

Tobacco Cessation Resources for Psychiatric Hospitals

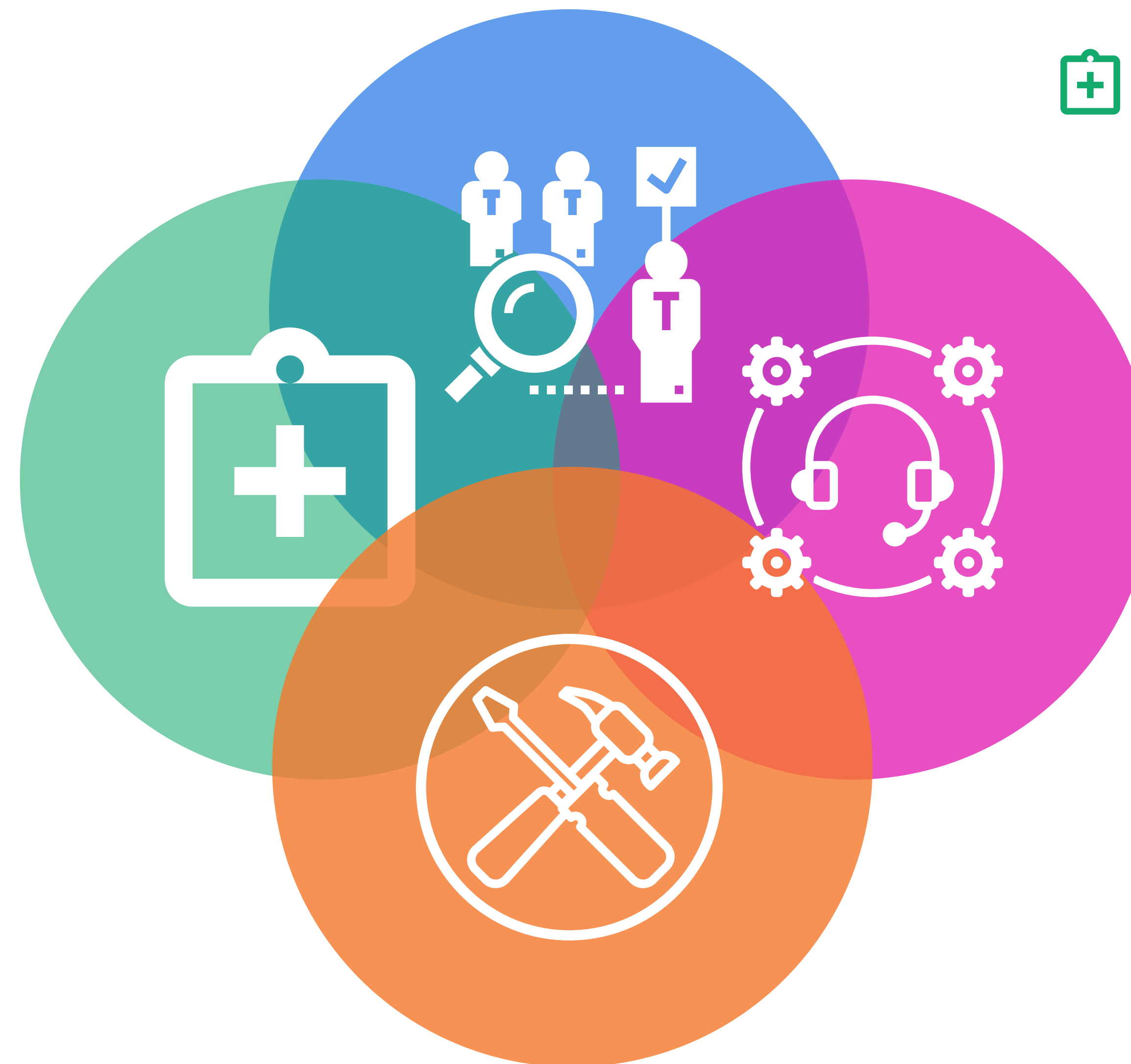
Incorporate these tobacco cessation strategies into wellness approaches to promote recovery self-management and improved discharge referrals with adults receiving in-patient psychiatric services

SCREENING & ASSESSMENT

[The 5 A's: Brief Intervention Role Play](#)
[The 5 A's and 5 R's clinical prompt sheet](#)
[Brief interventions for tobacco use](#)
[Conversations for Change: Demonstration videos](#)
[Tobacco Cessation Best Practices: Motivational Interviewing](#)

PLANNING TO QUIT

[Overcoming Tobacco Addiction](#)
[How to Quit Smoking](#)
[8 Steps to Quitting for Good](#)
[Start Your Quitting Journey Today!](#)
[13 Best Quit Smoking Tips](#)
[Medications for Tobacco Cessation](#)
[Know the real cost of cigarettes](#)
[CDC Quit Guide](#)
[Drug Interactions with Tobacco Smoke](#)
[This Free Life for LGBTQ young adults](#)



RECOVERY SELF-MANAGEMENT

[You Can Quit Smoking: Here's How Tools & Tips To Quitting](#)
[Quit Smoking and Vaping Tools](#)
[10 ways to resist tobacco cravings](#)
[Quit-Smoking Tips from Behavioral Health Patients](#)
[6 Tips for people trying to quit smoking](#)
[How to use NRT medications](#)

