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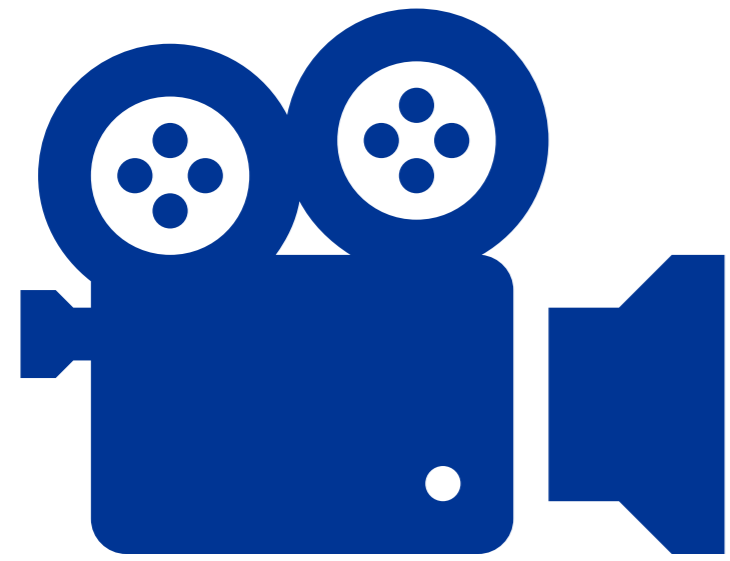


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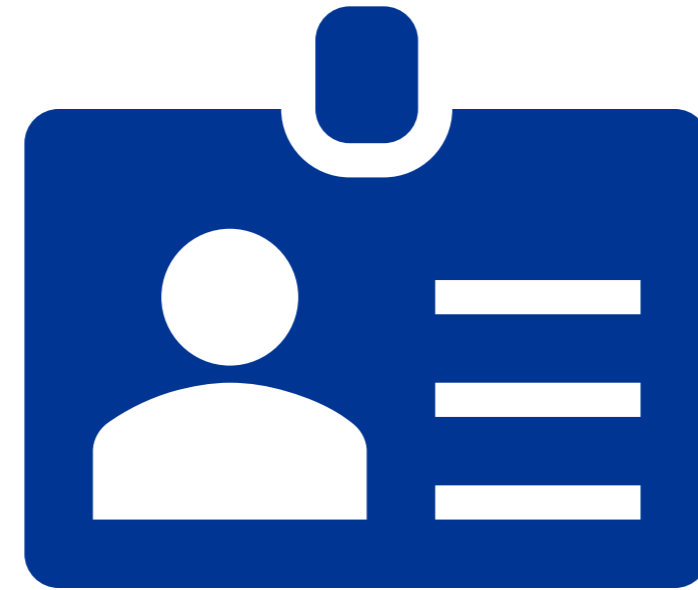
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- Access to the **Q & A** box

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- Everyone on every PERU webinar is **valued**. Everyone has an expectation of **mutual, positive regard** for everyone else that respects the **diversity** of everyone on the webinar.
- We operate from a **strength-based, empathetic, and supportive** framework – with the people we serve, and with each other on PERU webinars.
- We encourage the use of **affirming language** that is not discriminatory or stigmatizing.
- We treat others as **they** would like to be treated and, therefore, avoid argumentative, disruptive, and/or aggressive language.

# Mutual Agreement (continued)

- We strive to: **listen** to each person, avoid interrupting others, and seek to **understand** each other through the Learning Network as we work toward the highest quality services for Centers of Excellence (COE) clients.
- Information presented in Learning Network sessions has been vetted. We recognize that people have different opinions, and those **diverse perspectives** are welcomed and valued. Questions and comments should be framed as **constructive feedback**.
- The Learning Network format is **not conducive to debate**. If something happens that concerns you, please send a chat during the session to the panelists and we will attempt to make room to address it either during the session or by scheduling time outside of the session to process and understand it. Alternatively, you can reach out offline to your PERU point of contact.

# Acknowledgements

- The COE project is a partnership of the University of Pittsburgh's Program Evaluation and Research Unit and the Pennsylvania Department of Human Services; and is funded by the Pennsylvania Department of Human Services, grant number 601747.
- COE vision: The Centers of Excellence will ensure care coordination, increase access to medication-assisted treatment and integrate physical and behavioral health for individuals with opioid use disorder.







