INTEGRATING TOBACCO CESSATION INTO ADDICTION TREATMENT (ITCAT)

A Survey of Addiction Treatment Programs in Ontario, 2010

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Why?

Tobacco

- #1 drug problem:
- morbidity, mortality, costs to economy
- #1: cause of death among clients
- poorer outcomes
- high demand
Tobacco Marginalized in the Addiction Treatment Policy Arena

- the words tobacco & smoking do not appear
Tobacco Marginalized in Service Delivery

Service providers reluctant to include tobacco cessation as part of treatment:

- discouraged by Ministry
- ambivalence among smoking counsellors
Survey the Field

Two Questions:

1) Provide smoking cessation? (yes/no)
2) If no, what are the barriers?

Option: comments
Survey Distribution

- email to practitioner members of AO & OFCMHAP
- 183 organizations operating 1395 programs
- emailed again 10 days later
- phone call to non-responders a week later
- all organizations phoned 2 or 3 times
- CAMH’s Provincial Services followed up with remaining non-respondents in their respective communities
Results

- 132 organizations (1130 programs) responded
- 72.1% of organizations & 81.0% of programs

- 31 organizations (266 programs) provide smoking cessation
- 23.5% of organizations & 23.5% of programs
Barriers

Organized by 3 implementation strategies:

1) Increase Awareness (18.0 %)

- not important to clients
- clients need smoking to cope with problems
- not as important as other issues
- jeopardize other treatment goals
- too dramatic of a change for program’s culture
- increase program wait times
Barriers (cont’d)

2) Mandate Renewal (28.6 %)
- no formal mandate from funder (MoH&LTC)

3) Resources (53.2%)
- staff training
- stop-smoking medication
- adequate staffing levels
Clinical Practice Issues & Next Steps
Client Access to Integrated Treatment

- programs providing tobacco cessation are now identified as such in DART database
- Connex staff can search the database
- client search on DART website coming
- Connex provides reports to reflect progress
Increase Awareness

Continued awareness sessions:

- AO Conference May 2011
- McMaster Psychiatry Research Day, Apr 2011
- Proposal to MoH&LTC for OTN Awareness event, TEACH training & community of practice
Mandate Renewal

Communication strategy being developed:

- addictions practitioners
- LHINs
- Ministry
Needed Resources

Funding proposal being prepared for Ministry:

- increased awareness & training in clinical tobacco cessation (TEACH)
- community of practice
- access to stop-smoking medications
- improved staffing capacity
Read our reports:
www.camh.net/Public_policy/index.html

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