DISCHARGE SUPPORT

[CMS Inpatient Psychiatric Outcome Tobacco Measures](#)
[SHARE Approach Workshop Curriculum](#)
[Personalized Quit Sheet](#)
[Build Your Own Quit Plan](#)
[Virtual patient training scenarios](#)
[Every Try Counts app](#)
[1-800-QUIT-NOW](#)

TOOLKITS & CURRICULUM

[Tobacco Free Living in Psychiatric Settings](#)
[Dimensions Toolkit for Healthcare/ Behavioral Health](#)
[CDC Provider Education & Training](#)
[Healthcare Provider Resources](#)
[Native American Action Plan For Pregnant and Post-partum Women](#)
[NYC Quits](#)
[RxforChange: Clinician Assisted Tobacco Cessation](#)

[A Toolkit for Substance Abuse Treatment Providers](#)
[NIH Report on Tobacco and E-cigarettes](#)
[Toolkits and Clinical Guides for Tobacco Cessation](#)
[SMI Advisor Knowledge Base](#)
[Smoking Cessation Leadership Center](#)
[TIP 35 Enhancing Motivation for Change, Revised](#)



Tobacco Cessation Sources

SCREENING & ASSESSMENT

<https://youtu.be/yzWfgjXsgr4>
<http://nri-inc.org/focus-areas/performance-measurement/clinical-oversight/tobacco-cessation/>
<https://mdquit.org/cessation-programs/brief-interventions>
<https://www.bhwellness.org/resources/videos/conversations-for-change-series/>
<https://www.bhwellness.org/wp-content/uploads/BAC-Module-03.pdf>

PLANNING TO QUIT

<https://www.cancer.org/healthy/stay-away-from-tobacco/guide-quit-smoking.html>
<https://www.helpguide.org/articles/addictions/how-to-quit-smoking.htm>
<https://www.addictionsandrecovery.org/quit-smoking/how-to-quit-smoking-plan.htm>
<https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/index.html>
<https://www.nhlbi.nih.gov/health/educational/healthdisp/pdf/tipsheets/Tips-to-Quit-Smoking.pdf>
<https://www.webmd.com/smoking-cessation/ss/slideshow-13-best-quit-smoking-tips-ever>
<https://www.bhwellness.org/wp-content/uploads/Clinical-Use-of-Pharmacotherapies-for-Tobacco-Cessation-Guidelines.pdf>
<https://therealcost.betobaccofree.hhs.gov/cigarettes>
<https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/index.html>
https://www.aafp.org/dam/AAFP/documents/patient_care/tobacco/drug-interactions.pdf
<https://www.fda.gov/tobacco-products/free-life-campaign>

TOOLKITS & CURRICULUM

https://www.samhsa.gov/sites/default/files/programs_campaigns/samhsa_hrsa/tobacco-free-psychiatric-settings.pdf
https://www.attud.org/pdf/CABHWI_Toolkit_Web_5.30.19.pdf
<https://www.bhwellness.org/toolkits/TF-Toolkit-Supp-Behavioral-Health.pdf>
<http://www.tobacco-cessation.org/PDFs/NativeAmericanActionPlan.pdf>
<https://www1.nyc.gov/site/doh/health/health-topics/smoking-nyc-quits.page>
<https://rxforchange.ucsf.edu/>
<https://www.dshs.wa.gov/sites/default/files/BHSIA/dbh/documents/COTobaccoToolkit.pdf>
<https://www.drugabuse.gov/publications/research-reports/tobacco-nicotine-e-cigarettes/introduction>
<https://dmh.mo.gov/mental-illness/tobacco/toolkits-and-guides>
<https://smiadviser.org/knowledge-base>
<https://smokingcessationleadership.ucsf.edu/>
https://store.samhsa.gov/sites/default/files/d7/priv/tip35_final_508_compliant_-_02252020_0.pdf

RECOVERY SELF-MANAGEMENT

https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm
<https://smokefree.gov/>
<https://truthinitiative.org/what-we-do/quit-smoking-tools>
<https://www.mayoclinic.org/healthy-lifestyle/quit-smoking/in-depth/nicotine-craving/art-20045454>
<https://ctri.wisc.edu/providers/behavioral-health/tobacco-and-behavioral-health-videos/>
<https://truthinitiative.org/research-resources/quit-smoking-vaping/6-tips-people-trying-quit-smoking>
https://hr.umich.edu/sites/default/files/how_to_use_nicotine_replacement_medications.pdf

DISCHARGE SUPPORT

<http://nri-inc.org/focus-areas/performance-measurement/clinical-oversight/tobacco-cessation/>
<https://www.ahrq.gov/health-literacy/curriculum-tools/shareddecisionmaking/index.html>
<https://www.ahrq.gov/sites/default/files/wysiwyg/professionals/clinicians-providers/guidelines-recommendations/tobacco/clinicians/tearsheets/tearsheet.pdf>
<https://smokefree.gov/build-your-quit-plan>
<https://virtualrx.ucsf.edu>
<https://everytrycounts.betobaccofree.hhs.gov/>
https://www.cdc.gov/tobacco/quit_smoking/cessation/faq-about-1-800-quit-now/index.html/