PENNSYLVANIA  
Statewide Tobacco-Free  
Recovery Initiative

# *Learn to be Tobacco-Free!*

*Tony Klein, MPA, NCACII  
TRWIPhiladelphiaTraining@gmail.com*

# Discussion

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- Define tobacco addiction
- Proactive strategy to adapt to behavior change
- Ways to relieve craving and withdrawal
- Identify how to support family members who use tobacco



# Tobacco Use Disorder

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## **PHYSICAL**

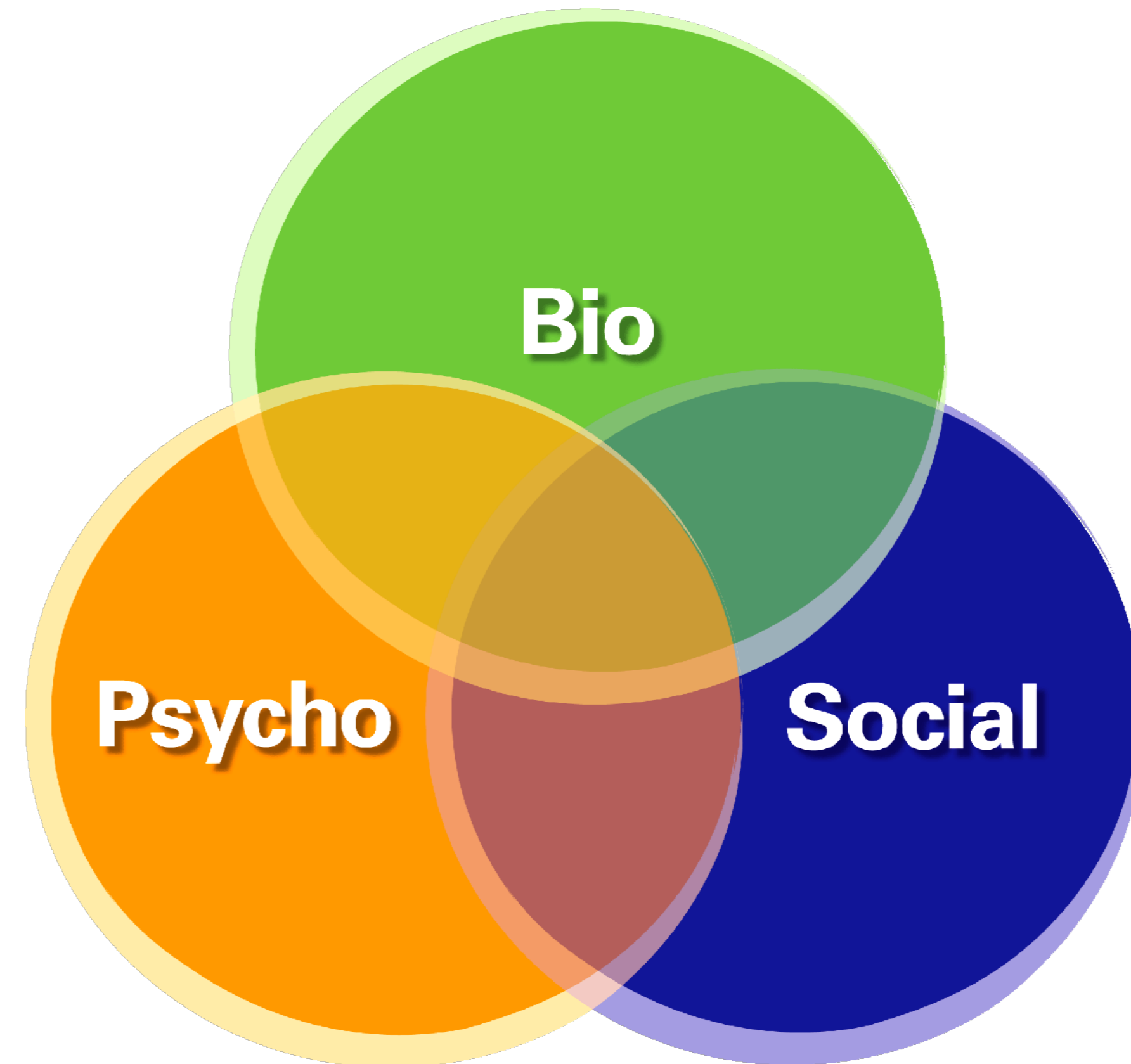
- Nicotine dependence

## **BEHAVIORAL**

- Routines & Rituals
- Environmental triggers

## **EMOTIONAL**

- Mood-regulation
- “Relationship”



# Smoking & Vaping Produces Chronic Stress

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Immediately after exposure to nicotine, there is a "kick" caused in part due to the drug's stimulation of the adrenal glands and resulting discharge of epinephrine...

