

Connections

The Newsletter of the Connections Program

A Partnership between the Health District of Northern Larimer County and SummitStone Health Partners

Overview of Tobacco Dependence and Treatment

Submitted by: Fabiana Di Camillo, MA, LAC

Fifty plus years of scientific research tell us that tobacco dependence is a chronic health condition. The treatment of tobacco dependence requires multiple treatment interventions over time. In the United States alone, tobacco related illnesses cause the death of close to 500,000 people per year. Imagine three full 747 planes crashing every day for an entire year, with no survivors; that is how many people die every year from tobacco related diseases. Worldwide, 6 million people die each year of a tobacco related illness. Tobacco use is the leading cause of preventable disease, disability and death in the United States. Despite the reduction of smoking rates, tobacco use continues to be an epidemic!

Seventy percent of people who smoke want to quit; however, they are unable to quite without help. Tobacco Dependence meets criteria as a substance use disorder. The addictive substance in tobacco products is nicotine. The tobacco user experiences a persistent desire to use, unsuccessful attempts to control or stop the use, development of a tolerance for the substance, increased or longer use than originally intended, continued use despite negative biopsychosocial consequences, and relationship problems. The user also spends a great deal of time, effort and finances to obtain and use tobacco. Stopping tobacco use causes nicotine withdrawal symptoms and strong cravings. Tobacco use and dependence is not a habit, it is a serious addiction that leads to disability and death. The good news is that tobacco dependence is highly treatable with behavioral and psychological approaches and FDA approved medications.

Best Practices for Tobacco Treatment:

Best practice for tobacco dependence treatment is the utilization of a combination of behavioral counseling and pharmacotherapy. Key components of the behavioral counseling piece for tobacco dependence include the use of motivational interviewing, psychoeducation about addiction, the effects of nicotine on the brain, health benefits of quitting, behavioral change, withdrawal symptoms, coping skills, relaxation techniques, refusal skills, managing triggers, the

importance of utilizing social support and establishing new routines and replacement behaviors among others. Adopting an encouraging and supportive approach, showing acceptance, compassion and creating a partnership with the client are also invaluable. When providing tobacco dependence treatment, just as when we are providing treatment for any other substance use disorder, it is imperative that we meet individuals where they are at. In the spirit of motivational interviewing, we must establish a compassionate and dynamic connection with the client. We must adopt a non-judgmental attitude and continue

to remind ourselves that behavior change is a process. Treatment and recovery are not linear; they are ever-changing processes. Lapses and relapses are part of treatment!

Key components of the pharmacotherapy piece of tobacco treatment include the use of a combination of medications. The FDA currently approves the use of nicotine and non-nicotine medications for the treatment of tobacco dependence. Medications that contain nicotine are called nicotine replacement therapy or medications (NRT). These include the nicotine patch, gum, lozenge, inhaler and nasal spray. NRT works to reduce cravings and withdrawal symptoms by replacing the nicotine found in tobacco products and supplying it to the body safely without the chemicals and carcinogens found in tobacco. There are many misconceptions regarding the use of nicotine replacement products. However, these medications are safe and effective. The use of these medications increases the odds of quitting and staying clean. In order to maximize effectiveness, NRT needs to be used as part of a treatment plan that includes behavioral counseling. A combination of short acting (lozenges, gum) and long acting medications (patches) is helpful in minimizing withdrawal symptoms and managing tobacco and nicotine cravings. Using combination NRT shows a better success rate than using a single agent NRT. There are virtually no contraindications for the use of NRT.

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We encourage you to submit short articles (50-500 words) on therapeutic approaches, mental health topics, case studies, or therapeutic book/movie reviews, etc., & will publish them as space allows. We reserve the right to edit all submissions.

