

# Welcome

Please stand by. We will begin shortly.

## Where's the Justice? Tobacco Use and the Incarcerated

Wednesday, October 8, 2014 · 2pm ET (90 minutes)



SMOKING CESSATION  
LEADERSHIP CENTER

# Disclosure

**Dr. Chad Morris, Brenda Howard, Ben Udochi, and Catherine Saucedo have disclosed no financial interest/arrangement or affiliation with any commercial companies who have provided products or services relating to their presentation or commercial support for this continuing medical education activity.**

# Moderator



## **Catherine Saucedo**

- Deputy Director,  
Smoking Cessation Leadership  
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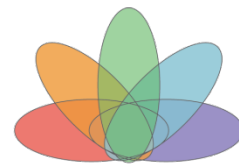


NATIONAL BEHAVIORAL  
**HEALTH NETWORK**  
FOR TOBACCO & CANCER CONTROL

# Housekeeping

- All participants will be in **listen only mode**.
- Please **make sure your speakers are on** and adjust the volume accordingly.
- If you do not have speakers, please request the dial-in via the chat box.
- **This webinar is being recorded** and will be available on SCLC's website, along with the slides.
- **Use the chat box to send questions** at any time for the presenters.

# Today's Speaker



Behavioral Health &  
Wellness Program

## **Chad D. Morris, PhD**

- Associate Professor, Department of Psychiatry, University of Colorado Denver
- Director, Behavioral Health & Wellness Program, University of Colorado Anschutz Medical Campus

# Today's Speaker



Arkansas Department of Health



## **Brenda Howard, MS, CADC, CCS**

- Public Health Section Chief,  
Tobacco Prevention and Cessation,  
Arkansas Department of Health

# Today's Speaker



## **Ben Udochi, CCS**

- Assistant Director for Probation & Parole Treatment Services, Arkansas Community Correction



# Poll Question

**Are tobacco treatment services provided within the criminal justice system in your state?**

- Yes**
- No**
- I don't know**



# **Justice Involved Individuals The Current Picture**

# Prevalence of Psychiatric Conditions in the Justice System

- 56% of individuals incarcerated in state prisons
- 45% of individuals incarcerated in Federal prisons
- 64% of those held in county jails

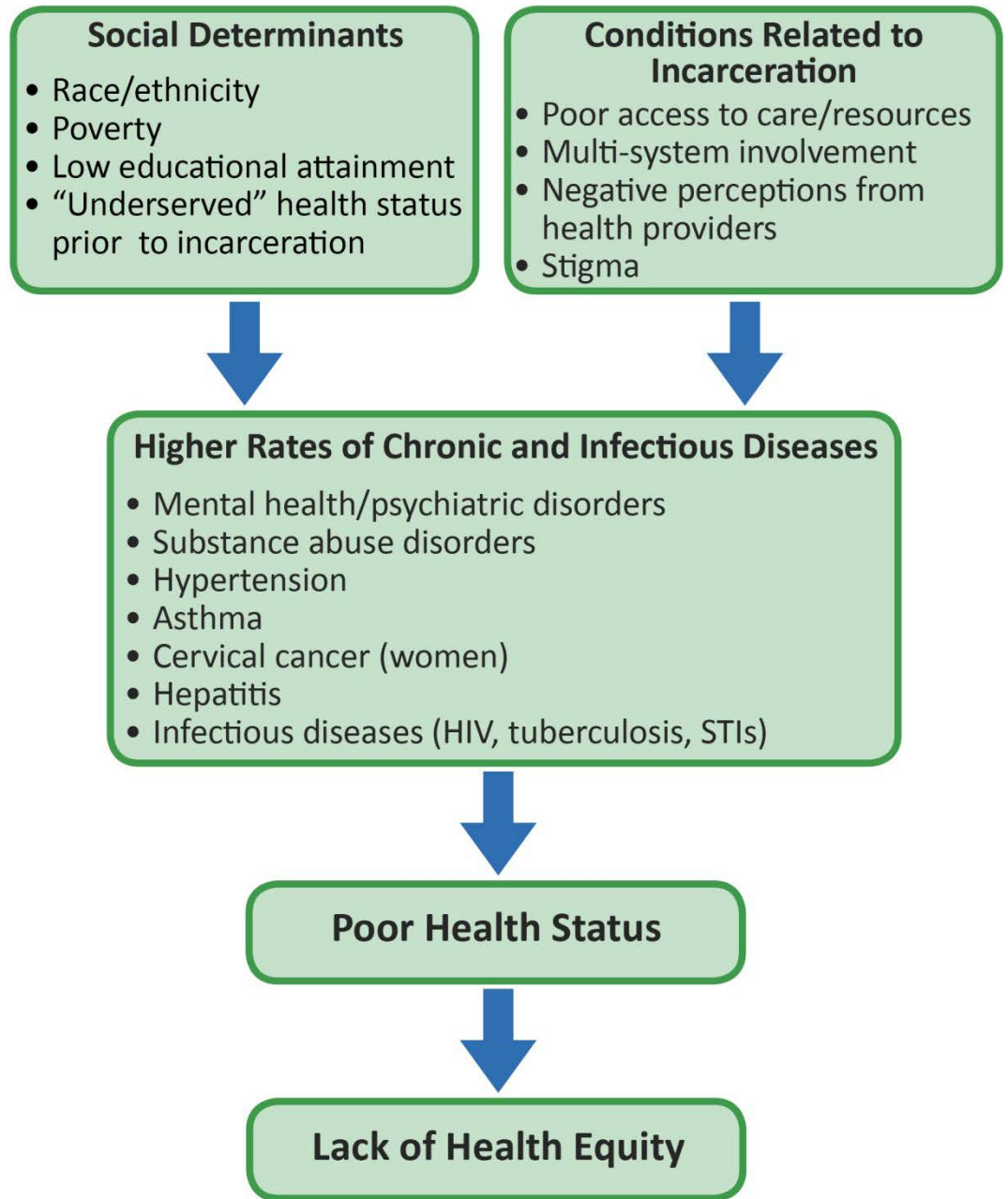


# Recidivism

- Annually, 700,000 are discharged from state and federal prisons, and almost 12 million are discharged from local jails.
- Approximately 2 out of 3 people released from prison in the are re-arrested within 3 years.



# Path to Poor Health Status for the Justice-Involved Population

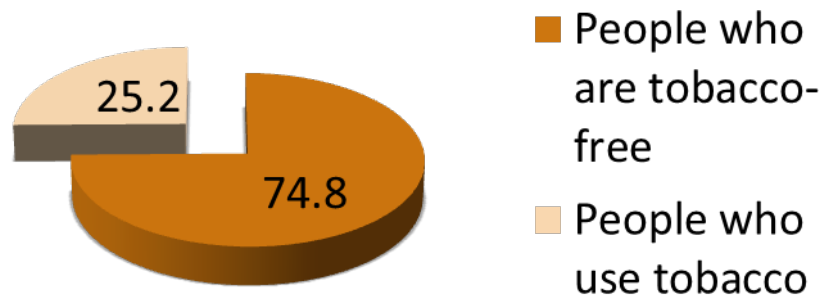


Smoking among justice involved individuals is an ignored public health epidemic

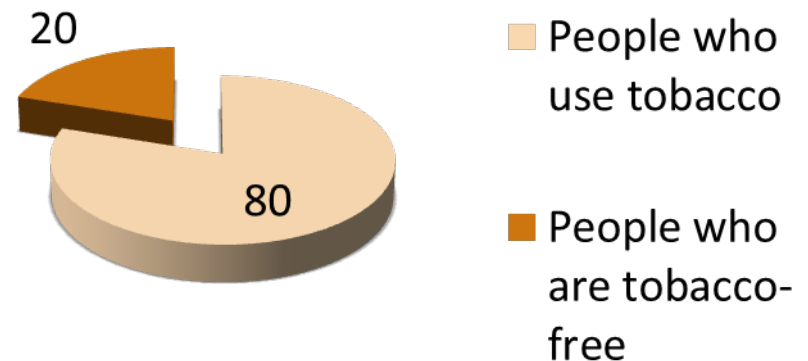


# Rates of Tobacco Use

## General Population



## Criminal Justice Population



In the United States, the smoking rate among the justice-involved population is approximately 3 times higher than the general population

# Leading Causes of Death among Justice Involved Individuals

## Prisons

**Cancer\***

**Heart Disease\***

**Respiratory Disease\***

**Liver Disease\***

**Suicide\***

## Jails

**Suicide\***

**Heart Disease\***

**Drug or Alcohol Intoxication**

**Cancer\***

**Liver Diseases\***

**\*Conditions caused or exacerbated by tobacco use**



# State and Federal Tobacco Policy

- In 2004, the Federal Bureau of Prisons made all facilities under its control **100% smoke-free**
- Many state corrections departments made the decision to go **smoke-free** and **tobacco-free**
- Implementation of smoking bans in prisons reduce smoking related mortality (Binswanger et al, 2014)
  - (particularly cardiovascular and pulmonary deaths)



# Desire to Quit

- Most individuals who are incarcerated and use tobacco have the desire to quit
- For those in community corrections, more than half of smokers indicated interest in receiving help if it were available



# Post-Release Challenges

- Navigating health systems
- Immediate needs met (e.g., food, shelter)
- Lack of health insurance benefits
- Access to primary care
  - Including prevention and wellness services