- Release of adrenaline
- Increase to blood pressure
- Elevated heart rate
- Constriction to blood vessels
- Reduced oxygen supply increasing stress to heart
- Bronchospasm - tightening of the muscles that line the airways

## Cycle of Tobacco Withdrawal



A "sense of relief" is interpreted as being calming even though physical and psychological stress is increased.

# Plan For Success!

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## Learning tobacco-free coping skills:

Growth-promoting, not deficit reducing

A process, not an event

Takes planning and practice, then it becomes natural

## Components of a tobacco use disorder recovery plan:

Process motivation - set goal and self-reward

Develop a withdrawal management strategy

Design a structured approach for behavior change

Prepare for unexpected challenges



# Motivation and Goal-Setting

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*How is your life going to be better tobacco-free?*

Improve your physical  
and mental health

Save money

Enhance your confidence  
and self-image

Reduce social stigma

Enrich quality of life for you  
and your family



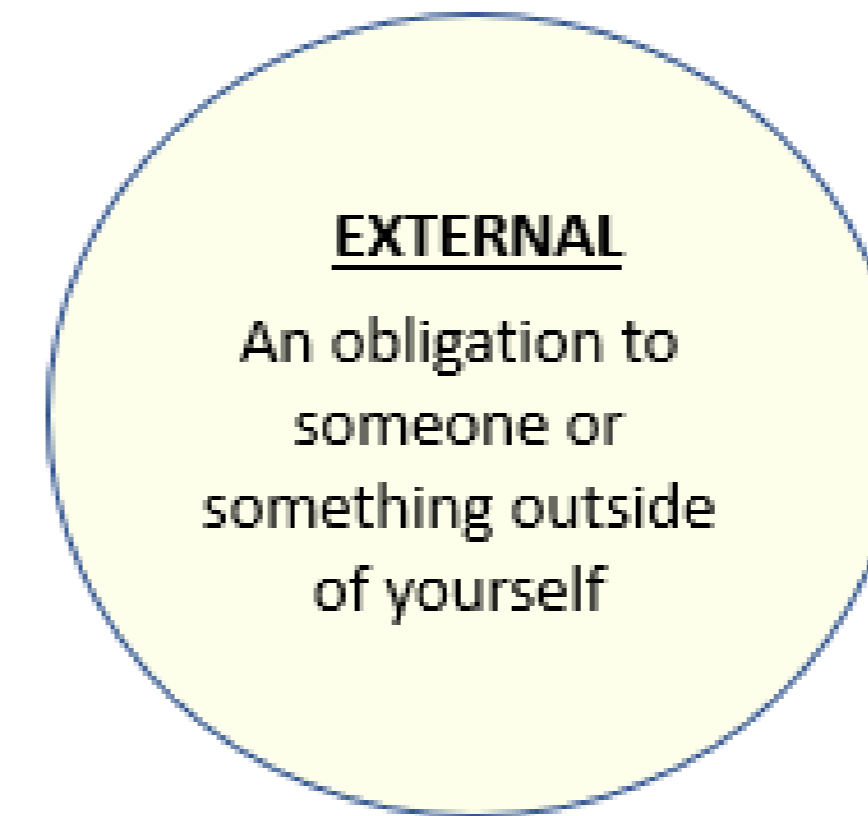
DEEP VERSUS  
SUPERFICIAL DRIVER

## Recommendations

- Clearly define your goal - keep it concise and simply stated.
- Thoroughly process your motivation.

# Process Motivation

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## **Recommendations**

- If motivation is external, when things get tough it's all too easy to give up, to put in less effort, or convince yourself the goal wasn't worth it.
  - If your motivation is internal and you see each day as part of an evolving process, the effort given is rewarding itself and not reliant on an external reward.
- Write a letter of encouragement to self.
  - Think about behavior change through a strength perspective.
  - Create a personal slogan or affirmation.
  - Symbolize your goal and outcome expectations with a tangible item.

