

ARA Services

Title of Service: Smoking and You

Total Number of Sessions: Approximately 14 sessions.

Duration of each session: 30-45 minutes

PROS Service: Intensive Rehabilitation-Integrated Dual Disorder Treatment

Target population:

- **Diagnoses: Diagnoses:** Must have a diagnosed Axis I Mental Health Disorder and Nicotine Dependence. Participants may be in any stage of change regarding their tobacco use.
- **Barriers to be overcome:**
 - Lack of insight as to how nicotine dependence can impact their physical and mental health.
 - Struggles in negative thinking or self-defeating behaviors.
 - Need of continuance of recovery process and resistance towards complacency.
 - Lack of effective coping skills to manage increased mental health symptoms and stress.

Service Goal: Help consumers understand that healthy living is an attainable goal that can help them feel better in many ways.

Service Objectives:

- Educate participants about the importance of looking at their overall wellness and tobacco use as a part of their recovery from mental illness.
- Identify ways to begin to take steps toward healthier living.
- Gain knowledge about the negative effects of tobacco use.

Sources: Learning About Healthy Living, Tobacco and You, Group I
(Jill Williams, MD, Douglas Ziedonis, MD, MPH, Nancy Speelman, CSW, CADC, CMS, Betty Vreeland, MSN, APRN, NPC, BC, Michelle Zechner, LSW, Raquel Rahim, APRN, Erin L O’Hea, PhD, 06/2005)