# From Policy to Practice

Forced abstinence is not enough – Stopping is not the same as quitting

**97%** of individuals released from correctional facilities relapse on tobacco after 6 months

## Criminogenic Risk Factors

Antisocial Attitudes

History of Antisocial Behavior/  
Low Self Control

Antisocial Peers

Criminal Personality Makeup

Dysfunctional Family Relations

Substance Abuse

Education/ Employment

Leisure/ Recreation

\* Potentially impacted by tobacco use



# A Continuity-of-Care Model

## *Patient-centered medical home*

- Intended to serve as a hub for client care
  - Relationship, client and family-oriented care
  - Comprehensive physical and mental health care
  - Ongoing care coordination between healthcare providers and community agencies
  - Increased access for chronic high-risk patients
- 
- Promotes clear, formalized agreements to streamline care coordination
  - Formation of care teams to increase efficiency and decrease costs and duplication of services
  - Strong community linkages and commitment to participate in shared clinical decision-making

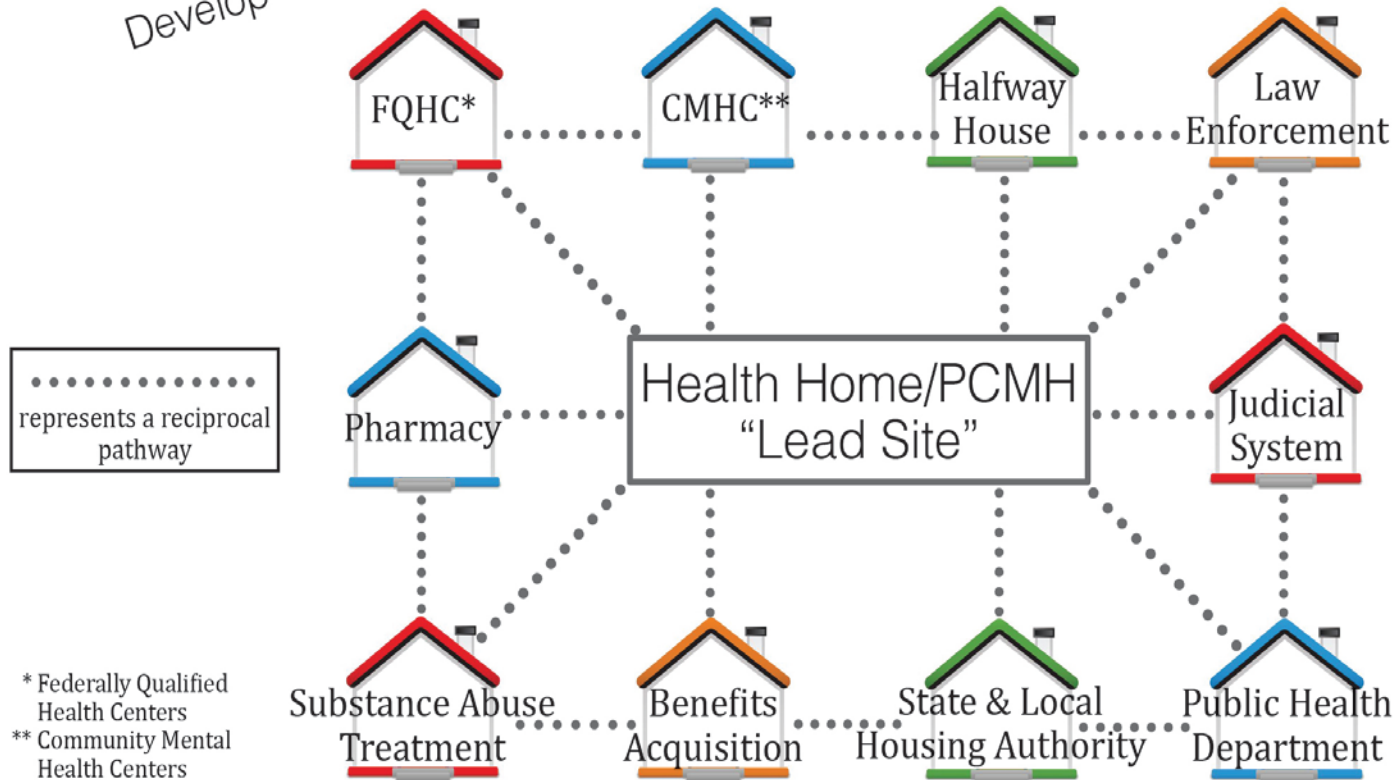
## *Patient-centered medical neighborhood*



# Hybrid Model

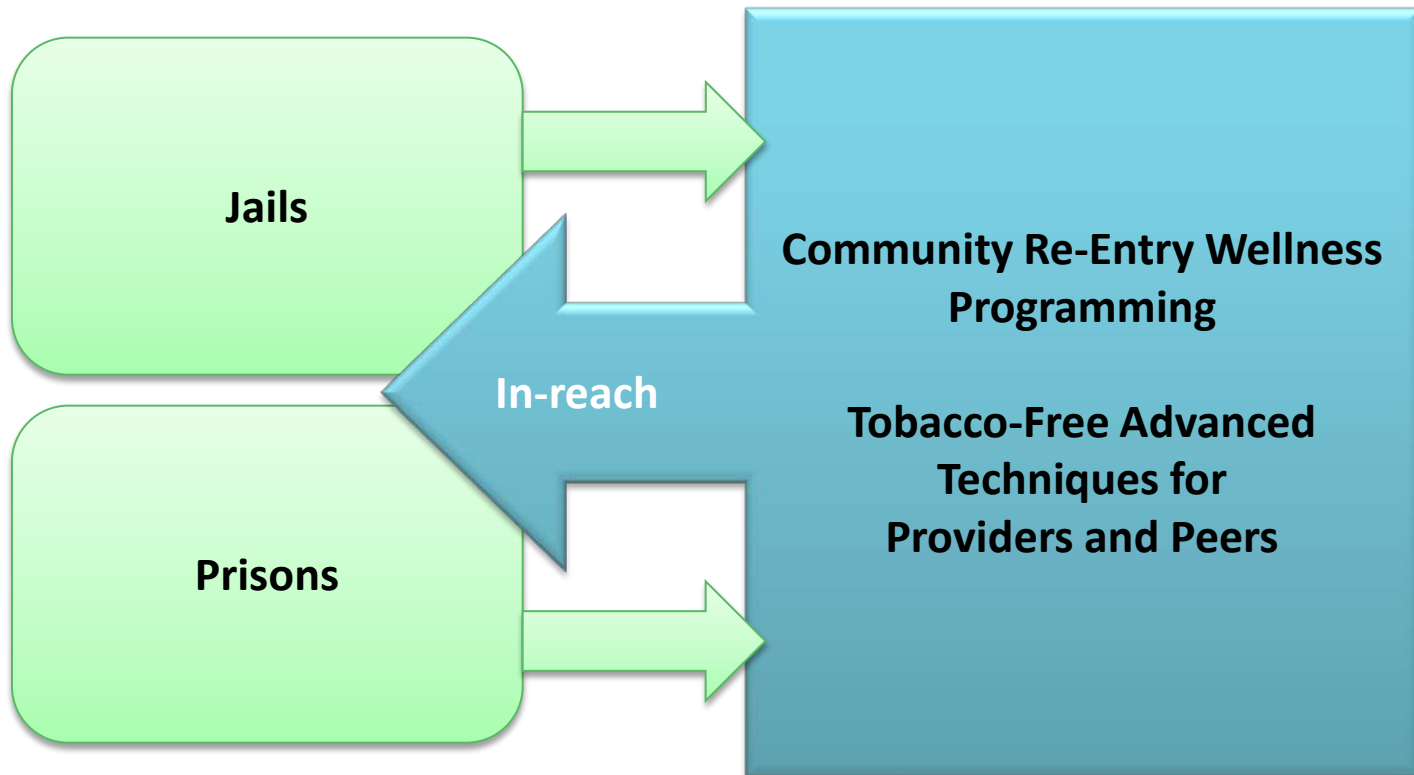
*Patient Centered Medical Home  
Meets Public Health*

Develop • Inform • Mobilize • Enforce • Link • Evaluate • Assure • Research • Diagnose



<http://www.bhwellness.org/resources/fact-sheets-reports/>

# A Continuity of Care Model for Tobacco Cessation







# National Innovation

# DIMENSIONS: Tobacco Free Program

- An evidence-based tobacco cessation program that promotes positive health behavior change
- Initially developed for the behavioral health population in 2006
- The program supports tobacco cessation through motivational engagement strategies, group process, community referrals, and educational activities



# A Peer-to-Peer Model

Peer Advocate/ Mentor – An individual with a criminal justice history who has received specialized training and supervision to work with others who have a similar history

