



## TOBACCO TRIGGER TAPE SYNOPSES – PEER COUNSELOR MENTAL HEALTH

Tape	Dialogue	Scenario	Problem	Solution
16	"I can't live without cigarettes. I just can't."	Patient with psychiatric illness reacts to the notion of quitting.	Many patients with psychiatric illness believe they cannot function without smoking and are extremely fearful of quitting.	<ul style="list-style-type: none"> <li>• Generally speaking you will approach patients with psychiatric illness in a slightly different manner than patients in the general population. Because smoking is viewed by the vast majority of these individuals as a central part of their life, quitting altogether on a specific day may be untenable and overwhelming. Therefore, it is possible that a tapering schedule, with an eventual quit day, may be more efficacious with some individuals within this population. However, thoroughly discuss the options with the patient before making a decision about methods for quitting.</li> <li>• Individuals with psychiatric or substance abuse problems can quit smoking as well as the general population, as long as the quitting plan meets their specific needs.</li> <li>• Because many psychiatric drugs interact with cigarette smoke, be aware of the need to monitor drug dosing with anyone in this population who is quitting. Consider discussing the situation with the patient's physician prior to their quit date.</li> <li>• Many individuals who say they cannot live without cigarettes literally do believe it. Therefore, be especially empathic and understanding, and do not push. However, make it clear that cigarettes cannot help anyone live a better life, and that the vast majority of the population lives just fine as nonsmokers.</li> </ul>
17	"All those smoking medications cost way too much."	N/A	Many patients who smoke feel that they cannot afford cessation medications, so they continue to smoke.	<ul style="list-style-type: none"> <li>• Point out that all of the cessation products cost between \$3.50 - \$5.00 day, generally the same as a pack of cigarettes.</li> <li>• Do the math. Determine how much the smoker spends <u>in a year</u> on cigarettes and show them how much they will save if they quit.</li> <li>• Remind the patient that although they perceive the products as being expensive, use is only for a short period of time, unlike continued smoking.</li> </ul>
20	"I just have too much stress in my life to even think about quitting."	Patient examination room	The pervasive belief that smoking either gets rid of stress or helps the smoker deal with stress prevents many smokers from attempting to quit or prompts them to relapse back to smoking once they have quit.	<ul style="list-style-type: none"> <li>• Help the patient understand that smoking does not get rid of stress, it causes it.</li> <li>• Because there is no drug in cigarettes that magically gets rid of stress, remind the patient that they have actually been the one to deal with their stress for their entire life. Advise the patient to give themselves credit, not the cigarette, for successful stress management.</li> <li>• Refer patients to local stress management programs, advise them to begin to exercise, or suggest that they take a meditation class, all ways to effectively learn to deal with stress.</li> </ul>

## TOBACCO TRIGGER TAPE SYNOPSES – PEER COUNSELOR MENTAL HEALTH (CONT'D)

Tape	Dialogue	Scenario	Problem	Solution
<b>21</b>	"You don't know what it's like...you've never smoked."	Clinician's office	Many patients who smoke think that only an ex-smoker can be an effective cessation counselor.	<ul style="list-style-type: none"> <li>• Inform the patient that you do not have the disease/condition you are treating them for but that you are still able to help them.</li> <li>• Remind the patient that helping someone deal with a particular condition is a matter of education and skill, not about having had that condition yourself.</li> <li>• Although you may not have had to quit smoking, you have made some type of behavior change in your lifetime. Relay that experience to the patient and use the similarities between that and quitting to help the patient understand that you empathize with what they are going through.</li> </ul>