

Who smokes?

Prevalence

- General population: 22%
- In substance use disorder treatment: 80-90%

Impact

- Heavy smokers: more severe substance use disorders
- Hinders recovery of brain function

Krejci J, Steinberg ML, Ziedonis D. Smoking status and substance abuse severity in a residential treatment sample. *Drug and Alcohol Dependence*. 2003; 72 (3), 249-254.

Durazzo T, Cardenas V, Studholme C, Weiner M, Meyerhoff D. Non-treatment-seeking heavy drinkers: Effects of chronic cigarette smoking on brain structure. *Drug and Alcohol Dependence*. 2007; 87 (1), 76-82.

Signal Behavioral Health Network. Tobacco Treatment for Persons with Substance Use Disorders: A Toolkit for Substance Abuse Treatment Providers.

Benefits of treating concurrently

- Easier to quit with support
- Understand addictive/maladaptive patterns
 - Creating positive coping mechanisms
 - Cognitive behavioral strategies
 - Mood management
 - Relapse prevention
- Quitting smoking likely does not adversely impact outcomes of other recovery