This model has shown preliminary success with criminal justice populations

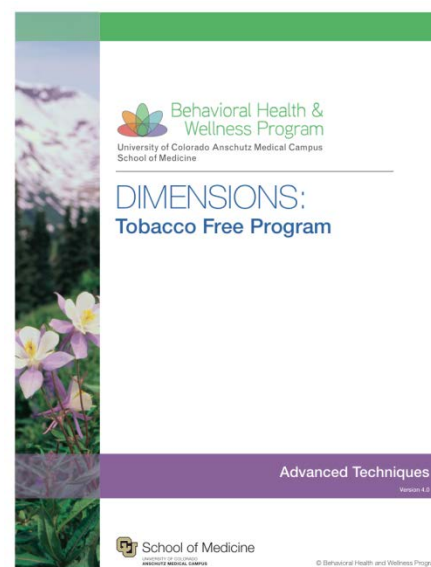
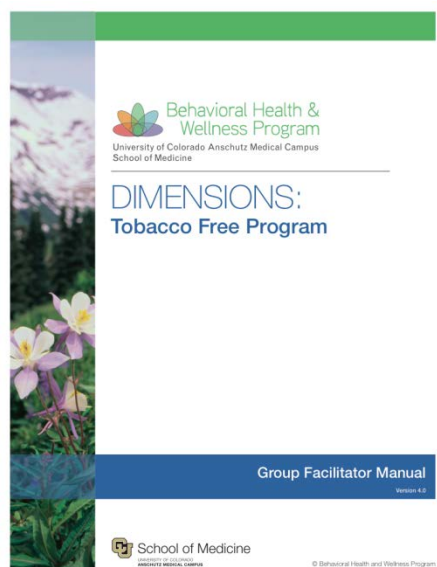


# Role of the Tobacco Free Program Facilitators

- Raise awareness through center in-services, lunch and learns, and trainings
- Conduct individual motivational interventions
- Facilitate Tobacco Free groups
- Make referrals to other healthcare providers and community cessation services
- Create a positive social network

# Tobacco Free Program Training Materials

- Tobacco Free Advanced Techniques Manual
- Tobacco Free Group Facilitator Manual
- Electronic copies of materials

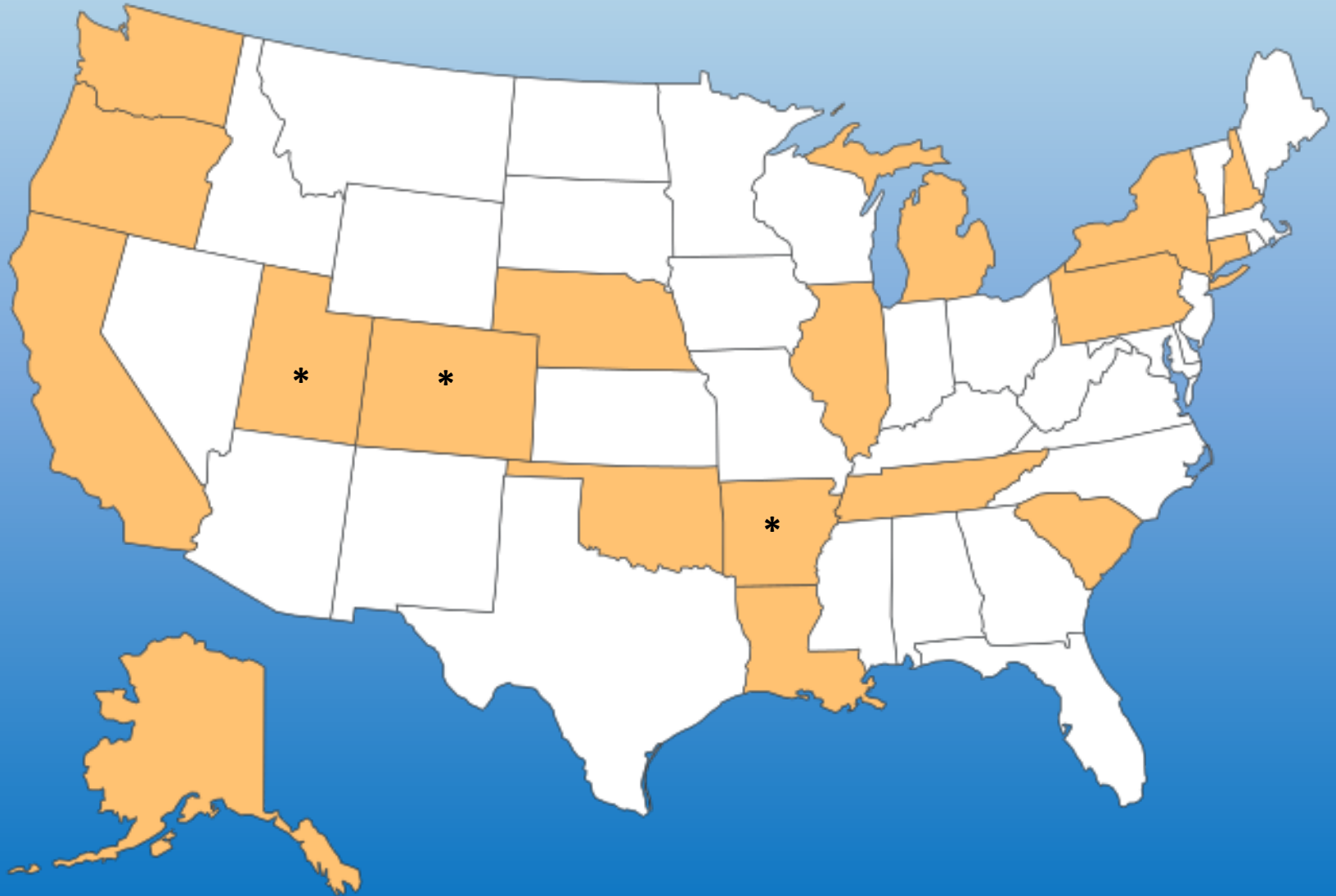


# Tobacco Free Group

- Session A: Creating a Plan
- Session B: Healthy Behaviors
- Session C: The Truth about Tobacco
- Session D: Changing Behaviors
- Session E: Coping with Cravings
- Session F: Maintaining Change



# DIMENSIONS: Tobacco Free and Well Body Programs



# Laying the Foundation

- Partnered with the Colorado Governor's Office & Department of Corrections
  - Benefits acquisition program (SSI/SSDI)
- Denver Jail System
  - Strategic review of high utilizers
  - New competitive Request for Application





# Re-Entry Trainings

## DIMENSIONS Tobacco-Free and Well-Body Programs for Justice Involved Individuals

- 40 peers at Red Rocks Community College-Gateway Program
  - “reducing recidivism through education”
- 20 peers and providers at the Community Re-Entry Project
  - 6 local re-entry agencies



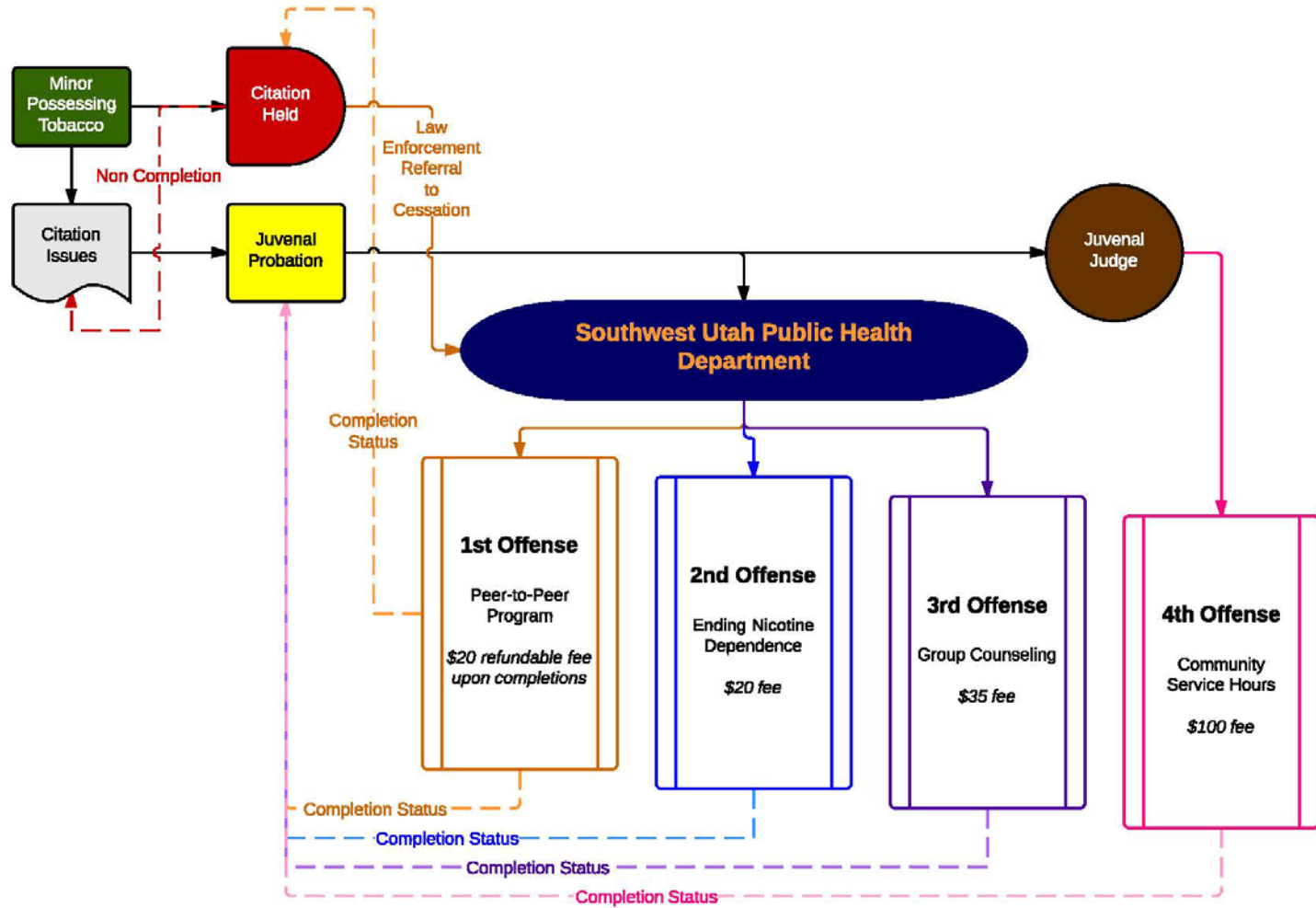
# Utah Youth Focus Groups

- **60%** said friends were a main reason for initial use.
- **40%** said curiosity was one of the main reasons for initial use.
  - To “fit in” and “be cool”
  - **80%** said it was hard to quit if someone lights up around them

