

# Caught Up in the Action: Mississippi's "5 in 5" Plan

## Institute for Disability Studies

### The University of Southern Mississippi

#### INTRODUCTION

Each year, 443,000 Americans die from smoking. Nearly half of these individuals have mental illness or a substance abuse disorder. According to the Centers for Disease Control, one out of every three people with mental illness<sup>1</sup> and up to 75% of individual with serious mental illness and/or substance abuse disorders<sup>2</sup> smoke cigarettes. These smokers are less likely than individuals who do not have mental illness to quit smoking.

Statistics from the Census Bureau's American Community Survey<sup>3</sup> (2010) reported that 16.7% of non-institutionalized men and women, aged 21 to 64 in Mississippi have a disability, which is defined as having long-lasting physical, mental, or emotional conditions. In 2010, the National Alliance on Mental Illness (NAMI)<sup>4</sup> reported that approximately 125,000 Mississippians live with serious mental illness.

Traditions, cultures, demographics, lifestyles, lower education levels, low income levels and lack of transportation have combined to create a unique health challenge for many Mississippians. These health challenges can be magnified for people with disabilities, who, regardless of the type of disability, are more likely to have even lower education levels, lower employment rates, lower income levels and the resulting higher levels of poverty affecting their access to and ability to pay for health care and furthering their reliance on Medicaid and Medicare.

<sup>1</sup> CDC (2013). Vital Signs: Current Cigarette Smoking Among Adults Aged ≥18 Years with Mental Illness—United States, 2009–2011. *Morbidity and Mortality Weekly Report* [serial online], 62(05), 81–87. Retrieved from <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6205a2.htm>

<sup>2</sup> Centers for Disease Control and Prevention. (2007). Cigarette Smoking Among Adults—United States, 2006. *Morbidity and Mortality Weekly Report* [serial online], 56(44), 1157–1161. Available from <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5644a2.htm>

<sup>3</sup>StatsRRTC. (2010). *Disability Statistics from the American Community Survey (ACS)*. Ithaca, NY: Cornell University Rehabilitation Research and Training Center on Disability Demographics and Statistics (StatsRRTC). Retrieved March 18, 2010 from <http://www.disabilitystatistics.org>

<sup>4</sup> National Alliance on Mental Illness. (2010). State Statistics: Mississippi. Retrieved from <http://www.nami.org/ContentManagement/ContentDisplay.cfm?ContentFileID=93503>

