

August 13, 2018

Reston Hartsell
Synar/Tobacco Prevention Coordinator
South Carolina (SC) Department of Alcohol and Other Drug Abuse Services (DAODAS)
1801 Main Street, 4th Floor
Columbia, SC 29201

RE: Response To Inquiry Regarding SAMHSA's Recommendation of Adopting Tobacco-Free Facility/Grounds Policies.

Dear Reston,

Thank you for your inquiry requesting clarification of the Substance Abuse and Mental Health Services Administration's (SAMHSA) recommendation of adopting tobacco-free facility/grounds policy in behavioral healthcare settings. This recommendation is located on the SAMHSA tobacco webpage (www.samhsa.gov/atod/tobacco) and states "*SAMHSA recommends the adoption of tobacco-free facility/grounds policies and the integration of tobacco treatment into behavioral healthcare.*" The recommendation is based on the findings below.

SAMHSA's National Survey on Drug Use and Health data indicates that individuals with mental and/or substance use disorders account for 40% of all cigarettes smoked in the United States. But despite the heavy disease and mortality burden, tobacco use prevention and cessation practices are not routinely adopted in behavioral healthcare settings. In addition to the significant physical health benefits of quitting tobacco use, research shows that quitting smoking can improve mental health and addiction recovery outcomes. A 2014 meta-analysis found that smoking cessation is associated with reduced depression, anxiety, and stress and improved positive mood and quality of life compared with continuing to smoke. Among those with substance use disorders, research shows that continued smoking is associated with significantly greater odds of relapse.

Having a tobacco-free/grounds policy where (a) all tobacco products (including cigarettes, cigars, smokeless tobacco, chewing tobacco, and e-cigarettes) are prohibited, (b) smoking is prohibited on all facility premises (indoors and outside), and (c) the policy apply to clients, visitors, and employees sends the message to staff and clients that the organization is committed to the health and wellness of everyone. And it creates a supportive environment for those who want to quit using tobacco.

We greatly appreciate your interest in reducing tobacco use by persons with mental and substance use disorders. Should you have any additional questions or comments, please feel free to contact me by phone or email: 240-276-2442, douglas.tipperman@samhsa.hhs.gov.

Sincerely,

A handwritten signature in black ink, appearing to read "D. Tipperman", with a horizontal line extending to the right.

Douglas Tipperman, MSW
Tobacco Policy Liaison