“Peer pressure is real, not because friends actually try to get you to smoke, but simply because of the social pressure of wanting to fit in with”

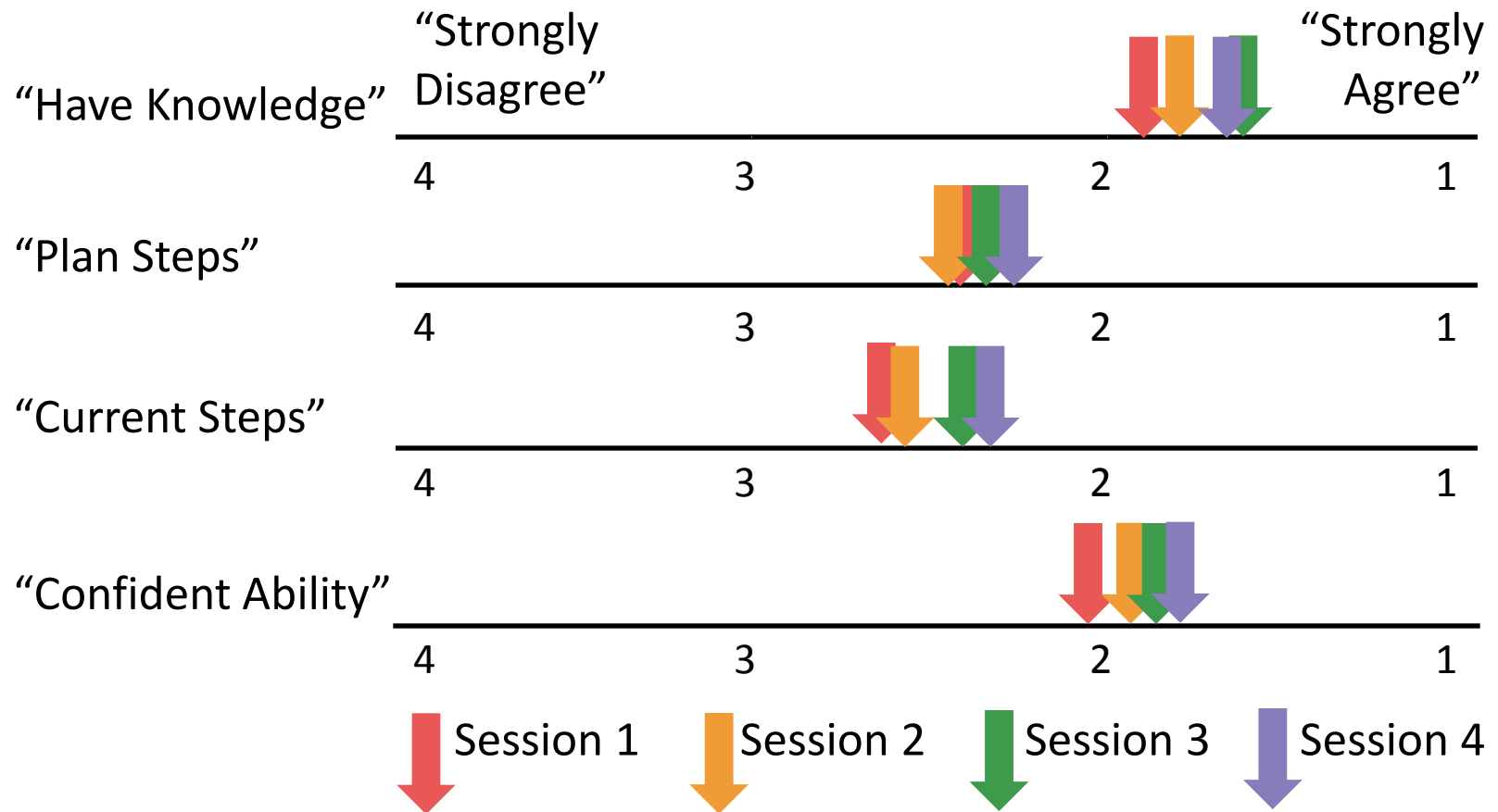


# Youth Tobacco Cessation Referral Process



# Arkansas: Change in "Readiness to Quit"

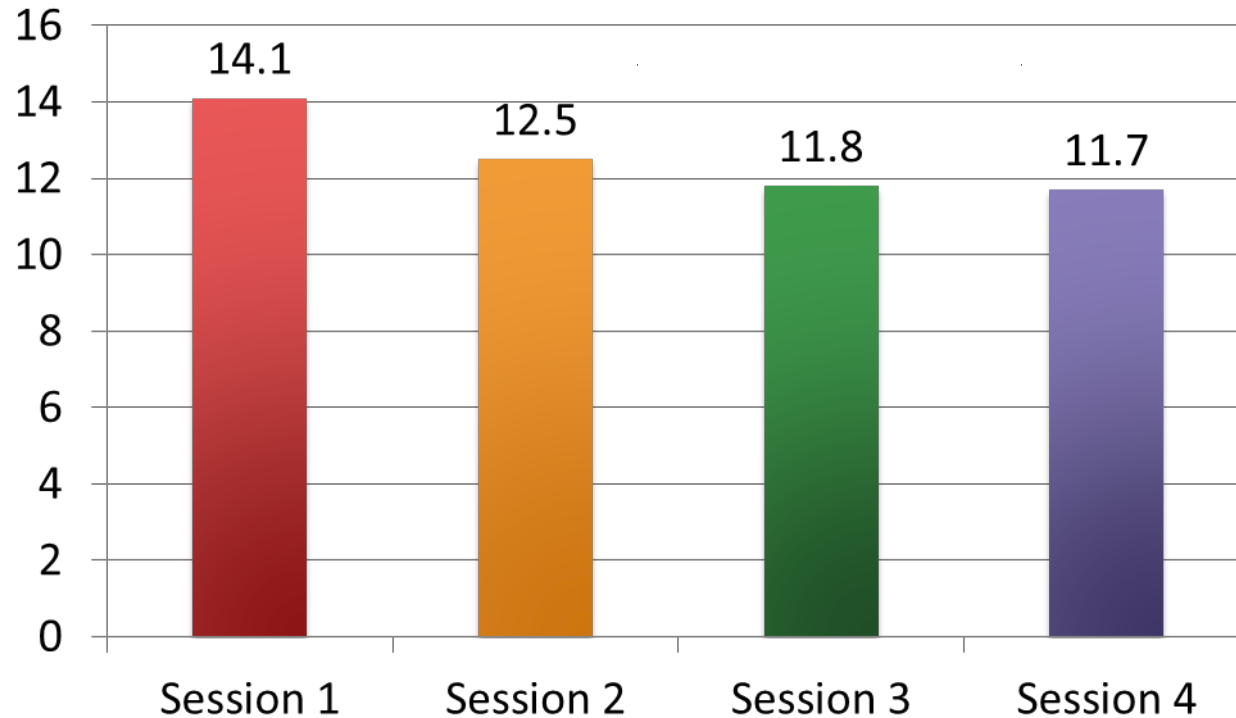
(N = 144 individuals surveyed across 4 group sessions)



# Arkansas: Change in Tobacco Uses Per Day

(N = 144 individuals surveyed across 4 group sessions)

## Number of Tobacco Uses Per Day



# Corrections in Arkansas: Integrating Tobacco Cessation

Brenda Howard, MS, CADC, CCS  
Cessation Section Chief  
Tobacco Prevention and Cessation Program