Connections

Program Manager
Kristen Cochran-Ward

kcochran@healthdistrict.org

Operations Specialist
Emily Leetham

eleetham@healthdistrict.org

Mental Health Specialists:

Michelle Clark

Adult Team Supervisor

mclark@healthdistrict.org

Yesim Saldivia

ysaldivia@healthdistrict.org

Tasha Steinbach

tsteinbach@healthdistrict.org

Paula Daniels

pdaniels@healthdistrict.org

Caroline Schumacher

cschumacher@healthdistrict.org

Jenna Raymond

jraymond@healthdistrict.org

School Liaison

Sharon Kreider

skreider@psdschools.org

Child Psychologist

Marybeth Rigali-Oiler

mrigalioiler@healthdistrict.org

Care Coordinator

Megan Winick

mwinick@healthdistrict.org

Community Navigator

Lindsay VanZant

lvanzant@healthdistrict.org

CAYAC Program Assistant

Tara Gilstrap

tgilstrap@healthdistrict.org

Admin. Phone: 970-494-4370

Fax: 970-494-4303

Direct Services: 970-221-5551

Web: www.mentalhealthconnections.org

Submissions printed in *Connections* do not necessarily reflect the views of the Connections Program. Our editorial staff do not check the credentials of individuals wishing to submit groups or other listings. If you have concerns regarding credentials or other issues, please contact the group leader or author of the article directly. The purpose of the newsletter is to offer information on community happenings of interest to mental health and human services providers and updates on services available through the Connections Program. Thank you.

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Non-nicotine medications are also used with success. These include bupropion SR (Zyban) and Varenicline (Chantix). Bupropion is an atypical antidepressant medication that blocks the re-uptake of certain neurotransmitters involved in the mechanism of addiction. It may also act as a nicotine receptor blocker. Varenicline has a multilevel mechanism of action. It acts as an agonist (stimulates the nicotine receptors to decrease nicotine cravings and withdrawals) and it also acts as an antagonist (blocks the nicotine receptor and decreases the pleasure associated with the use of nicotine). Both of these medications must be prescribed by a primary care provider. Currently in Colorado, Medicaid covers all medications to treat nicotine dependence, as long as there is an order from the PCP.



Quitting tobacco is the most important and significant health behavior change a person can make to improve their quality of life and longevity. Tobacco use affects every organ and system in the human body. The damage caused by smoking is immediate.

The longer a person smokes, the more damage there is to the body and the mind. Despite the damaging consequences of tobacco use, the body and the mind have an amazing capacity to heal and recover. For example, within 20 minutes of quitting smoking, blood pressure, pulse rate and the temperature of one's hands and feet return to normal. The benefits of quitting are almost immediate.

Tobacco use is a silent worldwide epidemic. Despite the low rates of tobacco use in our county, there are still many individuals who use this substance. Unfortunately, those affected with mental illness and poverty are the ones who have the hardest time quitting. Those interested in quitting tobacco have options for treatment. They should either be referred to their primary care provider, the Colorado quit line or the Step Free from Tobacco program at the Health District of Northern Larimer County.

The Step Free from Tobacco Program at the Health District offers a comprehensive approach to help people quit tobacco. We utilize evidence based pharmacological and behavioral interventions. We provide individual and group counseling sessions in conjunction with the use of nicotine replacement medications. The program is accessible to all tobacco users in our community; It is low cost and in some cases, free of charge. Tobacco dependence treatment saves lives! For additional information, contact the Health District of Northern Larimer County at (970)224-5209.

Fabiana Di Camillo, MA, LAC, TTS is a Tobacco Treatment Specialist with the Health District. Prior to becoming a TTS, Fabiana worked as a therapist in the behavioral health field for over 15 years and has years of experience working with addiction issues. For more information about this article, please contact Fabiana at fdicamillo@healthdistrict.org.

Editors note: Connections provides a tobacco cessation program for teens who are looking to quit their tobacco use. Call Megan Winick at (970)494-4368 or email mwinick@healthdistrict.org to get more information.



Job Openings

Crisis Services, Director

Director, Crisis Response System

Oversees 12 county area crisis contracts with the State of Colorado providing collaborative crisis response services including walk-in, mobile crisis, respite, residential and peer-to-peer aspects. Assures applicable state and local contracts, agreements, and regulations are followed. Responsible for State data collections and dashboard reporting requirements,. Develops, manages and maintains collaborative relationships with subcontractors.

