

## Webinar Follow-Up Resources & Information

*“Safe and Effective Pharmacological Tobacco Cessation Supports for Individuals with Behavioral Health Conditions”*

[Original air date: November 28<sup>th</sup>, 2017]

---

### ***What type of Medicaid coverage is there for Nicotine Replacement Therapy (NRT)?***

All health insurance programs funded and run by the federal government should cover a comprehensive tobacco cessation benefit, including 90 days of all FDA-approved tobacco cessation medications. Learn more about Medicaid tobacco cessation coverage by state [here](#). Medicaid is state specific, so some states do not cover all types of NRT. Learn what cessation services are covered in your state [here](#).

### ***Can you give me more information about vapes/e-cigarettes?***

For general information about e-Cigarettes, you can visit the [CDC’s informational webpage](#). To learn more about e-Cigarettes specifically among the behavioral health population, view two archived webinars on this topic:

- [Exploring the Uses & Misuses of E-Cigarettes among those with Behavioral Health Conditions](#)
- [Effective Treatment for Co-Occurring Nicotine Dependence, E-Cigarettes & Marijuana Use](#)

### ***We know that behavioral health & other medical providers are crunched for time. How do we approach them to incorporate 5A’s or Ask-Advise-Refer (AAR) in their work & focus on tobacco cessation?***

Approaching the tobacco cessation conversation with clients can be challenging. But learning about ways to maximize those conversations can help. To learn more about addressing client tobacco use, view the Behavioral Health and Wellness Program’s [Tobacco Free Toolkit for Healthcare Providers](#) for information on tobacco education, skills for engaging individuals in cessation discussions, efficient methods for assessing people’s readiness to quit, and research on treatments.

### ***How can we get more information on the CHOICES program?***

The Consumers Helping Others Improve their Condition by Ending Smoking (CHOICES) program is out of Rutgers University. You can learn more about CHOICES on their [website](#). The goal of the CHOICES program is to increase awareness of the importance of addressing tobacco use and to create a strong peer support network that encourages mental health consumers to make a positive healthy lifestyle change by addressing smoking and tobacco use.

### ***Are there any resources to help run tobacco cessation groups?***

One resource developed by the [CHOICES](#) program titled [Learning About Healthy Living](#) provides an overview of the structure of effective groups, facilitation guides, and printable handouts.

### ***Could you please break down the 20-week group cessation approach (Group I: Learning About Healthy Living) by addressing the key components and time to cover in each.***

More details about this group cessation method, including goals, objectives and suggested approaches for each chapter, can be found on pages 23-38 of the [Learning About Healthy Living toolkit](#).

*To view the webinar recording and download the slides from our “Safe and Effective Pharmacological Tobacco Cessation Supports for Individuals with Behavioral Health Conditions” webinar, click [here](#).*