Arkansas Department of Health



STAMP OUT SMOKING  
ARKANSAS DEPARTMENT OF HEALTH  
1-800-QUIT-NOW

# Timeline for Addressing Tobacco within Treatment Settings in Arkansas

2009 - 2014 Partnerships

Developing relationships with state and community organizations

2010 - 2014

Training

Provide Peer-to-Peer Training to consumers

Provide Certified Tobacco Treatment Training

Provide Dimensions: Tobacco Free Program Training

2010- 2014

Treatment

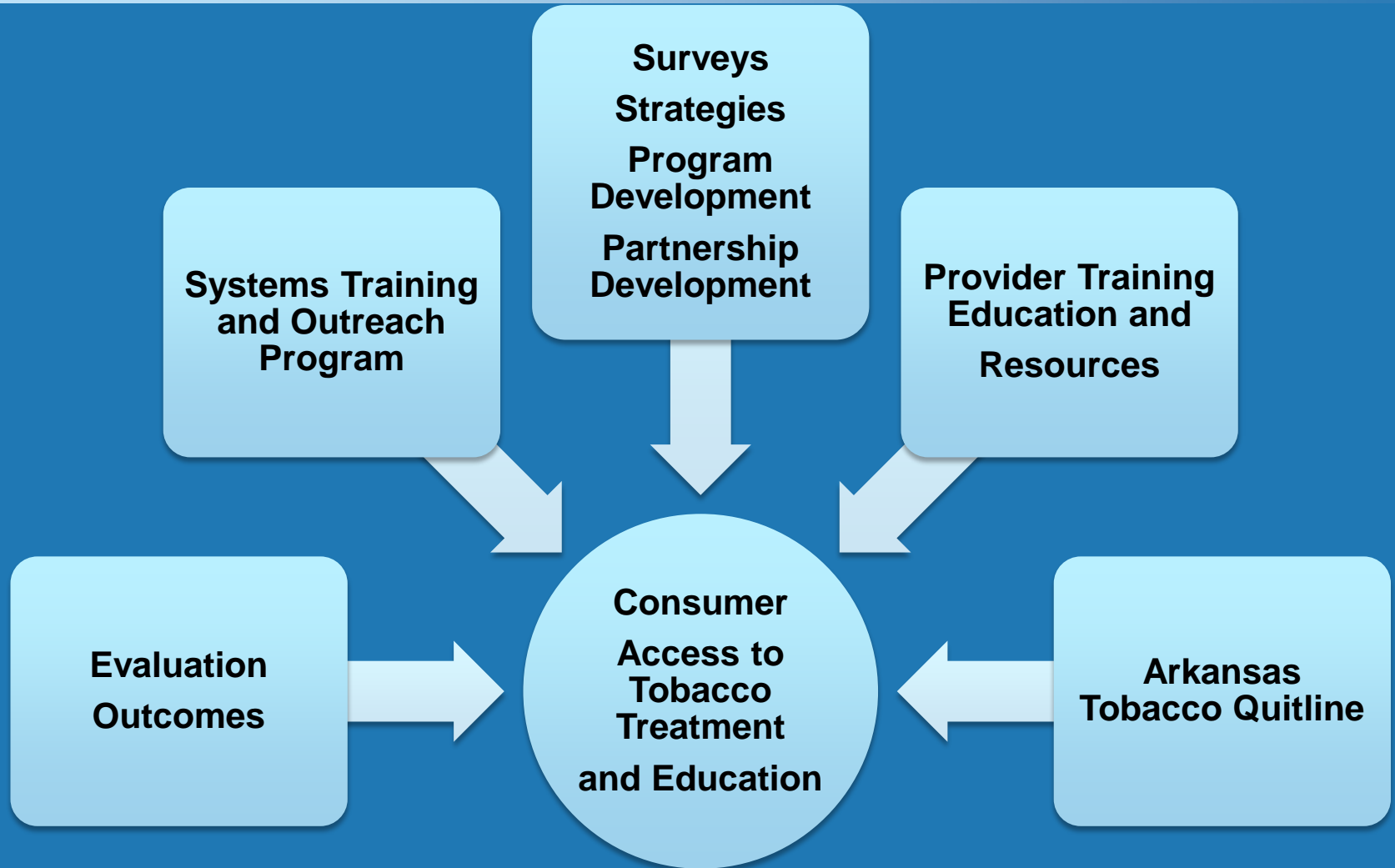
Develop programs to include tobacco treatment to consumers

Promote referrals to the Arkansas Tobacco Quitline

Promote use of standardized curriculum to deliver tobacco education and treatment groups

