Tobacco Interventions for Clients with Mental Illness and/or Substance Use Disorders

The learner has the knowledge, skills and abilities to provide a client-centred, biopsychosocial approach to screen, engage and treat clients with a mental illness and/or substance use disorder for tobacco use. They should also be able to apply these skills and approaches to tobacco users to detect common mental illnesses and other substance use disorders and refer as appropriate. The learner should be able to design a treatment program for such clients.

1. **The relationship between Tobacco Use Disorder and Mental Illness and/or Substance Use Disorders**
   1.1. **Examine the relationship between tobacco use disorder and mental illness and/or substance use disorders**
       1.1.1. Identify the prevalence of tobacco use among clients with a mental illness and/or substance use disorder
       1.1.2. Describe the association between tobacco use and mental illness and/or substance use disorders
       1.1.3. Distinguish between withdrawal-induced mood changes and the diagnoses of depression and anxiety
       1.1.4. Describe the benefits of quitting tobacco use to clients with a mental illness and/or substance use disorder
       1.1.5. Explain how the social determinants of health impacts tobacco use disorder among individuals living with a mental illness and/or substance use disorder
   1.2. **Applying an ethical framework when working with clients living with a mental illness and/or substance use disorder who also use tobacco**
       1.2.1. Discuss the legal duty to treat tobacco use disorder among clients living with a mental illness and/or substance use disorder
       1.2.2. Explain the benefits of addressing tobacco use disorder concurrently with clients living with a mental illness and/or substance use disorder
       1.2.3. Identify ethical issues in deciding treatment for tobacco cessation (e.g., CLEOS framework)

2. **Assessment of tobacco use among clients with a mental illness and/or substance use disorder**
   2.1. **Select screening and assessment tools for tobacco use disorder for clients living with a mental illness and/or substance use disorder**
       2.1.1. Screen all clients living with a mental illness and/or substance use disorder for tobacco use
       2.1.2. Adapt tobacco use assessment for clients with a mental illness and/or substance use disorder
       2.1.3. Identify screening and assessment tools for tobacco use disorder
   2.2. **Select screening and assessment tools for mental illness and/or substance use disorders**
       2.2.1. Screen all clients who use tobacco for a mental illness and substance use disorder

2.2.2. Identify screening and assessment tools for mental illness and substance use disorders

2.2.3. Screen clients for risk (harm to self and others)

3. **Client-centred, biopsychosocial, evidence informed interventions**

3.1. **Integrate evidence-based treatment guidelines for tobacco cessation for clients living with a mental illness and/or substance use disorder into practice**

3.1.1. Identify tobacco cessation guidelines (e.g. CAN-ADAPTT)

3.1.2. Apply tobacco cessation guidelines (e.g. CAN-ADAPTT)

3.2. **Develop a treatment plan in collaboration with the client**

3.2.1. Discuss treatment strategies using appropriate language and resources

3.2.2. Create an individualized treatment plan based on client assessment

a) SMART goals

b) Strategies to quit or reduce tobacco use using EBB (environment, behaviour, and biology)

c) Drug interactions and effects of tobacco cessation on medications

d) Relapse prevention

e) Harm reduction

f) Concurrent versus sequential treatment

3.2.3. Collaborate with other individuals within the client's circle of care to coordinate treatment

3.3. **Provide psychosocial interventions for tobacco cessation for clients living with a mental illness and/or substance use disorder**

3.3.1. Adapt Motivational Interviewing skills for clients living with a mental illness and/or substance use disorder

3.3.2. Adapt psychosocial interventions (EBB) for clients living with a mental illness and/or substance use disorder

3.4. **Provide pharmacological interventions for tobacco cessation for clients living with a mental illness and/or substance use disorder**

3.4.1. Adapt pharmacological approaches

a) Indications, contraindications, and health claims

b) Precautions

c) Adverse effects

d) Combination treatment

e) Dose personalization

f) Follow up and assess mood

4. **E-cigarette Use and Vaping**

4.1. **Examine the relationship between e-cigarette use/vaping and mental illness and/or substance use disorders**

