

## Lander Treatment Centre is a Tobacco-Free Site

Tobacco-dependent adults seeking admission to Lander for residential alcohol/drug/gambling addiction treatment are advised that tobacco-dependence support and nicotine replacement therapy products will be provided during their treatment stay.

Admission criteria for those who use tobacco will include: 1) a willingness to participate in tobacco-dependence programming, and 2) a commitment to abstain from tobacco use for the duration of their program at Lander Treatment Centre.

Individuals are encouraged to consider the following prior to applying for admission:

- Their own tobacco use patterns in the last year
- Their readiness to quit tobacco and interest in withdrawal support
- Their willingness to commit to participating in tobacco-dependence programming

In preparing for admission, individuals are encouraged to seek advice from a medical professional regarding prescription medications available to support efforts to quit tobacco use.

### **Why choose Lander Treatment Centre?**

If addiction is interfering with the ability to function well in life and in relationships, and there is a commitment to address all addiction in order to live a healthy life, then Lander Treatment Centre can help.

- Contrary to the myths that quitting everything at once is too overwhelming, research clearly shows that quitting tobacco use at the same time as quitting other drugs and/or alcohol will increase the success rate in recovery by approximately 25%<sup>1</sup>.
- Individuals often see residential treatment as a safe “bubble” away from the triggers and stressors they will face in “the real world”; however, there are triggers and stressors in treatment. When experiencing triggers in treatment (i.e. emotions surfacing during group therapy, conflict with a family member during a phone call, experiencing boredom) often the first thought is, “I need a smoke”. Using tobacco products to deal with these situations means turning to addiction as a coping mechanism, which puts the individual at risk to relapse to their other substance(s) of choice. By attending a tobacco-free treatment centre, individuals are choosing to take addiction out of the equation ..... addiction is no longer an option. By not having a “crutch”, the healthy coping strategies learned in treatment are reinforced.
- Most individuals express the desire to quit smoking<sup>2</sup>, but do not have the confidence and support to make their attempt successful. Attending the Lander Treatment Centre in a tobacco-free environment will provide the opportunity to achieve a tobacco-free foundation, and to develop a plan to prevent relapse to tobacco, other drugs and alcohol. The on-site nurses work with individuals to find the appropriate level of Nicotine Replacement Therapy to manage cravings, and counselling staff work with clients to help challenge their thinking around addiction and learn new coping strategies.

<sup>1</sup> Prochaska, J.J., Delucchi, K., & Hall, S.M. (2004). A meta-analysis of smoking cessation interventions with individuals in substance abuse treatment or recovery. *Journal of Consulting and Clinical Psychology, 72* (6), 1144-1156.

<sup>2</sup> Mullins, R. & Borland, R. (1996). Do smokers want to quit? *Australian and New Zealand Journal of Public Health, 20*(4), 426-427.