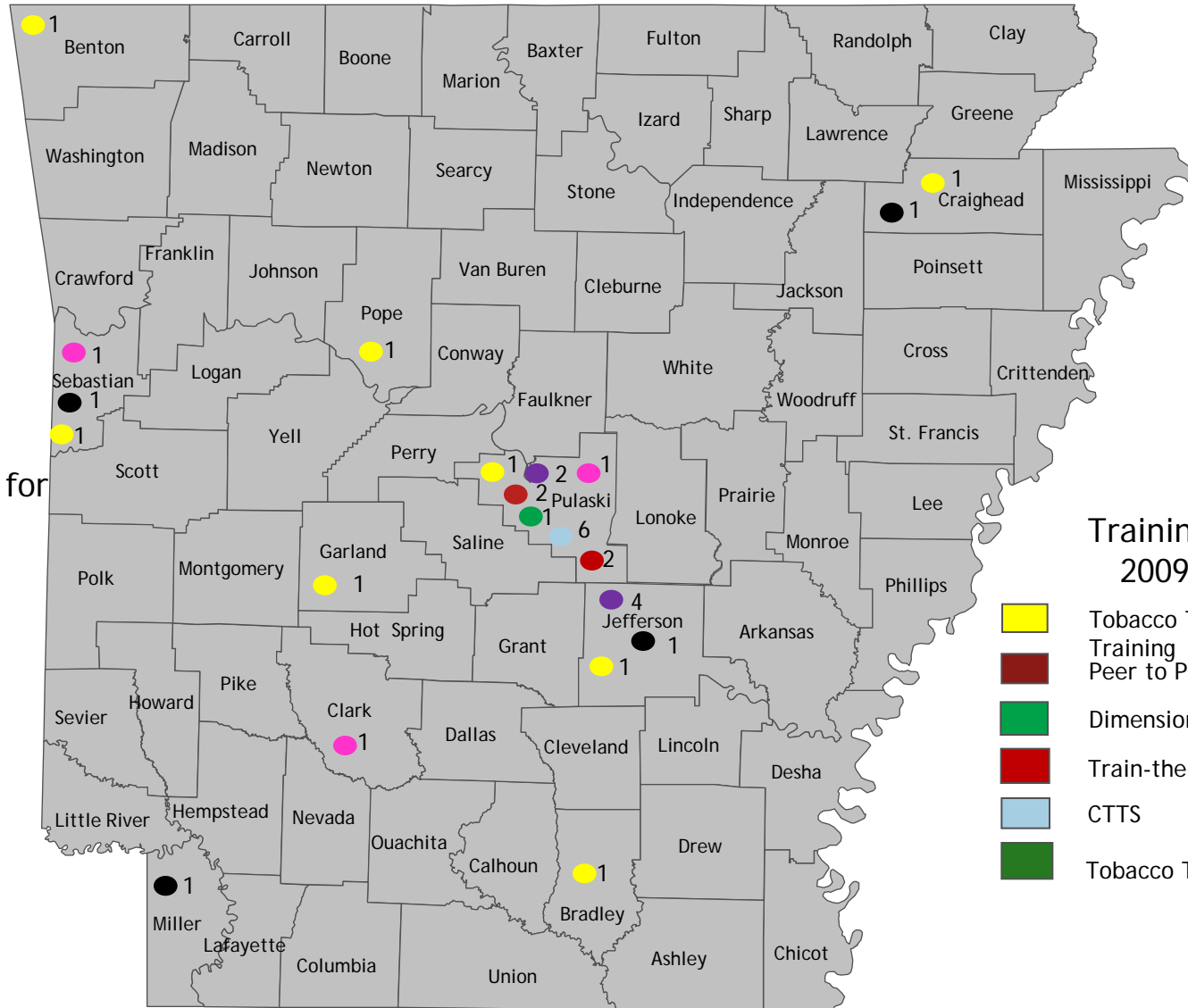


# Layered Strategies to Promote Cessation in Targeted Populations





# Trainings By Location



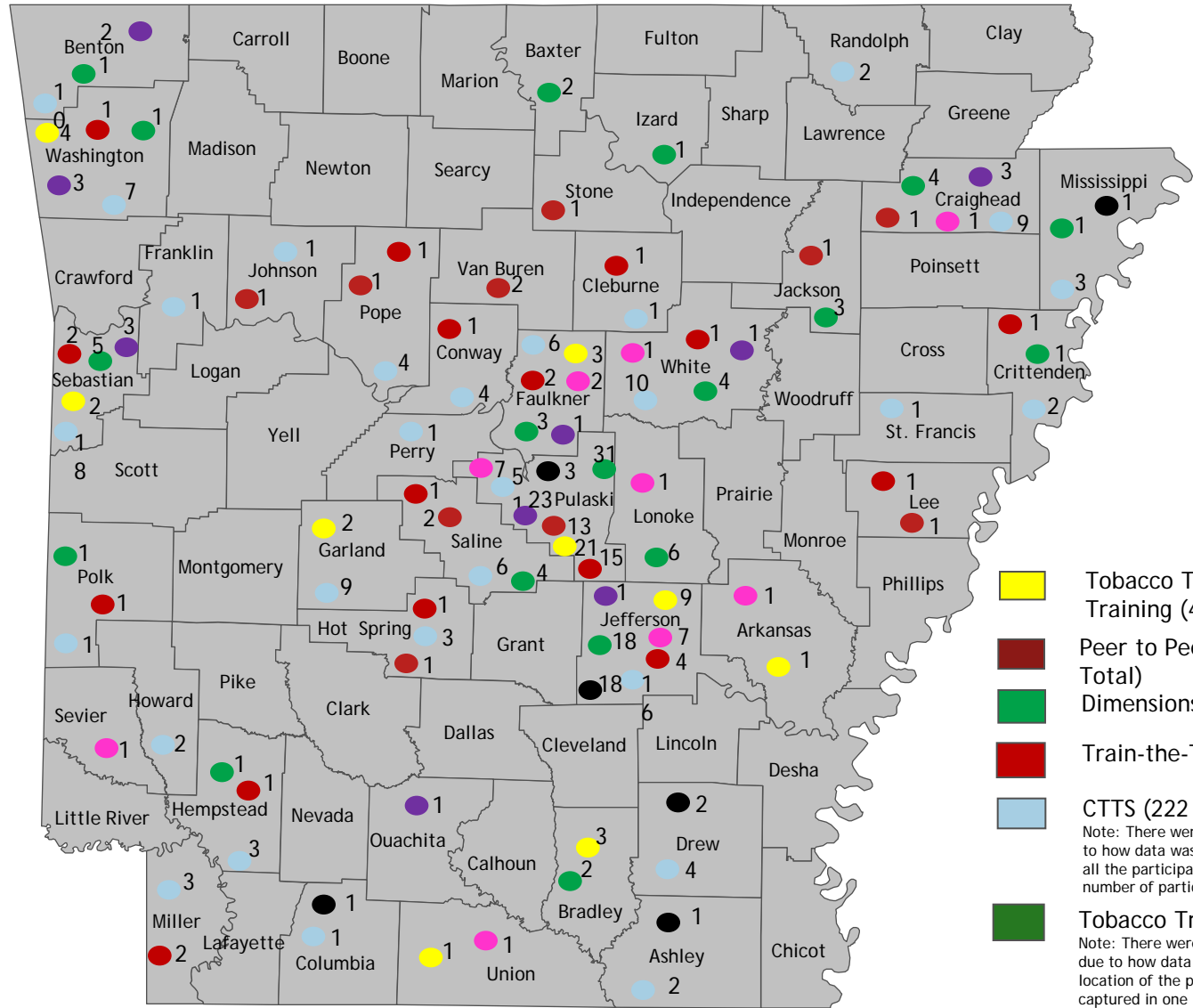
Upcoming Trainings for 2014-2015

- Tobacco Treatment Training
- Dimensions

Trainings from 2009-2014

- Tobacco Treatment Training
- Peer to Peer
- Dimensions
- Train-the-Trainer
- CTTS
- Tobacco Training

# Tobacco Trainees by Location 2009-2014



## FY15 Trainings

Tobacco Treatment Training (26 Total)

Dimensions Training (21 Total)

Total Number of trainees: 511

■ Tobacco Treatment Training (46 Total)

■ Peer to Peer (24 Total)

■ Dimensions (89 Total)

■ Train-the-Trainer (38 Total)

■ CTTS (222 Total)

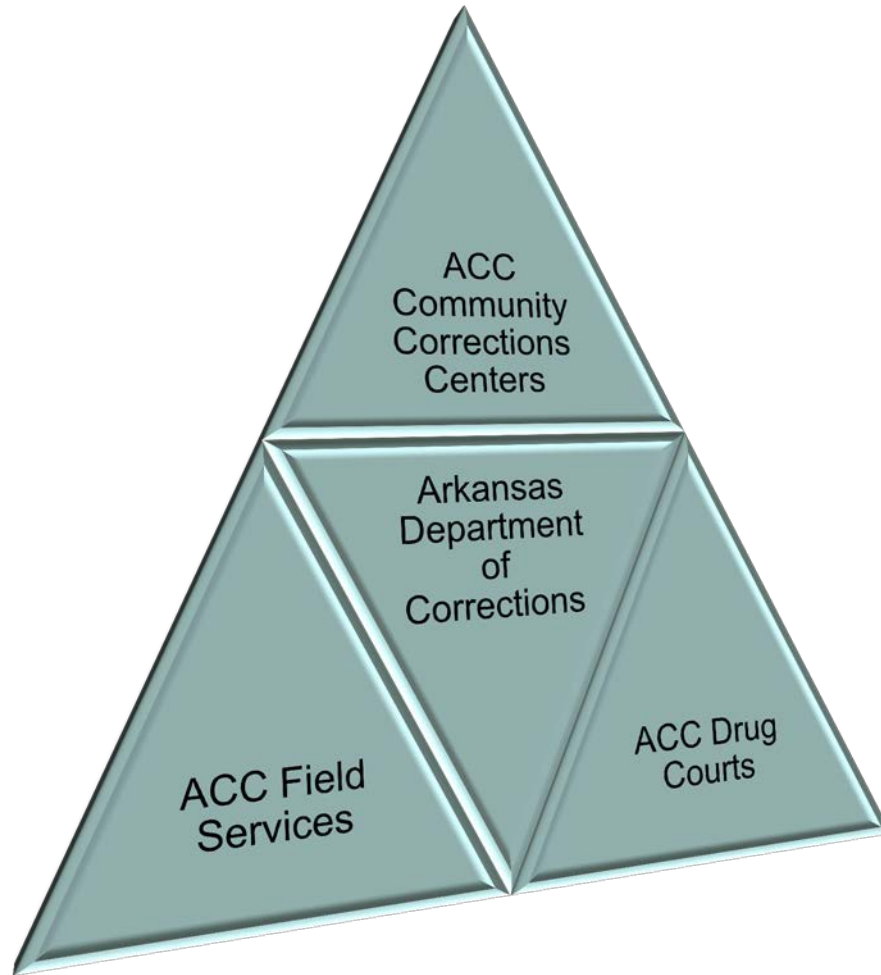
Note: There were a total of 6 trainings; due to how data was collected, the location of all the participants was not captured. Total number of participants not captured was 46.

■ Tobacco Training (48 Total)

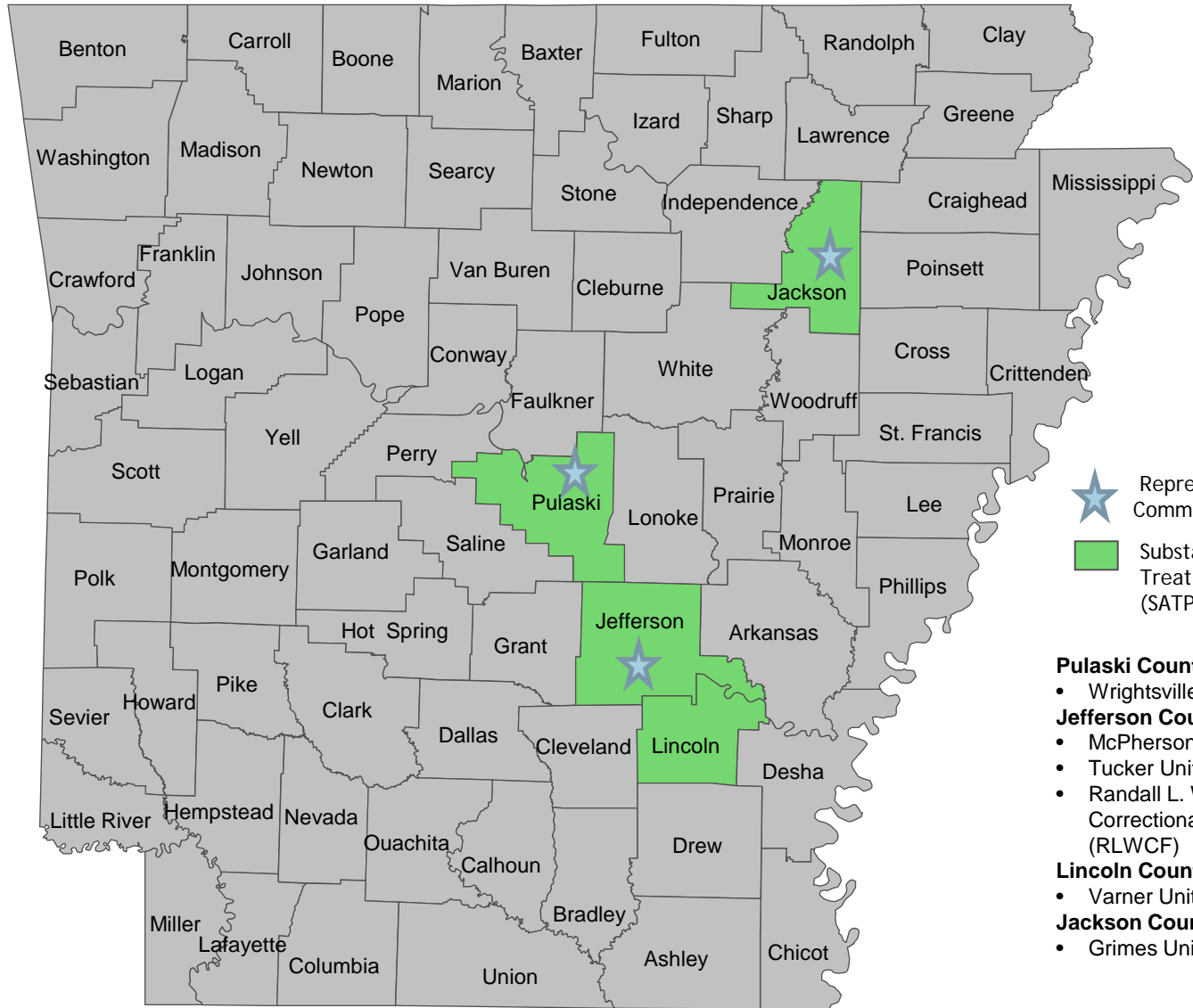
Note: There were a total of 3 trainings; due to how data was collected, the location of the participants were not captured in one training in 2011. Total number of participants not captured 10.