4.1.1. Identify the prevalence of e-cigarette use among clients with a mental illness and/or substance use disorder

4.1.2. Describe the reasons for e-cigarette use among clients with a mental illness and/or

substance use disorder

      4.1.3. Explain the health effects of e-cigarette use among clients with a mental illness and/or substance use disorder

  4.2. Provide interventions for vaping cessation for clients with a mental illness and/or substance use disorder

      4.2.1. Screen all clients with a mental illness and/or substance use disorder for e-cigarette use and dependence

      4.2.2. Adapt e-cigarette use assessments for clients with a mental illness and/or substance use disorder

      4.2.3. Provide psychosocial interventions for vaping cessation for clients with a mental illness and/or substance use disorder

      4.2.4. Provide pharmacological interventions for vaping cessation for clients with a mental illness and/or substance use disorder

  4.3. Identify opportunities for e-cigarettes as a combustible tobacco cessation aid for clients with a mental illness and/or substance use disorder

      4.3.1. Describe the benefits of e-cigarettes as a combustible tobacco cessation aid for clients with a mental illness and/or substance use disorder

      4.3.2. Discuss harm reduction strategies for e-cigarette use for clients with a mental illness and/or substance use disorder

5. Program and Systems Level Implementation

  5.1. Identify barriers and enablers to tobacco cessation programming for clients living with a mental illness and/or substance use disorder

      5.1.1. List barriers and enablers/recommendations to implementation of cessation programming

          a)   Practice

          b)   Program

          c)   Organization

          d)   System

      5.1.2. Develop an implementation plan to address barriers within your scope

  5.2. Identify opportunities to advocate for tobacco cessation for clients living with a mental illness and/or substance use disorder

      5.2.1. Advocate for tobacco free living

      5.2.2. Support tobacco free policies

      5.2.3. Support acute management of nicotine withdrawal for clients who use tobacco upon hospital admission

      5.2.4. Advocate for coverage of medication for tobacco use disorder for clients with a mental illness and/or substance use disorder

Learning Objectives (workshop):

1. Examine the relationship between tobacco use disorder and mental illness and/or substance use disorders.
2. Apply an ethical framework when working with clients living with a mental illness and/or substance use disorder who also use tobacco.
3. Select screening and assessment tools for tobacco use disorder for clients living with a mental illness and/or substance use disorder.
4. Provide psychosocial interventions for tobacco cessation for clients living with a mental illness and/or substance use disorder.
5. Discuss pharmacological interventions for tobacco cessation for clients living with a mental illness and/or substance use disorder.
6. Discuss strategies and unique considerations tailored to e-cigarette use/vaping with clients who are living with a mental illness and/or substance use disorder.
7. Identify opportunities to advocate for tobacco cessation for clients living with a mental illness and/or substance use disorder.

The learning objectives for this TEACH Specialty course are linked to the **CanMEDS Physician Competency Framework** recommended by the Royal College of Physicians and Surgeons of Canada (http://www.royalcollege.ca/rcsite/canmeds/canmeds-framework-e).

See below to find out how this TEACH Specialty course's learning objectives relate to the specific roles outlined in the **CanMEDS** Physician Competency Framework. Note that these learning objectives reflect the content covered in the course.

TEACH Specialty Course - Learning Objectives	CanMEDS Physician Competency Framework - Roles
Examine the relationship between tobacco use disorder and mental illness and/or substance use disorders.	Communicator, Collaborator, Scholar, Professional
Apply an ethical framework when working with clients living with a mental illness and/or substance use disorder who also use tobacco.	Communicator, Collaborator, Leader, Health Advocate, Professional
Select screening and assessment tools for tobacco use disorder for clients living with a mental illness and/or substance use disorder.	Communicator, Health Advocate, Professional
Provide psychosocial interventions for tobacco cessation for clients living with a mental illness and/or substance use disorder.	Communicator, Collaborator, Health Advocate, Professional

Discuss pharmacological interventions for tobacco cessation for clients living with a mental illness and/or substance use disorder.	Communicator, Collaborator, Health Advocate, Professional
Discuss strategies and unique considerations tailored to e-cigarette use/vaping with clients who are living with a mental illness and/or substance use disorder.	Communicator, Collaborator, Health Advocate, Professional
Identify opportunities to advocate for tobacco cessation for clients living with a mental illness and/or substance use disorder.	Communicator, Collaborator, Leader, Health Advocate, Professional