Location: Greeley, CO

To view the entire job description copy and paste the link:

https://www.e3applicants.com/NEB/posting.aspx?FromPage=CareersFrame.aspx&AP_Postid=1061&ApiD=-1&Source=e3Applicants&SourceId=e3Applicants&sourcename=Indeed#top

Connections Adult Team PRN

The PRN Mental Health Specialist is responsible for responding to needs presented by clients who contact the Connections program seeking mental health and/or substance use assistance.

Connections is seeking to hire PRN's to fill in when short staffed. Filling in for staff involves screening walk-ins and phone calls, assessing for risk, and providing information and referrals to clients. Shifts are usually 4-6 hours long, between the hours of 8:00am-5:00pm.

Please contact Kristen Cochran-Ward if you are interested at (970)494-4372 or by email at kcochran@healthdistrict.org.

Resources for the Professional

Community Health Forum & Happy Hour

Stress Management Family Counseling Center is hosting a professional gathering of physicians, mental health providers, and community agencies invested in the health of our community. We would very much like to invite you and your colleagues to this community health forum and happy hour. We are excited to have guests of honor including Senator Kefalas, Mayor Troxell, Councilor Martinez, and a representative from Jared Polis's office to share a vision for community health. Appetizers are provided with a cash bar. We hope you will stop by!

When: Wednesday, September 6th from 5:30 to 7:30pm

Where: The Boot Grill at 130 W Laurel. Rooftop patio.

Please contact Jennifer Gray at (970)223-2256 for more information.



Resources for the Professional

Office Space Availability

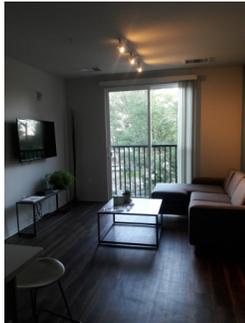
Office space available in the Drake Professional Park. Our group of therapists, psychologists, and a psychiatrist is looking for someone to join us! We share an office suite, but we all work separately and run our private practices independently. We value relationship and community and have a long tradition of supporting one another - professionally and personally. We will have an office available in our suite starting in October.

If you are interested please contact Paul McClure at (970)430-6498 for more information.



Sunny Old Town office available in a 3 office suite. Upscale, comfortable, brand new building. We have access to a business center, conference room, and a gym! Other offices are occupied by a psychologist and a speech language pathologist. You can split the office (\$150/day) or have it to yourself for \$750. Please contact us for a tour. This is a must see!

For more information or to schedule a tour, contact Rachel Bedard at (970)391-9628 or by email at drbedard@hotmail.com. You can also contact Mallory Griffith at (719)688-8562 or mallorygriffithslp@gmail.com.



Resources for the Community

IOP for Adult Women Trauma Survivors

A Safe Place to Heal

Coming soon!!

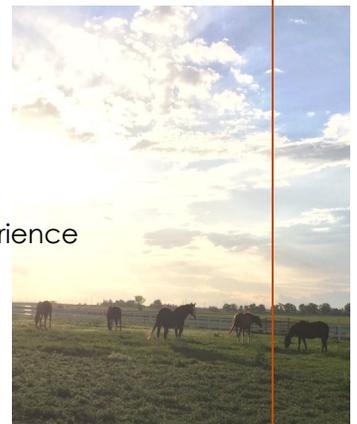
An intensive outpatient equine assisted program for adult women trauma survivors.

Equine assisted therapy using the Eagala Model
Full diagnostic psychiatric evaluations/medication
DBT and Mindfulness groups

EMDR
Art therapy
Nature immersion experience

Start date early fall 2017.

For more information, please contact
Sheila Ash, NP at (970)495-4691.



Resources for the Community

Healing Warriors Program

The Healing Warriors Program offers acupuncture, craniosacral therapy, and Healing Touch to Active Duty and Veteran service members, their partners and parents, for assistance with pain management and symptoms of PTSD. Clients may use their three free sessions whenever they want and for any of the services offered. After that, services are provided at a low cost.