# Progress in Addressing Tobacco in Justice Involved Populations



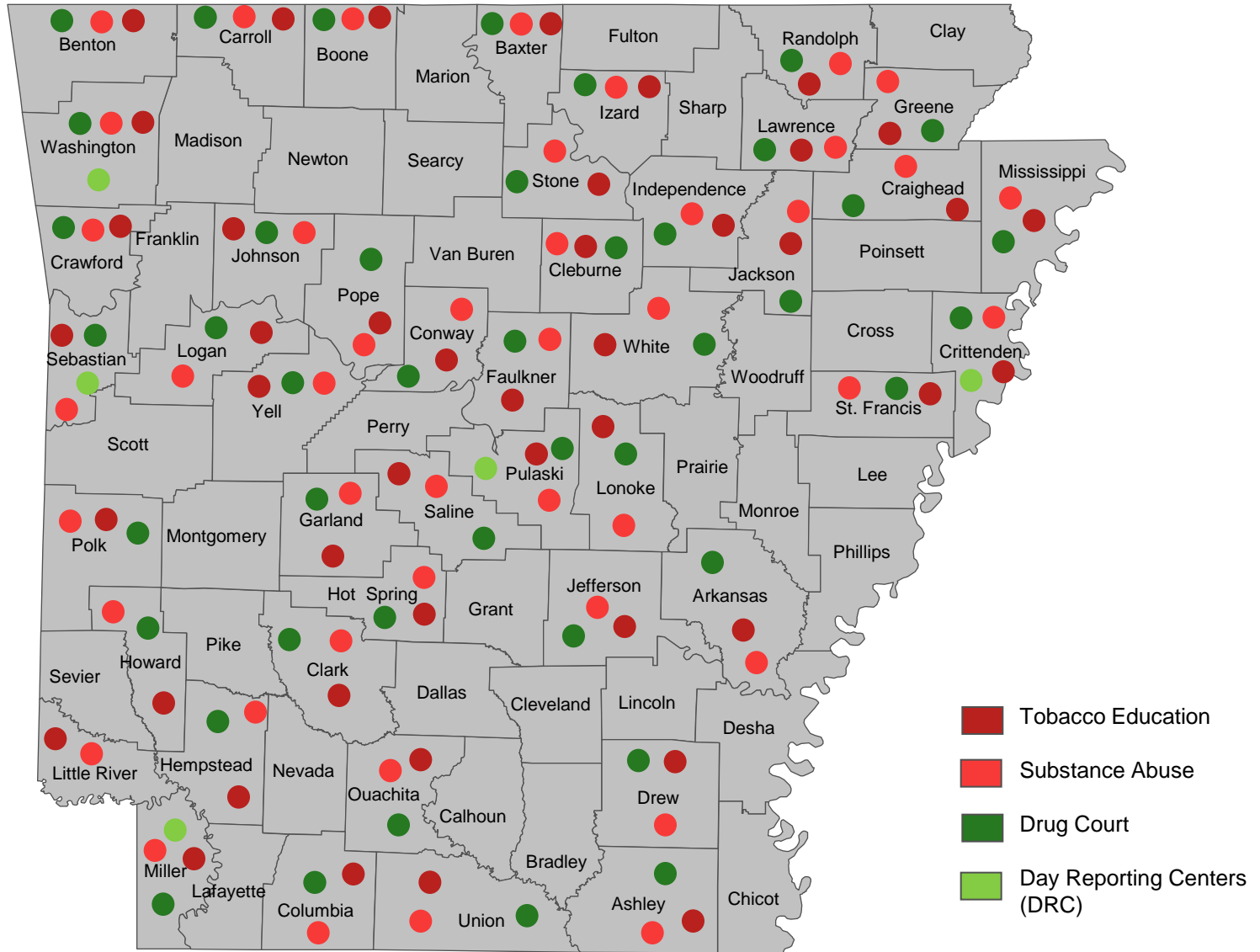
# Arkansas Department of Corrections



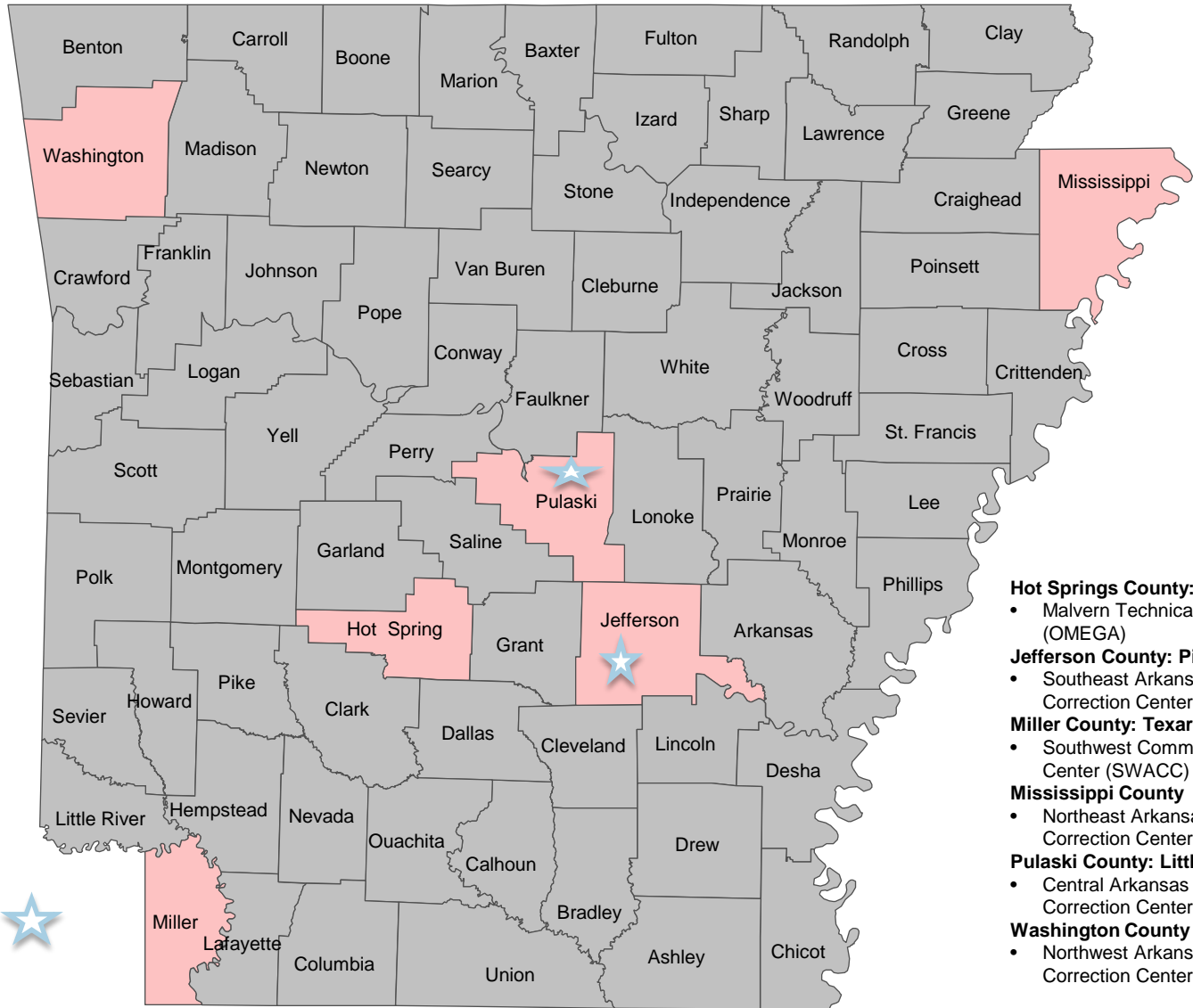
-  Represents Therapeutic Communities
-  Substance Abuse Treatment Program (SATP)

- Pulaski County**
  - Wrightsville Unit 
- Jefferson County**
  - McPherson Unit 
  - Tucker Unit 
  - Randall L. Williams Correctional Facility (RLWCF)
- Lincoln County**
  - Varner Unit
- Jackson County**
  - Grimes Unit

# Arkansas Community Corrections Field Services



# Arkansas Community Corrections Centers



- Hot Spring County: Malvern**
  - Malvern Technical Violator Unit (OMEGA)
- Jefferson County: Pine Bluff**
  - Southeast Arkansas Community Correction Center (SEACC)
- Miller County: Texarkana**
  - Southwest Community Correction Center (SWACC)
- Mississippi County**
  - Northeast Arkansas Community Correction Center (NEACCC)
- Pulaski County: Little Rock**
  - Central Arkansas Community Correction Center (CACCC)
- Washington County**
  - Northwest Arkansas Community Correction Center (NWACCC)

Provide some tobacco cessation or education



# State Partners

- Arkansas Community Corrections
- Department of Human Services Division of Behavioral Health Services
- Harding University - School of Pharmacy
- University of Arkansas Medical Sciences
- University of Arkansas at Little Rock - Institute of Government
- Arkansas State University
- Arkansas Department of Corrections
- Veteran Administration
- United States Air Force Base
- Community Mental Health Centers of Arkansas
- MidSOUTH Addictions Training Network
- MidSOUTH Center for Prevention and Treatment
- Arkansas Substance Abuse Certification Board
- Mid-South Summer School
- Behavioral Health Institute
- Community Mental Health Centers Consumer Advocacy Council



