

# A Culture of Wellness: Oklahoma's Lived Experience with Tobacco Cessation

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PRESENTED BY HEATH HOLT HAYES

# Recovery Support Cornerstones

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## **Definition**

Recovery is a process of change through which people improve their health and wellness, live self-directed lives, and strive to reach their full potential.

## **Pillars**

*Health*—overcoming or managing one’s disease(s) or symptoms and making informed, healthy choices that support physical and emotional well-being.

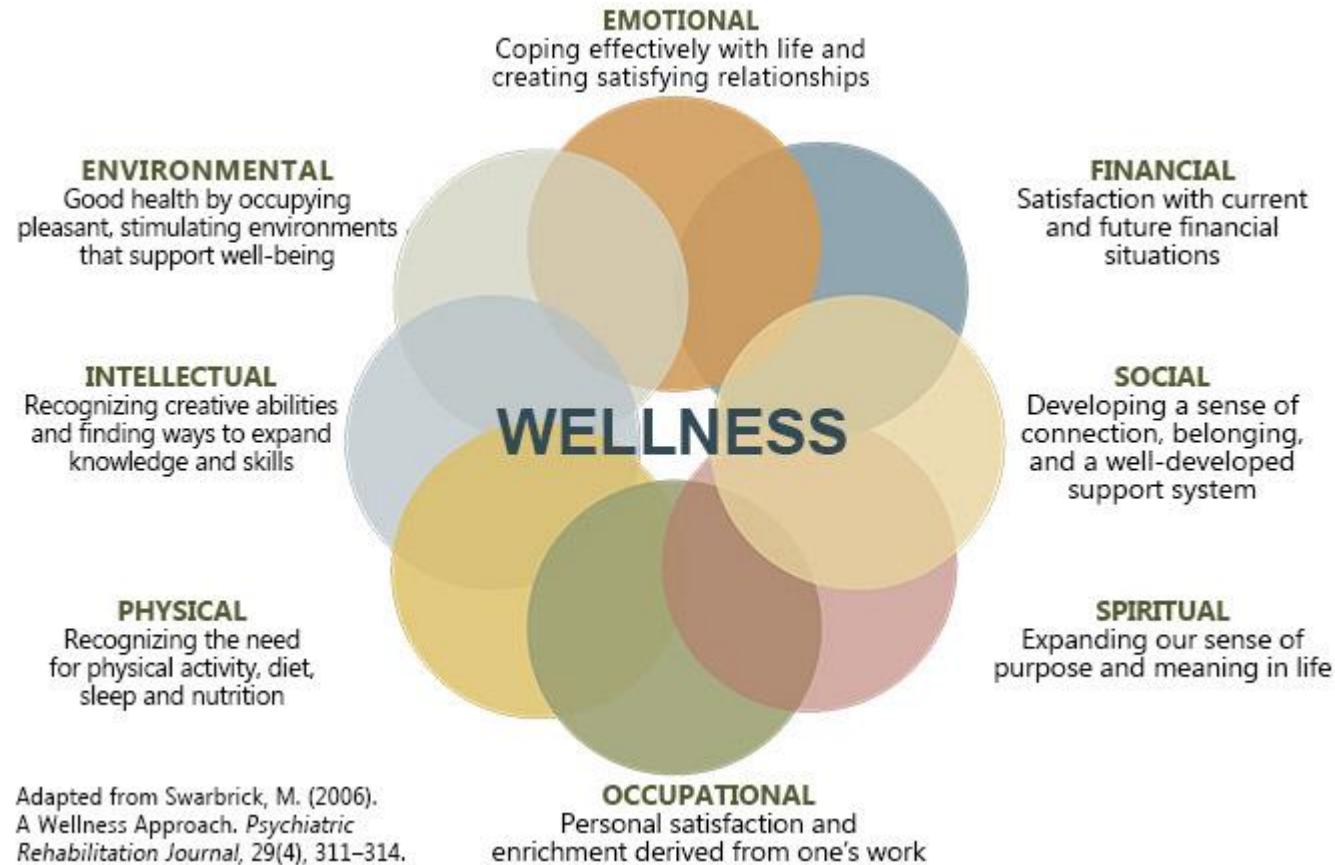
*Home*—having a stable and safe place to live.

*Purpose*—conducting meaningful daily activities and having the independence, income, and resources to participate in society.