#### DATA COLLECTION

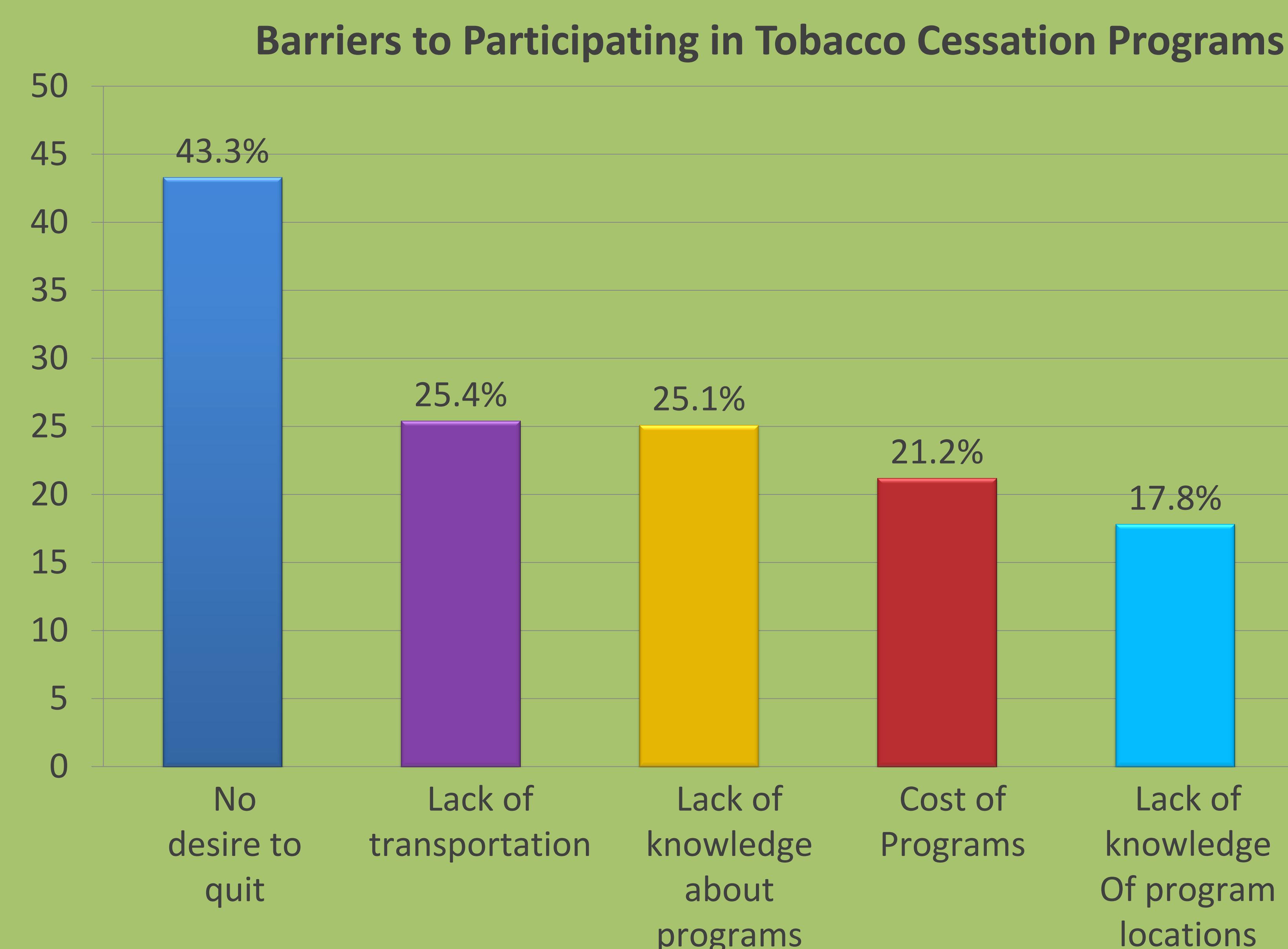
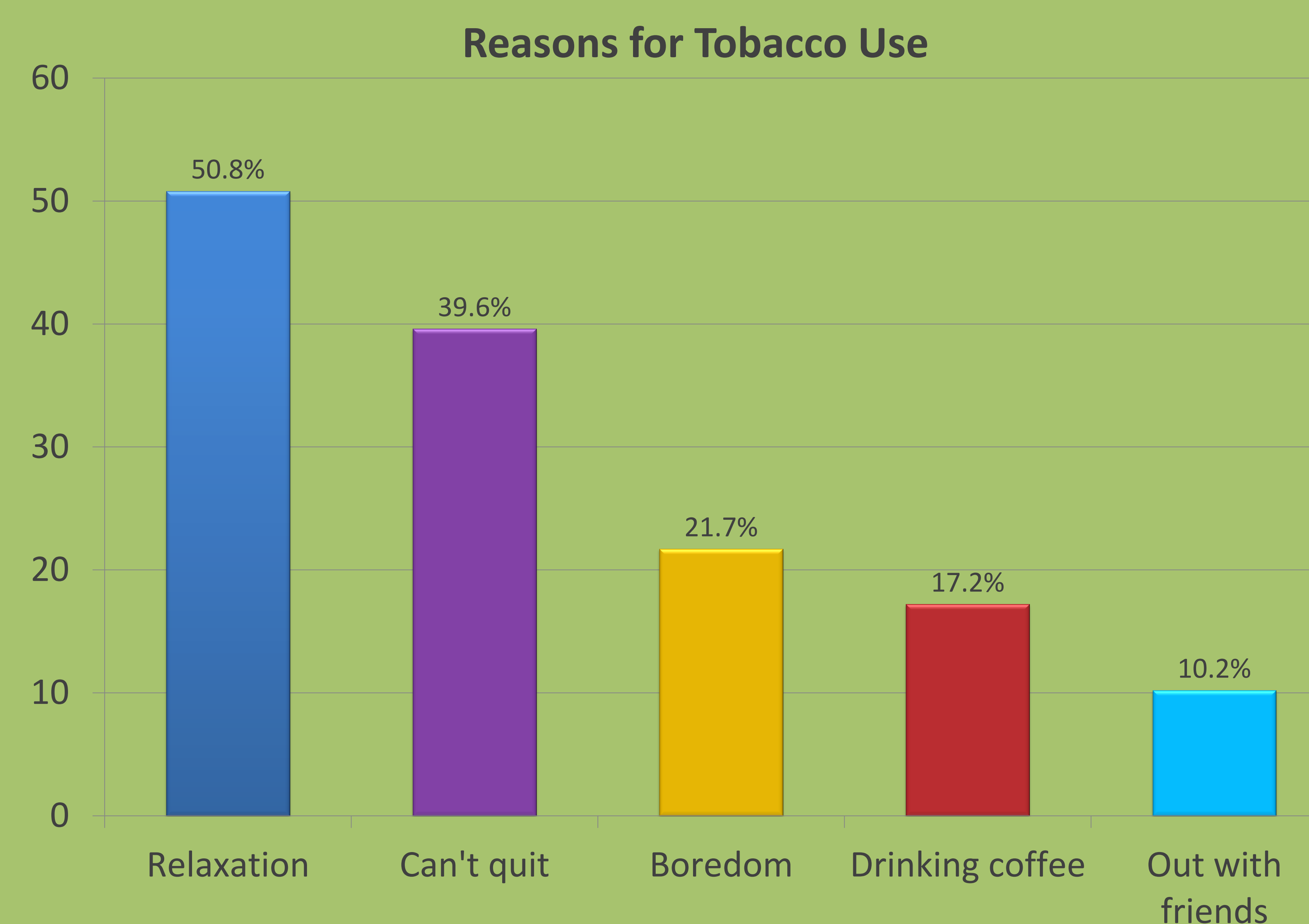
In spring 2013, the Institute for Disability Studies (IDS) conducted a state-wide tobacco utilization survey to assess current tobacco usage among Mississippians receiving services through each of the state's 15 regional community mental health centers and alcohol and drug treatment centers.

