




Challenges and Solutions for Homeless Populations

Tobacco Cessation



“Most professionals (therapist was the research group) are BLIND to their own state of burn-out, compassion fatigue, or vicarious trauma. While they occur, that it is problematic, they can’t see it.”

From Michelle Salyer, Purdue University, 2013

Importance of Self Care





Start with Purpose and Passion

- Why do you desire to help others kick this habit
- Compound effect - doing the little things makes a big difference in the time continuum of practice
- Once a client owns their WHY, you have begun to help them change
- Always listen for change talk. Even when they enter the room! Engage them in a positive light.

MI is a process



Wherever you are we can work with that!

Below are some thoughts that tobacco and vape users have about quitting. On this ladder, circle the one number that shows what you think about quitting. Please ***read each sentence carefully*** before deciding.

10	I have quit smoking and I will never smoke again.
9	I have quit smoking, but I still worry about slipping back, so I need to keep working on living smoke free.
8	I still smoke, but I have begun to change, like cutting back on the number of cigarettes I smoke. I am ready to set a quit date.
7	I definitely plan to quit smoking in the next 30 days.
6	I definitely plan to quit smoking in the next 6 months.
5	I often think about quitting smoking, but I have no intention to quit.
4	I sometimes think about quitting, but I have no intention to quit.
3	I rarely think about quitting, but I have no intention to quit.
2	I never think about quitting, but I have no intention to quit.
1	I enjoy smoking and have decided not to quit in my lifetime.

If you marked 4 or above, we can help you begin your journey.

BARRIERS TO SMOKING CESSATION CHECKLIST

INSTRUCTIONS: Please indicate the extent to which each of the following factors influences your thoughts about quitting smoking.

	<u>Not at all</u>	<u>Somewhat</u>	<u>A Lot</u>
There are too many difficult things going on in my life right now.	1	2	3
Without cigarettes, I would feel too anxious or worried about things.	1	2	3
Without cigarettes, I would feel too down or sad	1	2	3
Without cigarettes, I would feel too irritable to be around	1	2	3
I enjoy smoking too much to give it up.	1	2	3
It would be too hard to control my weight without smoking	1	2	3
Smoking helps control other behaviors that I have already changed.	1	2	3
My family and friends don't think it is important to quit smoking	1	2	3
I don't know how to go about quitting smoking.	1	2	3
I have tried to quit smoking in the past so many times, I've given up.	1	2	3
I can't afford or find a smoking cessation program.	1	2	3



CHALLENGES

- Financial barriers
- Engaging the population - meet the doc (provided by grant funds), blocking time
- Addressing multiple issues in their lives - health +
- Transitional - turnover in the population
- Seasonal employment with minimum wage jobs





Create an Atmosphere of Trust

Begin with effective communication interjected with appropriate humor

Writing your name in cursive, first-middle-last

Challenge of the week: kick first use outside 1st 30 min.

Jaded view of relationships



Making adjustments for needs-specific populations



- Stated ground rules or boundaries to establish order and clarity. Suggest communication choices if possible, giving the clients some control as to how they prefer to communicate.
- Mixing open and closed questions may be necessary to promote simplicity and encourage the client to open up.
- Brevity, with easy-to-understand language, should be a priority.
- Use summaries and check for understanding by reflecting what you understood them to say.

Communication with individuals with disabilities and psychiatric disabilities: A summary of the literature. Schalick, et al. Mich Retirement Center, 2012

Modification of motivational interviewing for use with people with mild intellectual disability and behavior. Frielink, et al. J of Intel & Dev Dis, 2013



Building Relationships in a Culture of Mistrust

- Be yourself - a comfort zone in which you thrive
- Assure them of confidentiality and professionalism
- Intake - have a space on the form to 'tell something about yourself you would like me to know'
- Turn angst into opportunity



Create a Safe Place

Eliminate the 'germs' that destroy effective communication

- Withdrawal
- Invalidation
- Escalation
- Negative or false beliefs



6 Levels of Communication

*Stanley, S. M., & Markman, H. J. (1992). Assessing commitment in personal relationships. *Journal of Marriage and The Family*, 54, 595-608.

SMALL TALK

FACTS

HEAD to HEAD

OPINIONS

FEELINGS

NEEDS

HEART to HEART

TRUST

SMALL TALK

FACTS

ISSUES

OPINIONS

FEELINGS

NEEDS

RELATIONSHIP

TRUST

SMALL TALK

FACTS

“I want to win!”

OPINIONS

FEELINGS

NEEDS

**“I want to get to
know you.”**

TRUST



L.U.V.E. talk

- Listen – reflectively
- Understand – repeat for understanding
- Validate – affirm their feelings
- Empathize – nonverbals, body language

Big Tobacco Has Targeted This Population

Corrective statements: With Changes After Appeals (took from 2006 until 2017 in the Federal Courts)

A Federal Court has ~~ruled that~~ **ordered** Altria, R.J. Reynolds Tobacco, Lorillard, and Philip Morris USA ~~deliberately deceived the American public about the health effects of smoking, and has ordered those companies to make this statement~~ **about health effects of smoking. Here is the truth:**

- Smoking kills, on average, 1200 Americans. Every day.
- More people die every year from smoking than from murder, AIDS, suicide, drugs, car crashes, & alcohol, combined.
- Smoking causes heart disease, emphysema, acute myeloid leukemia, and cancer of the mouth, esophagus, larynx, lung, stomach, kidney, bladder, and pancreas.
- Smoking also causes reduced fertility, low birth weight in newborns, and cancer of the cervix.



Big Tobacco's
(Legally Mandated)
Apology



Big Tobacco's Grip Continues with E-Cigarettes

Drawing on the similar tactics of Big Tobacco

Why do we have to 'fix' what they create (and all the negative health effects that



The Four E's

- ELECT
- EXPLORE
- ENGAGE
- EVOLVE

ELECT

From



to



Choices: Opportunities for Quit come in many forms

- Life events
- Owning your health
- A longing for a legacy



Assessing for Stages of Change - In the present

- Precontemplation
- Contemplation
- Preparation
- Action
- Maintenance
- Termination

EXPLORE



Create an atmosphere of trust - build the relationship

Big Tobacco's story and history

Health Education 101 - ask them what they know

Evidenced-based information about issues

Change - being told vs. learning/exploring new behavior

ENGAGE



Quit date: offering options

- Group
- Individual

Preparation

- Taper vs. cold turkey
- NRT's
- Contracts and support



EVOLVE



Sustaining a Quit

- Follow up
- Lure of no cost NRT OTC
- Relapse and Relapse Prevention
- Collaborative support - in many forms (Jobs for Life; JWH; CoxHealth; City officials)



Questions

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