# Develop a Physical Withdrawal Plan

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- Tobacco users titrate their dose and nicotine level
- Nicotine dose varies with puff volume, depth of inhalation, rate and intensity of puffing
- Someone who reports smoking a pack of cigarettes a day absorbs somewhere between 20 to 60mgs of nicotine daily.
- When the nicotine level drops below 50% of what they are accustomed to they will experience tobacco withdrawal symptoms:
  - Irritability, frustration, or anger
  - Anxiety
  - Difficulty concentrating
  - Increased appetite
  - Restlessness
  - Depressed mood
  - Insomnia





# Tobacco Withdrawal Medications

## *Controller and Reliever*



(Selby & Zawertailo, 2022)

# Withdrawal Medications Help – A Lot!

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## *What We Need to Know...*

- Many believe that withdrawal medications are not effective because they have used it improperly, often underdosing or discontinuing it prematurely.
- FDA–approved pharmacological treatments to manage craving and withdrawal are safe, well tolerated, and effective.
- Strong evidence indicates that pharmacotherapy with a behavior modification plan can **double the likelihood of achieving sustained tobacco abstinence**.
- Two NRT products, together with a behavior change strategy **increases success rates by more than 10 times over using a “cold turkey” approach**.
- Not knowing the value of using a medication can result in a reluctance to use it.

## Recommendations

- Do your research.
- Talk to your medical professional:
  - Withdrawal vs. toxicity
  - Type of products
  - Combination therapy
  - Proper use of products
  - Treatment regimen
  - Length of treatment regimen

# Environmental Triggers and Cues

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Every moment has its time. Pleasurable moments with a friend as well as painful moments because of hurt feeling will pass. I remember the adage **“this too shall pass”** when the desire to smoke again clouds my thoughts and disrupts my actions.

The moments that herald the euphoric recall of a day’s first cigarette are just as fleeting as the moments I’ll spend at a stop sign or dialing a phone today. Time passes on. I can’t stop it, nor does it wait for me.

My desire to smoke a cigarette will pass because its moment will pass. All I have to do is give my attention to the next moment as it signals me.

**I can live through today’s collection of moments without tobacco.**

# Behavioral Change Plan

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**HALT** = Hungry, Angry, Lonely, Tired

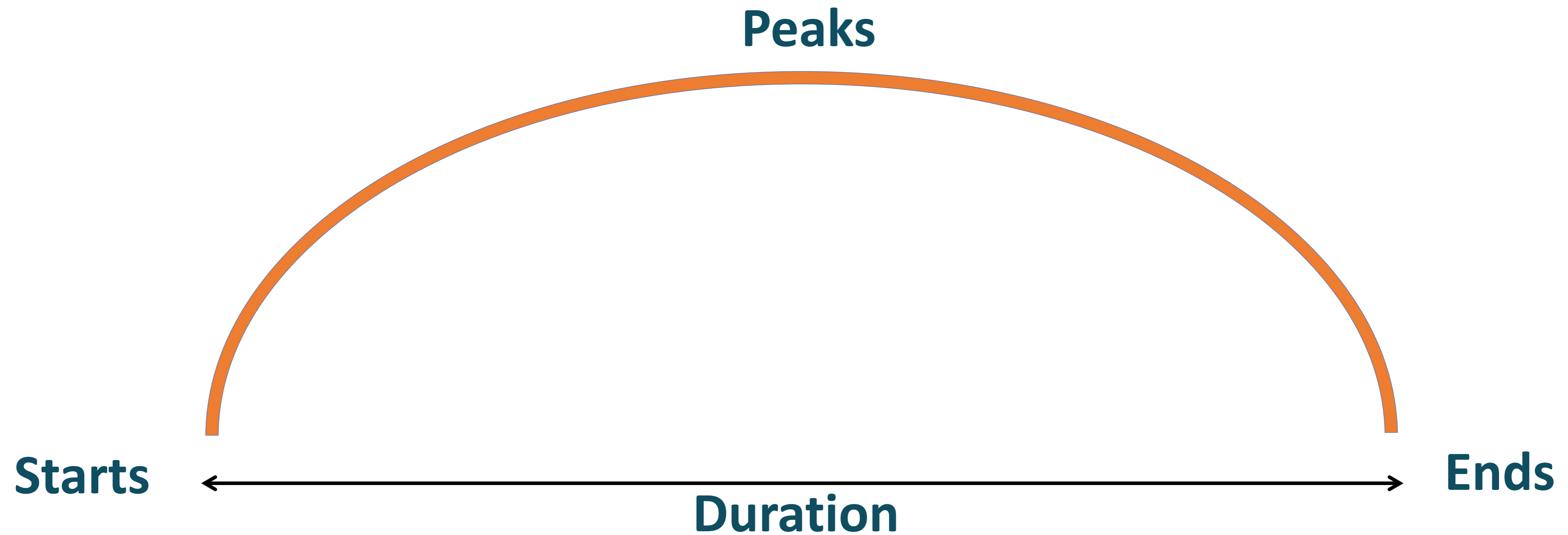


## Recommendations

- Approach your day in segments  
– consider a “day-at-a-time” written plan.
- Change the setting – rearrange furniture.
- Intentionally spend time in smoke-free environments.
- If indicated, reduce caffeine and/or sugar consumption.
- Replace, don't resist.
- Celebrate progress!