No referral is needed. Proof of military service is required.

Please check out <http://healingwarriorsprogram.org> for more information.



Outside-In Groups for Adolescents and Adults

Experiential Therapeutic Personal Growth Group for Teens: This group empowers teens, ages 13-18, to not just talk about but experience more fulfilling ways of living through a blend of adventure-wilderness-experiential therapy, ritual, and expertly guided personal and group process.

For teens who have a disconnection from self, people, or the natural world; under-perform in school; have poor self esteem or body image; struggle with anxiety, depression, or self ham; have difficulty with family or social relationships; use drugs or alcohol; or who struggle with too much screen time.

This group meets every Wednesday from 3:00-5:00pm. Teens have the opportunity to set goals, process life's challenges, learn skills, and engage in activities designed to have fun and learn by doing.

Facilitators: Chuck Hancock, M.Ed., LPC and Alex Kowal, LPC, NREMT.



Experiential Therapeutic Personal Growth Group for Adults: This group welcomes, supports, and empowers all people ages 18+ to find their place in the circle—in your life, in community, and the natural world. You will not just talk about, but actually experience more fulfilling ways of living directly through nature, ritual, and expertly guided person and group process.

For adults who are experiencing fatigue, burnout, anxiety, depression, or too much stress; apathy or isolation; a disconnection from self, other people or the natural world; low self-esteem or confidence; challenges with relationships or lack of belonging; excessive drug or alcohol use; and/or sexuality or gender identity concerns.

Facilitator: Chuck Hancock, M.Ed., LPC

For more information about these groups and for access to flyers, please visit <http://www.innerlifeadventures.com/what-we-do/outside-in/>.

You can also contact Chuck Hancock at (970) 556-4095.



Resources for the Community

Connections Psychiatric Medications Clinic

Do you know about the Psychiatric Medications Clinic (also known as the Meds Clinic or PMC) at Connections? The Meds Clinic is a great resource for clients who are looking to get on psychiatric medications (or get refills) sooner than they would generally have to wait for a medication evaluation.

A Psychiatric Nurse Practitioner comes to Connections twice a month to see Connections clients who are scheduled in the Meds Clinic. Clients can be seen in the Meds Clinic as many times as necessary, however, the goal is to provide short term, interim services until clients can get connected to their long term treatment provider.

How referrals work:

Call Connections at (970)221-5551 to set up an appointment with one of the mental health specialists. At the appointment with the mental health specialist, an assessment will be done to ensure that the client is an appropriate referral for the Meds Clinic. The client will then meet with the case manager of the Meds Clinic to get additional information and be scheduled into the next available clinic. If the client is not appropriate for the Meds Clinic, mental health specialists will work with the client to find alternative resources in the community.

A few things to consider before referring a client:

1. Clients must live in Larimer County.
2. Stimulants and Benzodiazepines are not prescribed in the Meds Clinic.
3. The Meds Clinic is not ran through insurance, the fee is \$25 cash only for each visit.

For more information or to make an appointment, please call Connections at (970)221-5551.



Support Group for Family Members of Addicts (non-12 step)

New group offered at SummitStone Health Partners! Open to the public. Free of charge!!

- ◆ Come share your experience in dealing with a loved one with an addiction.
- ◆ Hear from others as they share their stories, experiences, resources and encouragement.
- ◆ Facilitated by a professional clinician in addiction services, along with a family member or an addict.
- ◆ Occasional guest visits by recovering addicts to share their insights.

When: Tuesdays, 5:30-7:00pm

Location: SummitStone Health Partners
114 Bristlecone Drive
Fort Collins, CO 80524

Please call SummitStone at (970)494-4206 for more information about this group.



Resources for the Community

Fall Groups and Workshops—Counseling Partners of Northern Colorado

High School Girls Group—Group for girls in grades 9-12 who might be having difficulty with anything from stress, self-image, friends/relationships, applying for college or who just want to come talk for an hour. Primary focus on building self-confidence and self-esteem. Growth in confidence and esteem can translate to all areas of one's life and can begin to form a foundation for healthy relationships, self-perception, and success later on in life.

