

Integrating Tobacco Dependence Treatment into other Groups

Tobacco dependence treatment can naturally be integrated into other group treatment topics. This is not to say the groups then focus *only* on tobacco use. Nor does it mean the focus is on convincing people to quit. The idea is to help individuals *make connections* between the group topic and how tobacco plays a role. The objective is to *raise awareness* about the ways tobacco is used to cope, to manage feelings, and to fill important needs. This can also open the door to exploring the 'downside' of tobacco use and alternative ways to get their needs met.

Here is a list of groups typically offered in substance use disorder treatment programs with examples of questions that could integrate the topic of tobacco use into conversations:

ANGER MANAGEMENT GROUP

- What role does tobacco use play in how you manage anger?
- How do you feel it helps you manage anger?
- What is the downside of using tobacco use to manage your anger?
- How does it get in the way of helping you?
- What are other (healthier) coping skills you use (or want to learn) to manage your anger?
- What would it take to become interested in learning new (healthier) ways to manage your anger other than smoking?

STRESS MANAGEMENT GROUP

- What role does tobacco use play in how you manage stress?
- How do you feel it helps you manage stress?
- What is the downside of using tobacco use to manage your stress?
- How does it get in the way of helping you?
- How does it add more stress to your life? To your body?
- What are other healthier coping skills you use (or want to learn) to manage your stress?
- What would it take for the downside of using tobacco as a way of managing your stress to outweigh the ways you feel it helps you manage your stress?
- What would it take for you to become interested in learning healthier ways to manage your stress other than smoking?

HEALTH & WELLNESS GROUP

- What do you already know about how smoking affects your health?
- For individuals living with HIV/AIDS or Hepatitis C Virus, how does smoking put you at greater risk?
- What is the connection between smoking and diabetes?
- What is the effect of second-hand smoke on non-smokers?
- How does smoking affect mental health (anxiety, depression, stress)?
- What are some lesser known consequences of smoking?
- Why do people continue to smoke despite the serious health consequences?

(OVER)

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LIFE SKILLS GROUP

- How does spending money on cigarettes affect your ability to pay for other things/save money?
- Can we figure out how much you each spend on cigarettes each month? (Ask how much each person smokes per week and do the calculations on a flipchart. Add up what it comes to over periods of time – 3 months, 6 months, 1 year, etc.)
- How would your lives be different if you had this money?
- What would it take for the downside of spending so much money on cigarettes to outweigh the reasons for smoking?
- What would you need in order to consider quitting or cutting down?

WOMEN'S OR MEN'S GROUP

- How is smoking part of your identity as a [woman] [man]?
- How do you feel smoking affects your sense of who you are? How does it get in the way of who you want to be?
- How does smoking fit in with feeling or *trying to look* independent/powerful or strong/tough/cool?
- How do cigarette ads make smoking look appealing if you are a [woman] [man]?
- What are these ads pretending to sell?
- What are some different reasons why women smoke and why men smoke?
- What needs are being met by smoking?
- What are other (healthy) ways to get those needs met?

PARENTING GROUP

- How do you feel your tobacco use affects your parenting?
- In what ways does it get in the way of being the parent you want to be? Are there ways you feel like it helps?
- What do you know about the effect of secondhand (SHS) and third-hand smoke (THS) exposure on babies & kids?
- What changes would you be willing to make in your smoking routine to help protect your kids from the dangers of SHS and THS exposure?
- (If not willing to make changes) What would have to happen for you to become interested in making some changes in your smoking routines to help protect your kids?

TRAUMA RECOVERY GROUP

- In conversations about safe coping skills and replacing the need for substances to manage emotions, explore the ways tobacco use fits in.
- How do you feel tobacco use helps you?
- How does tobacco use get in the way?
- What other things do you – *or could you* – do besides use tobacco?

RELAPSE PREVENTION GROUP *(for other substance use disorders)*

- *See separate handout*

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