

Tobacco Free Forum for Mental Health Centers and Psychiatric Facilities

**Coordinated by the University of Colorado Denver, Behavioral Health and Wellness Program and
Supported by the State Tobacco Education and Prevention Partnership**

**Friday September 5, 2008
Meeting Minutes**

Facilitator: Jeanette Waxmonsky, PhD

Attendance List: Jeanette Waxmonsky, Chad Morris, Mandy Graves, Amber Leytem, Jan Moraczewski, Judy Weaver, Scott Utash, Carol Hayward-Utash, Janene Love, Molly Hanson, Tracey Richers Maruyama, Jennifer Lange, Sharon Tracey, and Kay Rosenthal.

Introductions

All attendees gave their name, position, and agency

What would you like to get out of the forum?

Residential Programs

- Scott Utash discussed MHCD's experience going tobacco free, effective June 1st, with the exception of residential programs.
 - Issues encountered- consumers still want to smoke in front of building or on the property. There are unofficial smoking areas- bus stops and neighbor's yards. There is concern as to how this is impacting the neighborhood
- MHCD expressed interest in discussing residential programs going smoke free. Question was raised regarding residential treatment and potential legal issues for residential treatment centers to go tobacco free.

Inpatient Units

- The Colorado Mental Health Institute at Fort Logan is preparing to go smoke free January 5th, and expressed interest in discussing how to prepare clients, addressing staff concerns regarding agitation among clients, etc.
- The Colorado Mental Health Institute at Pueblo went tobacco free June 1st, 2008 and Judy Weaver is willing to share Pueblo's tobacco free policies with the forum.

Good Neighbor Policies

- Discussion regarding impact of tobacco free policies on surrounding neighborhoods:
 - Prior to smoke free date of July 1, MHCD communicated with neighborhood council.
 - The center is working with neighbors to address direct concerns (ex. Center is looking at splitting the cost of building a higher retaining wall to prevent consumers from sitting on property to smoke).
 - MHCD created the "Butt patrol" to clean cigarette butts from neighborhood streets, looking at making them paid positions.
- Many hospitals created good neighbor policies when going smoke free.
 - Denver Health designated a specific number for neighbor complaints about smoking.
 - Staff at Denver Health implementing walking meetings, walk through the neighborhood and see who is out smoking, where the cigarette butts are, etc.
 - Necessary to have a point person for incoming calls and complaints from neighborhoods, it helps if people can talk directly to an administrator.

Action Item:

- **Judy Weaver emailed the CMHI Pueblo policy to the group for review (See attached document in email).**

Staff policies

- Staff policies include 15 minute breaks, some hospitals have required people to clock in and out for 15 minute breaks.

- Denver Health implemented policy in which employees can't smoke in the 15 minute paid break, 30 minute unpaid is allowed as long as they follow tobacco free campus policy and avoid smoking in neighborhood.

Smoke free vs. tobacco free

- Need strong education around all forms of tobacco if you go 100% tobacco free.
- Start education 6-12 months before tobacco free date to give people time to get adjusted, provide support.

Smoke free mental health campuses

- Invite patient representatives to participate on smoke free committee.
 - Get patients involved at various levels: committee membership, poster contest.

Smoke free vs. tobacco free

- Community uses terms interchangeably, need to be more conscientious about wording (ex., smoke free sometimes means just smoke free. MHCD is smoke free, Fort Logan will be going tobacco free)

Enforcement of campus policies

- Patients: enforcement considered a treatment issue.
- Staff: NRT provided to staff for 3 months (2 before, 1 after smoke free date)
 - Progressive discipline, not punitive, 1st offense reported to supervisor (supervisor can educate staff member, encourage if NRT is needed). Multiple offenses more about insubordination then using tobacco, dealt with through demotions, pay loss, even loss of job. Each offense is described in policy.

Action Item:

Behavioral Health and Wellness Program Public Mental Health Tobacco Survey disseminated among forum participants. The survey is aimed toward providers and administrators. Survey will be emailed to phone participants. Please complete and return the survey to:

Chad Morris, PhD
1784 Racine Street
F478
Aurora, CO 80045
chad.morris@ucdenver.edu

Future Forum Meetings

- Invite speakers to present at future meetings regarding experiences going tobacco free:
 - Harvest farms in Larimer county, tobacco free substance abuse treatment
 - Denver Rescue Mission- implementing cessation classes, trying to build staff support.
 - Arapahoe House, tobacco free.
 - Interest expressed in hearing from clients who have/ have not been able to quit
- Topics for future meetings
 - More about the best and emerging practices for tobacco cessation
- Decision made to hold standing meeting
 - bi-monthly
 - 1st Friday of the month

The next meeting will be held in November, date and place TBD (possibly at Fort Logan)

- Potential Agenda: Arapahoe house representative and a consumer to speak. Scott will discuss with MHCD consumers.

Action Item:

Please email the issues you would like to address at the forum to the facilitator at:

Jeanette.Waxmonsky@ucdenver.edu . Topics will be prioritized and emailed to the group.