Dates: TBA

Middle School Boys Group—Group for boys in grades 6-8. Facilitated discussion around life changes that occur in middle school and how to effectively cope. Focus on identifying healthy expressions of emotions and equipping the group with tools they can use when facing hard emotions or situations.

Dates: TBA

High School to College Workshop—Informative workshop for those thinking about their next academic milestone. Facilitator works at UNC in the Disability Support Services Department and can answer common questions regarding what is considered a disability, IEP/504 plans, academic accommodations, and Emotion Support Animals vs. Service Animals. Other questions about college life are more than welcome!

Dates: Saturday, September 23rd from 9:00-10:00am

For more information about these groups or the facilitator, or to register, please call Megan Brice, LPCC at (970)400-1451 or email megan@counselingpartnersnoco.com.

Living with Hope—NCAP Community Breakfast

Join Northern Colorado Aids Project at their annual community breakfast - Living with Hope. Enjoy brunch, network, shop in their silent auction, listen to speakers, and support their continued effort to equitably meet the evolving needs of people affected by HIV and other health conditions.

When: Saturday, September 16th from 9:30-11:30am

Where: Club Tico, 1500 City Park Drive, Fort Collins

Tickets: Deluxe \$25, includes brunch and a drink ticket

Standard \$20, includes brunch

Student \$5, includes brunch

To RSVP, copy and paste the link: <https://www.kintera.org/AutoGen/Register/ECReg.asp?ievent=1175270&en=4nKxFFnFG1LxEKNwFeiBLONsHallINOqHeKEITMqFclHLGOKF7JHJYMEE>.

For more information on NCAP, please visit <http://www.ncaids.org/northern-colorado-aids-project>.



Resources for the Community

Mindfulness Mini-Series

During this 4 week class, you'll learn how mindfulness can help you find calm in the chaos of your busy life. Mindfulness reduces stress and anxiety, improves mood, improves sleep quality, increases focus and attention and much more. You'll be introduced to several mindfulness practices you can incorporate into your daily life. You'll receive course handouts and accompanying audio downloads that you can practice at home.

Dates: Tuesdays, September 12, 19, 26, October 3
Time: 6:30-8:00pm
Cost: \$100

Mindfulness for Teens

Teens will learn how to effectively use mindfulness to deal with stress, change, and strong emotions. Mindfulness reduces stress and anxiety, improves mood, improves sleep quality, increases focus and attention and much more. This class will give teens the ability to learn how to slow down, find calm in their stressful lives and live in the present moment. Class includes handouts and MP3 downloads. For ages 12-17.

Dates: Tuesdays, October 10, 17, 24, November 7
Time: 6:30-8:00pm
Cost: \$100

Facilitator: Jen Strating, MA, Biofeedback Therapist
Location: Wholeness Center
2620 E. Prospect Road
Fort Collins, CO 80525

To register, call (970)221-1106.

Upcoming Mental Health First Aid Classes

In this 8-hour course, participants will learn how to assist someone experiencing a mental health or substance use crisis. Participants will learn about risk factors and warning signs of developing mental illnesses and about behavioral health resources in the community.

Adult MHFA:

- Friday, September 22nd
- Wednesday, October 18

Youth MHFA:

- Thursday, September 28th
- Tuesday, November 7th

Please contact Emily Leetham at eleetham@healthdistrict.org to register.

Mental Health Education Series

Education series hosted by Connections, open to the public.

Upcoming Topics:

- 8/30—Self-harm
- 9/6—Grief and Loss
- 9/13—Health and Wellbeing - dealing with stress
- 9/20—Trauma
- 9/27—Substance Use - alcohol and opioids

Classes held Wednesday evenings from 5:30-6:30. Dinner is provided. Visit www.mentalhealthconnection.org for more information.

Please email Brian Lathrop at blathrop@healthdistrict.org to RSVP.