# MANAGING ENVIRONMENTAL CUES

*When will it happen? How long will it last? How will I manage it?*



# MANAGING ENVIRONMENTAL CUES



**Peaks**

**Ends**

**Starts**

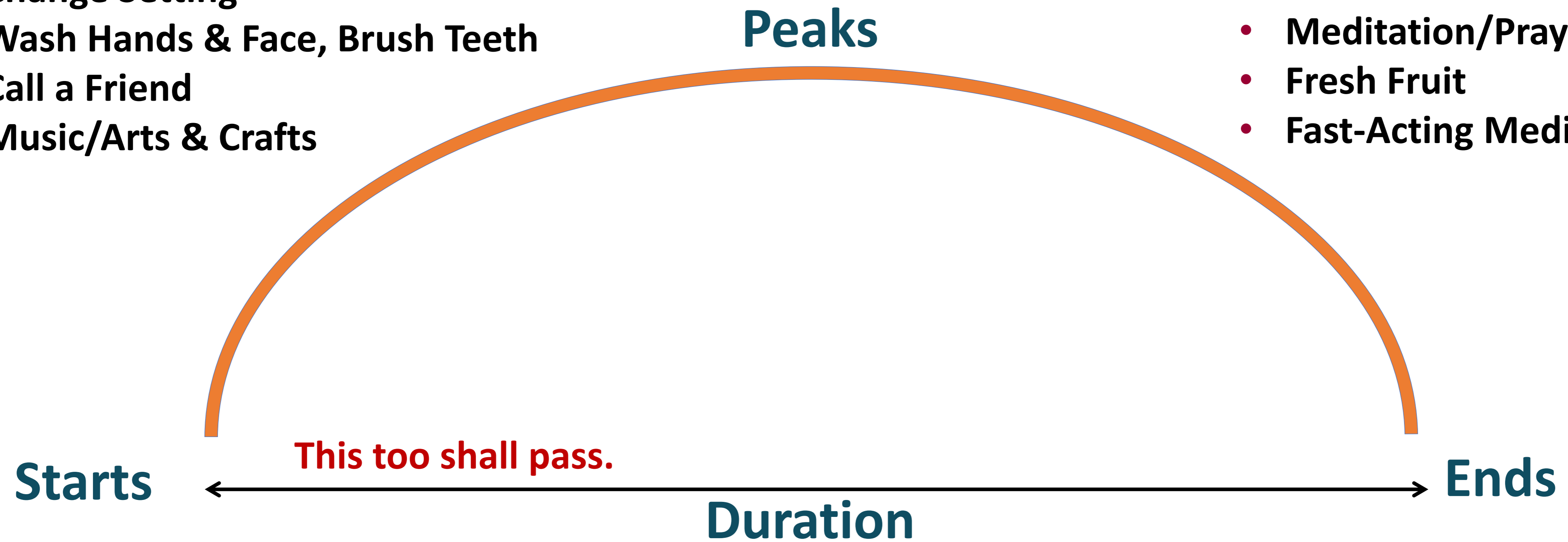


**Duration**

# MANAGING ENVIRONMENTAL CUES

- Shift Focus
- Change Setting
- Wash Hands & Face, Brush Teeth
- Call a Friend
- Music/Arts & Crafts

- Physical Exercise
- Relaxation Breathing
- Meditation/Prayer
- Fresh Fruit
- Fast-Acting Medication



As we reinforce new patterns of behavior, old patterns fade.

# Keep in Mind the 5 D's

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- **Delay** the 'craving' to smoke until it passes. Remember, "this too shall pass." It really does!
- **Discuss** or turn to a friend for support. It helps to have someone to talk to and who offers encouragement.
- **Deep Breathe**. It will relax you. Slow controlled breathing reduces a desire to light up.
- **Distract**. Turn your attention to activity that may include arts and crafts, playing an instrument, going for a walk, shooting hoops, working out, or a million other things.
- **Drink lots of water** – carry around a water bottle. The hand to mouth movement replaces the act of smoking and keeping well hydrated will make you feel better in general.