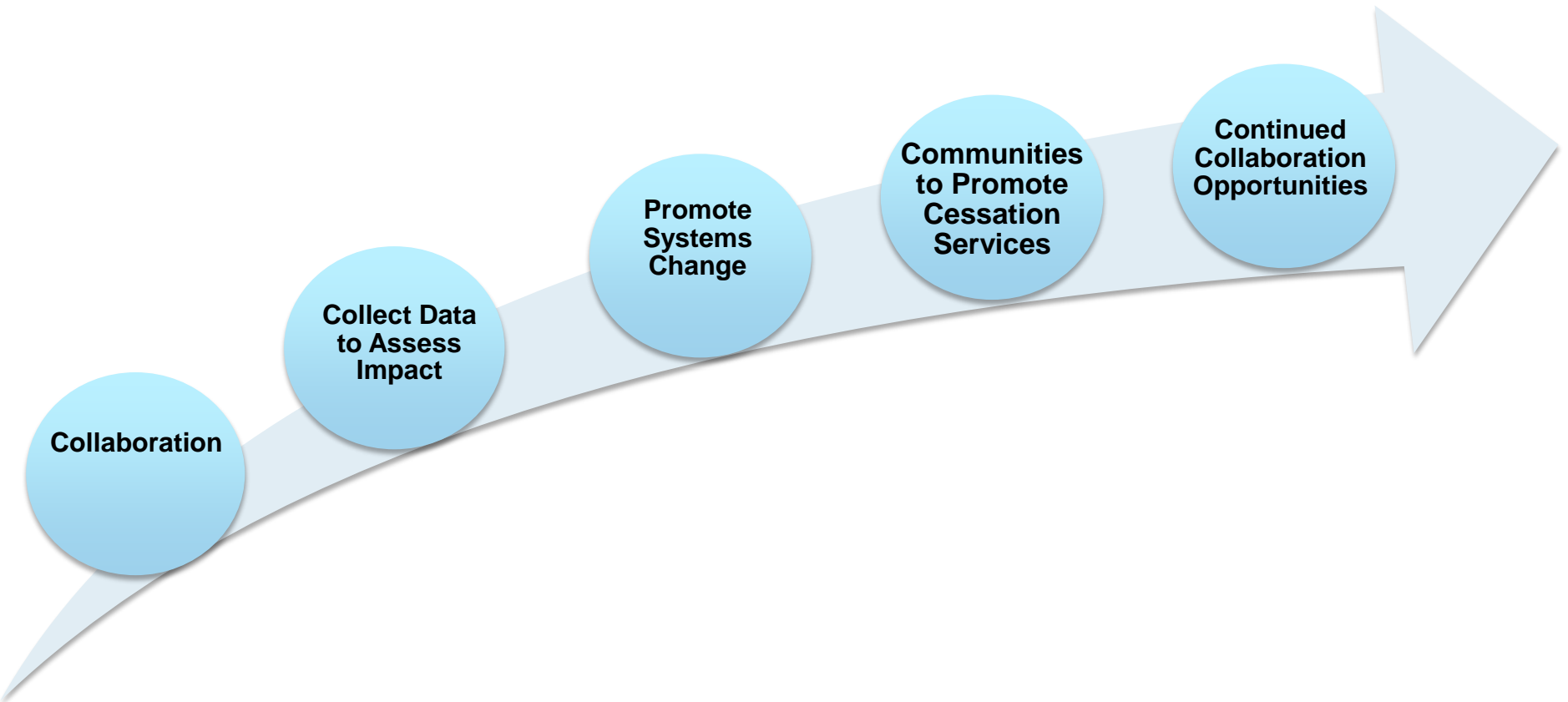
# National Partners

- Centers for Disease Control and Prevention - Office of Smoking and Health
- University of Massachusetts, School of Medicine and Research
- Behavioral Health and Wellness Program, University of Colorado, Anschutz Medical School
- Center for Tobacco Research and Intervention, University of Wisconsin School of Medicine and Public Health
- Substance Abuse and Mental Health Services Administration (SAMHSA)
- Smoking Cessation Leadership Center





# Next Steps



## Contact Information

Brenda Howard  
Arkansas Department of Health  
Tobacco Prevention and Cessation Program  
4815 West Markham  
Little Rock, Arkansas 72205  
501-661-2467  
[Brenda.k.howard@arkansas.gov](mailto:Brenda.k.howard@arkansas.gov)



# Tobacco Use Treatment Program



Probation & Parole Treatment Services

# Probation & Parole Treatment Services

- Treatment Services Overview

- \_\_\_ Coverage Area

- \_\_\_ Population Served (Probationers & Parolees)

- \_\_\_ Treatment Staff (64 Credentialed; 40 Reg. CIT)

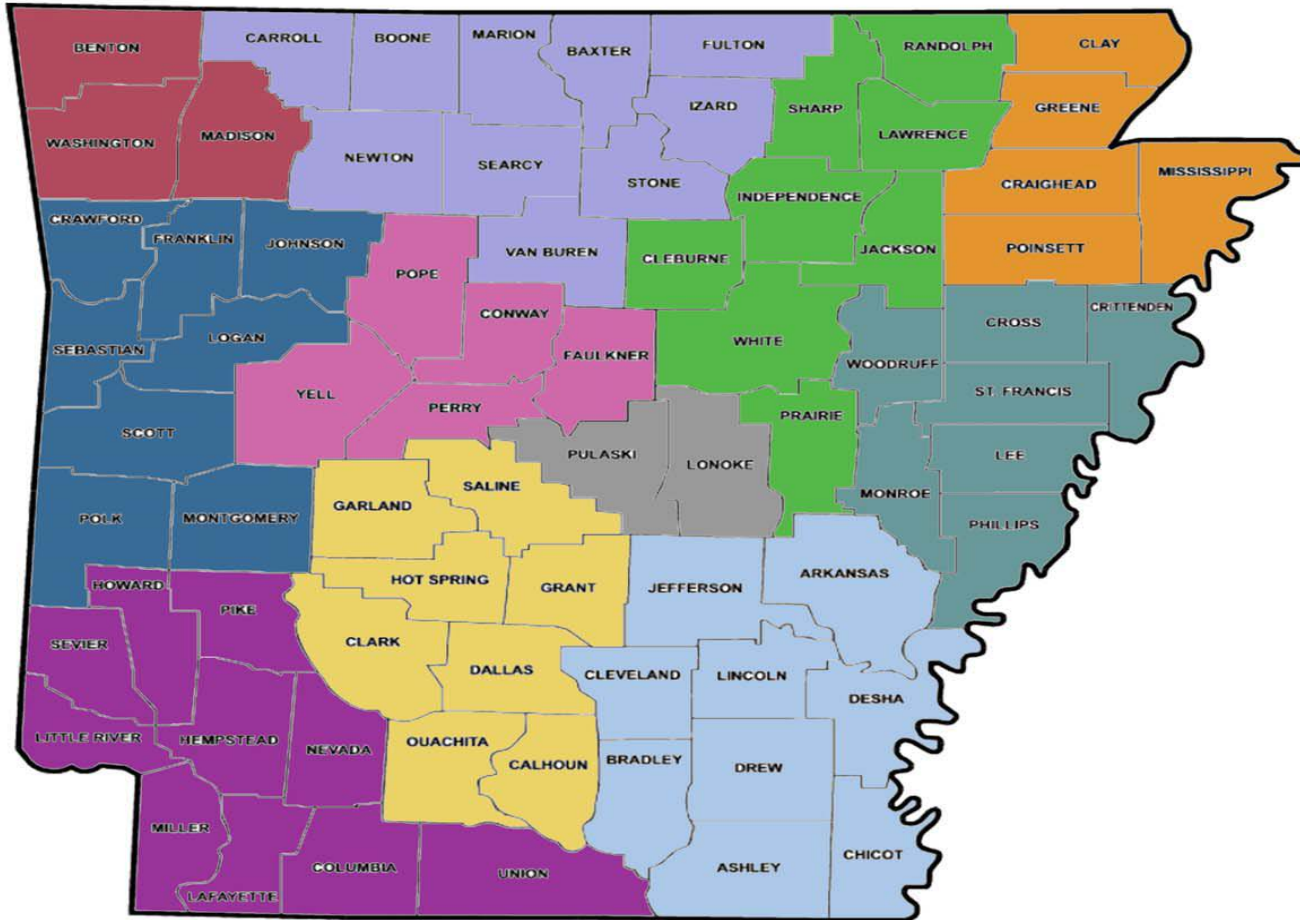
- Tobacco Use Treatment Program

- \_\_\_ Format

- \_\_\_ Curriculum: Dimensions-Tobacco Free Program

- \_\_\_ Continuing Care Program

# ACC Area Map



# September 2014 Report

- 3,562 Clients Received Tobacco Education
- 27 Clients Completed Dimensions Program
- 243 Active in the Dimensions Program
- 40 Quit-line Referrals made in September

# Contact Information

Ben Udochi

P & P Treatment Services

Arkansas Community Correction

2001 Pershing Circle, Suite 300

NLR, AR 72114

501 852-9034

[ben.udochi@arkansas.gov](mailto:ben.udochi@arkansas.gov)

# Questions and Answers



- Submit questions via the **chat box**



# Contact SCLC for technical assistance



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# Closing remarks

- Please help us by completing the post-webinar survey.
- Save the date! Our next webinar will be on **Friday, November 21<sup>st</sup> at 1pm ET**. Registration is coming soon!
- Thank you for your continued efforts to combat tobacco.

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