*Community*—having relationships and social networks that provide support, friendship, love, and hope.

# 8 Dimensions of Wellness Framework

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# Priming the Organizational Culture

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## **Culture of Wellness Assessment**

- Self-Management Language and Messaging
- Organizational Wellness Committee
- Person-Centered Wellness Programing

## **Workforce Development**

- PRSS Continuing Education
- Wellness Coach Credential

## **Wellness Champion Network**

- Community Connections and Resources
- Organizational Policies & Enforcement

# A Systems Change Approach

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Interagency State Plan developed, adopted & disseminated **(FY12)**

Statewide trainings about wellness integration and tobacco cessation plan

Tobacco-Free policy requirement for state-funded agencies

Required state-funded behavioral health agencies to implement the “5 A’s” and refer consumers who use tobacco to the State Quitline

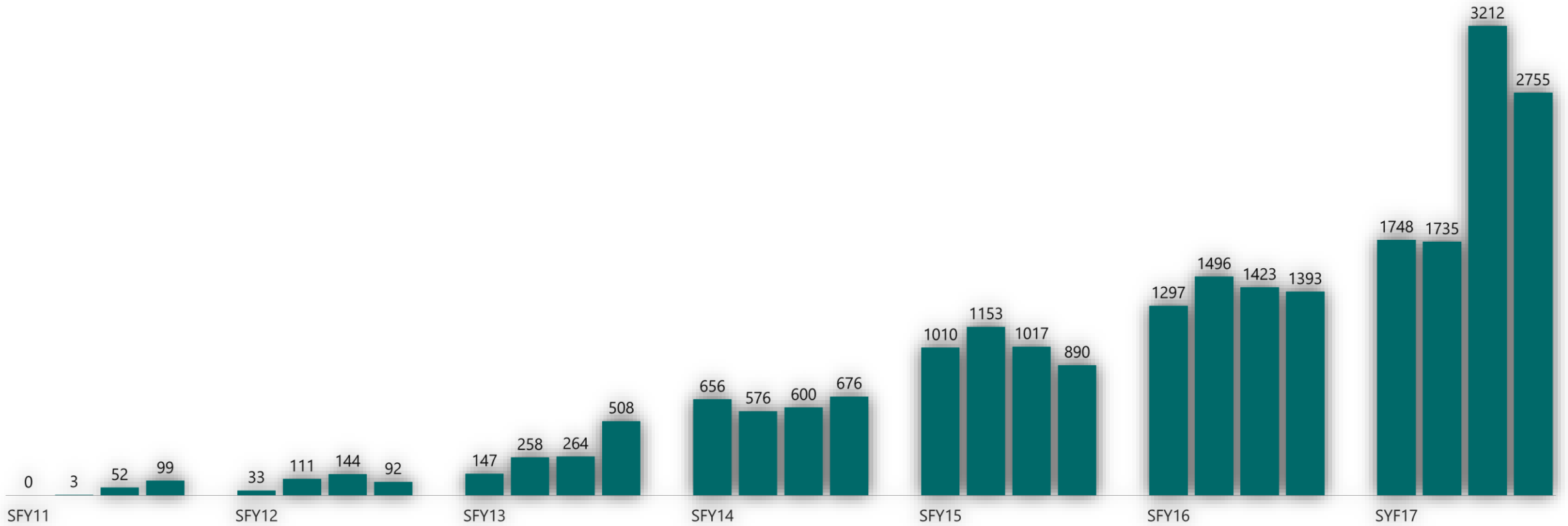
Required state-funded behavioral health agencies to track number of consumers referred to Quitline and increase proportion each year

Tobacco-Free workplace policy requirement expansion

Gap Nicotine Replacement Therapy (NRT) Project launch for residential, crisis and inpatient programs **(FY18)**

# Oklahoma Tobacco Helpline Referrals

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# Outcome Overview

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Oklahoma has the highest proportion of behavioral health treatment agencies in the U.S. that:

- Offer cessation interventions
- Refer to the State Quitline
- Prescribe non-nicotine cessation medications
- Provide tobacco-free campuses

	<u>Substance Use</u>	<u>Mental Health</u>
2011:	77%	71%
2012:	63%	59%
2013:	58%	54%
2014:	56%	49%
2015:	56%	48%
2016:	53%	46%
<b>2017:</b>	<b>51%</b>	<b>45%</b>

# THANK YOU!

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