Questionnaires were disseminated to 2,200 mental and behavioral health consumers across the 15 community mental health regions. A 48.4% (N = 1,064) response rate was achieved.

#### FINDINGS

- 66% of respondents smoke or use tobacco
- 58% of respondents plan to quit smoking or using tobacco
- 45% of respondents use tobacco products at least 10 times daily
- 54% of respondents began using tobacco between the ages of 15-24
- 64% of respondents report that the facility where they receive mental health services has a written tobacco use policy
- 52% of respondents revealed that the facility where they receive services prohibits smoking indoors, but allows tobacco use in designated areas outdoor

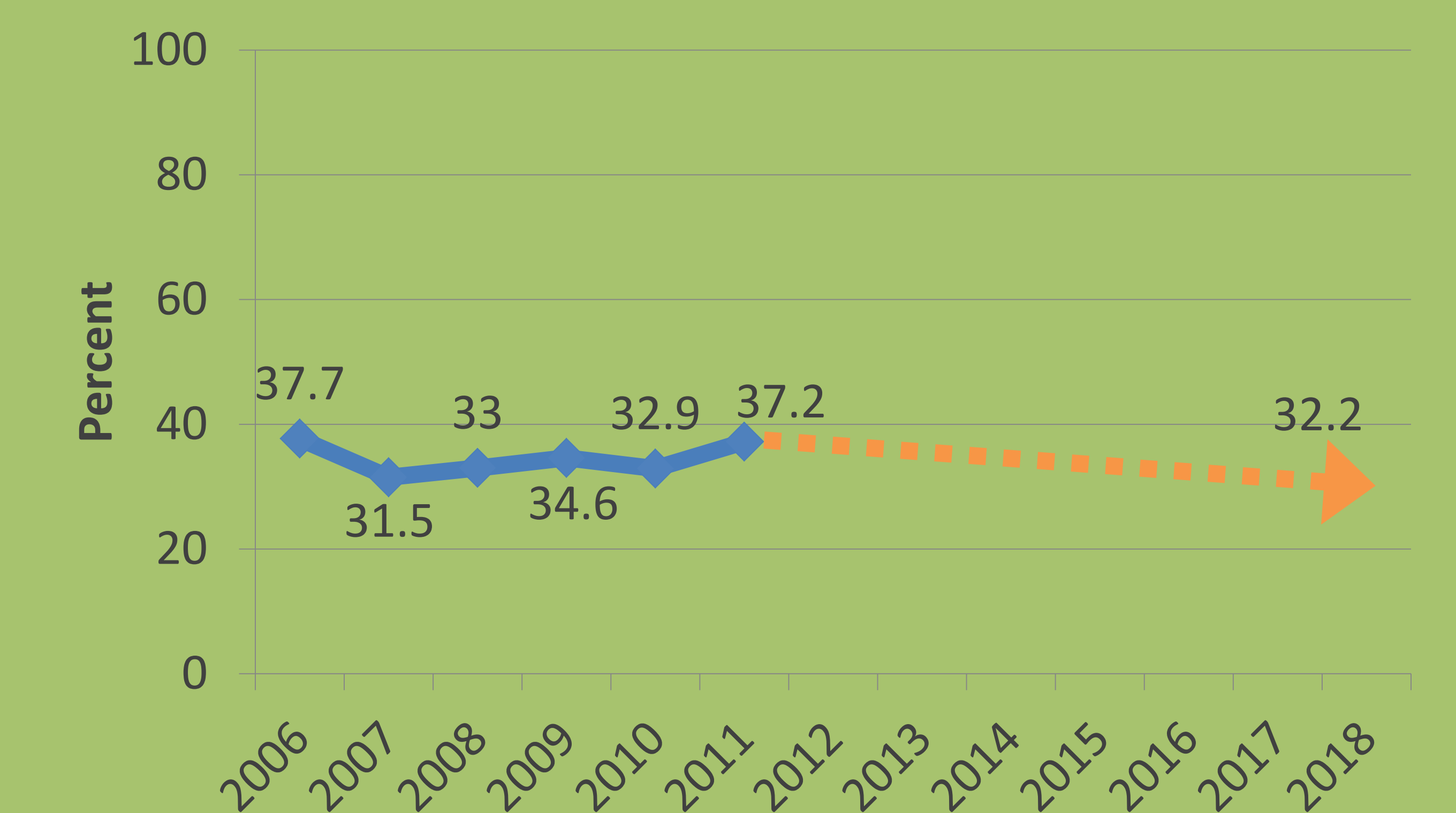
#### THE TOP FIVE



#### "5 in 5"

With technical assistance from the Smoking Cessation Leadership Center and Substance Abuse and Mental Health Services Administration (SAMHSA), IDS worked with the Mississippi State Department of Health Office of Tobacco Control and other key state agencies, advocates and organizations to implement a Leadership Academy for Wellness and Smoking Cessation Summit in May 2013.

During the Summit, Leadership Academy partners used data from the tobacco utilization survey and BRFSS to develop a comprehensive plan for reducing tobacco usage among behavioral health clients and the staff who serve them. **This comprehensive action plan includes strategies to reduce tobacco usage among behavioral and mental health clients by 5% in five years ("5 in 5").**



Source: Behavioral Risk Factor Surveillance System (BRFSS)

Leadership Academy partners adopted seven strategies to achieve the "5 in 5" goal.

- Develop, analyze, and disseminate data
- Develop and disseminate goal specific media and messaging
- Facilitate implementation of tobacco free policies at state service agencies
- Develop and disseminate tobacco cessation resource materials targeted to behavioral and mental health consumers
- Provide Ask Advise Refer (AAR) training for health care providers
- Identify and implement evidence-based tobacco cessation program for youth with mental illness
- Advocate for expansion of Medicaid services to include reimbursement for tobacco cessation

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