# Enhance Confidence

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## *Learn to drive your vehicle tobacco-free*



- Create tobacco free setting – clean interior.
- Affirm personal commitment to abstain.
- Drive an alternate route.
- Have replacement “hand to mouth” aids – water bottle, dental pics, sugar-free candy, nicotine gum, lozenges, inhaler, etc.
- Acknowledge reinforcement process and comfort level.

# Enhance Confidence

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***Learn to be in a setting  
where others are smoking***



- Arrive late, leave early.
- Go with a non-smoking friend.
- Affirm personal commitment to abstain.
- Have replacement “hand to mouth” aids – water bottle, dental pics, sugar-free candy, nicotine gum, lozenges, inhaler, etc.
- Share your decision to be tobacco-free - don’t keep it a secret.
- Gradually extend the time you arrive and leave as comfort level increases.

***Be smart, not tough!***

# Family Communication

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## Recommendations

- Hope-inducing messaging
- Be a role-model
- Negotiate healthy boundaries
- Highlight the benefits



***“I will be gentle with myself and others while I go through this very human process of change.”***

## Benefits

- Decrease depression, anxiety, and stress
- Increase positive mood and quality of life
- Boost self confidence and self-image
- Improve physical health and wellness
- Enhance the probability of long-term MH/SUD recovery

# Sustainability

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*If Plan A isn't meeting your needs, develop Plan B!*

**When not smoking, what is the most difficult thing about staying tobacco-free?**

**I became anxious, irritable, or depressed.**

Indication: Tobacco withdrawal, underutilization of pharmacotherapy

**People smoking around me.**

Indication: Environmental cues, inadequate social supports or premature engagement

**I just missed it.**

Indication: Emotional grieving, need for additional replacement behavior; revisit goal; acknowledge rewards

## Recommendations

- Maintain a progressive learning mindset
- Prepare for first time experiences
- Remember environmental cues change with activity related to the four seasons
- Consider keeping a journal to track process
- Highlight the benefits
- Celebrate your progress!

Symptom	Cause	Duration	Relief
Chest tightness	Sore muscles from coughing	A few days	Relaxation techniques Deep breathing
Constipation, stomach pain, gas	Intestinal movement decreases	1–2 weeks	Drink plenty of fluids Add fruits, vegetables, and wholegrain cereals to diet
Cough, dry throat, nasal drip	The body is getting rid of mucus from blocked airways	A few days	Drink plenty of fluids
Difficulty concentrating	The body needs time to adjust to not having constant stimulation from nicotine	A few weeks	Plan workload accordingly Avoid additional stress
Dizziness	The body is getting extra oxygen	1–2 days	Use extra caution Change positions slowly
Fatigue	Nicotine is a stimulant	2–4 weeks	Take naps NRT may help
Hunger	Cravings for a cigarette can be confused with hunger pangs	Up to several weeks	Drink water or low-calorie liquids and snacks
Insomnia	Nicotine affects brain wave function and influences sleep patterns; dreams about smoking are common	1–2 weeks	Limit caffeine intake Relaxation techniques
Irritability	Craving for nicotine	2–4 weeks	Physical exercise Relaxation techniques

(McDonnell et al., 2014)

# Community Resources

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## Recommendations

### **Pennsylvania Department of Health Free Quitline**

[pa.quitlogix.org](http://pa.quitlogix.org)

1-800-QUIT-NOW (1-800-784-8669)

1-855-DEJELO-YA (1-855-335-3569)

Provides coaching over the telephone or online in English and Spanish and technology-based support including email, text, and chat.

### **The University of Pennsylvania Comprehensive Smoking Treatment Program**

[penmedicine.org/quitinfo](http://penmedicine.org/quitinfo)

1-888-PENN-STOP (1-888-736-6786)

Offers in-person and telehealth visits to manage a personalized tobacco treatment plan.

### **Nicotine Anonymous**

[nicotine-anonymous.org](http://nicotine-anonymous.org)

Provides online video conference meetings, internet, and phone meetings. NicA offers 12-Step tobacco recovery online books and pamphlets. The literature is available in seventeen languages.



[learninghub.dbhids.org](http://learninghub.dbhids.org)

### **Course 2: Tobacco Use Disorder Treatment**





**Tobacco recovery is safe, achievable,  
reduces social stigma,  
improves mental and physical health and  
enhances quality of life.**



*Thank  
You*

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