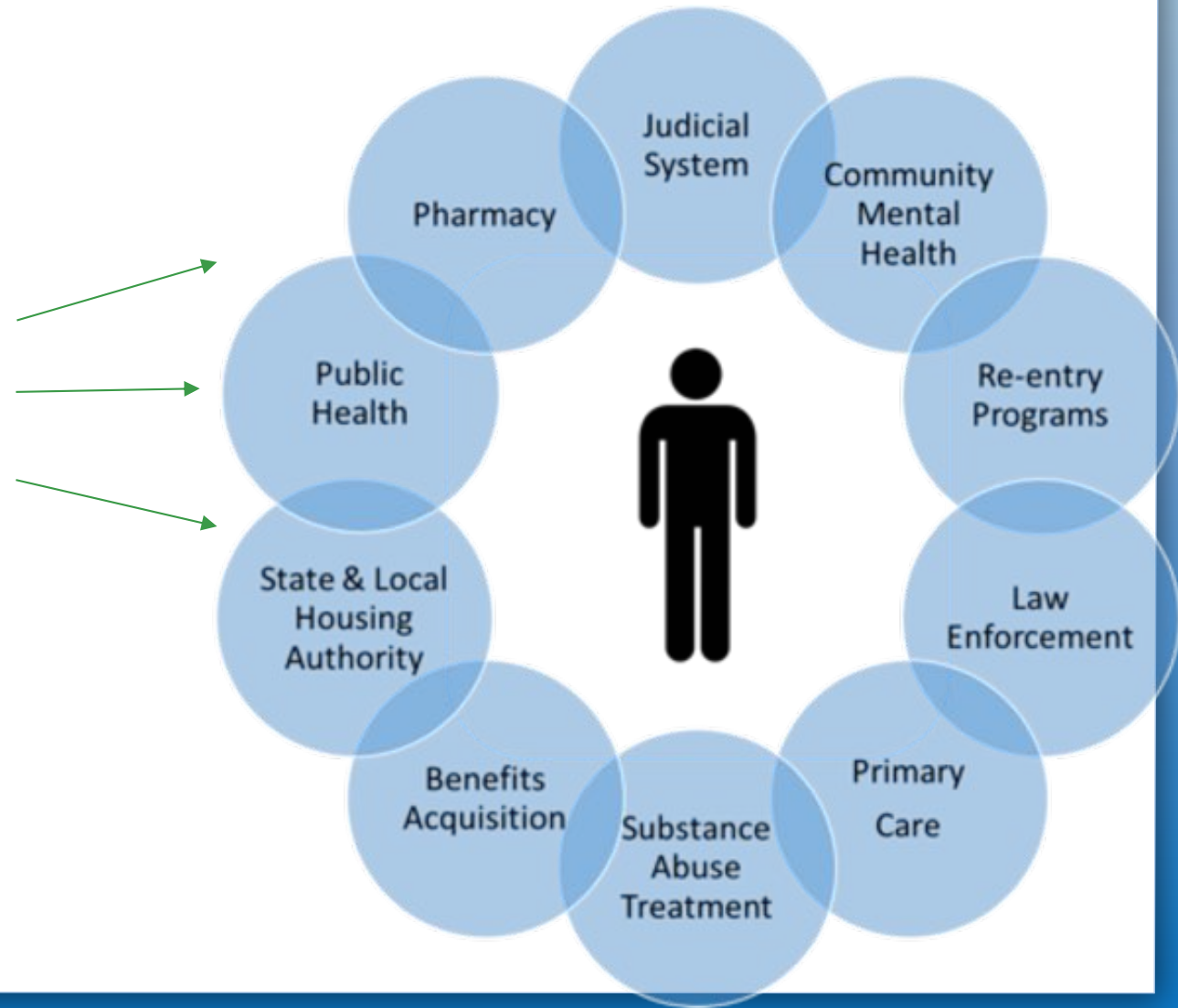
Evaluate Your Program

www.bhwellness.org/resources/toolkits



Client-Centered Health Neighborhood: Innovative Service Delivery

Any point of service can become the hub of care

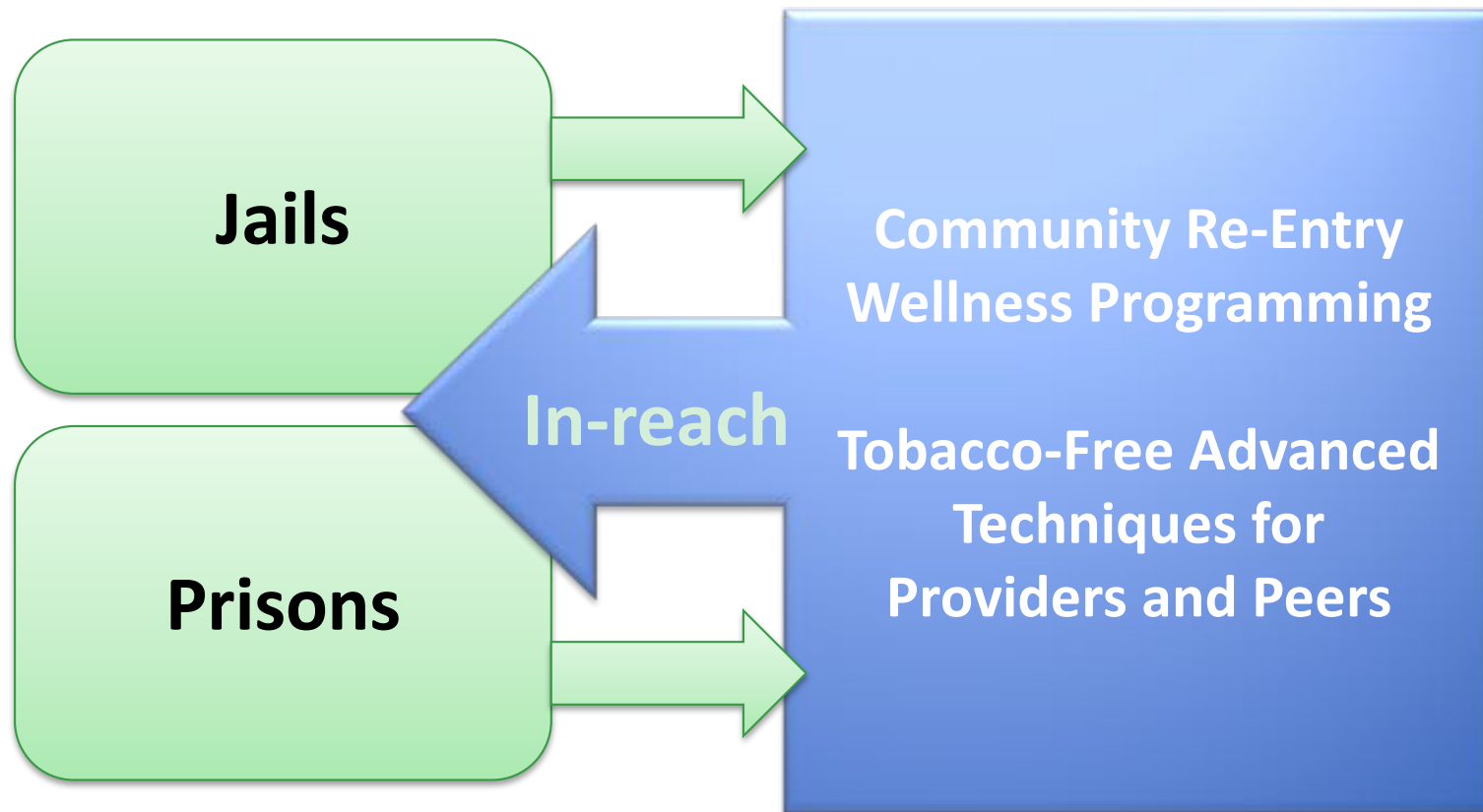


Collective Impact for High Public Service Utilizers

- Target homelessness service agencies
- Utilizing peer navigators
- Close gaps in the provision of chronic disease detection, surveillance, management, and healthy living
 - Substance Dependence
 - Mental Illnesses
 - Cancer
 - Disease
 - Diabetes
 - COPD



A Continuity of Care Model for Justice Involved Individuals





National Behavioral Health Network

For Tobacco & Cancer Control

- Jointly funded by CDC's *Office on Smoking & Health & Division of Cancer Prevention & Control*
- Provides resources and tools to help organizations reduce tobacco use and cancer among people with mental illness and addictions
- 1 of 8 CDC National Networks to eliminate cancer and tobacco disparities in priority populations

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303.724.3713

bh.wellness@ucdenver.edu

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BHWP_UCD

