# Tobacco and Health Trust Fund Sponsored Review of Efforts CT Department of Correction Inmate Tobacco Cessation Project

#### **Strategic Points of Intervention**

#### Internal Referral & Assessment

- •Inmate
  Handbooks
- Information and assistance forms

#### Evidence-Based Cessation Treatment Programs

- WISE
- Project Ex for Youth
- Medical NRT

#### Psychoeducational Cessation Curriculum

- American Lung Assoc.
   Freedom From Smoking
- Break Free Alliance
- Unified District #1 Health Education
- Stress Management
- •Stay Quit strategies

#### Informational Materials Disseminated

- Posters/ Murals
- Pamphlets
- CDC videos
- Presentations

#### Re-entry/Discharge & Continuity of Care

- Employment Counseling
- CHA Referrals
- RSS phone support
- Engaging with Parole

13,583

Tobacco Dependence Information and Assistance Request Forms Completed 445

Treatment group participation

1,639

Psychoeducational participation 5,544

Mate<mark>rials</mark> distributed to inmates 698

Inmates impacted in Re-entry/ Discharge

#### **Details of DOC Facility Cessation Project Data**

	нсс	NHCC	York CI (Females)	MYI	ВСС	Totals
Info request forms	10,560	41	1,602	1,380	N/A	13,583
Treatment	175	N/A	113	157	N/A	445
Psycho-education	915	622	102	N/A	N/A	1,639
Info materials disseminated	221	752	1,354	471	2,746	5,544
Re-entry/Discharge Community Planning *Note: The total of 698 includes 299 RSS referrals.	45	226	427	N/A	N/A	*698

#### Anecdotal Inmate Feedback on Cessation Treatment

"One inmate told me that the coping techniques learned in this group helped him restrain himself from an argument with a Custody Officer, which would have added many years of time to his length of stay." ~ DOC Addiction Services Counselor

"This is the best 1½ hours I've had all week." ~ New Haven CC Inmate

"I attended the Smoking Cessation group at NHCC; now I am trying to get my family to quit."—*CRCI inmate* 



One of the murals painted by inmates at Hartford Correctional

#### **CT DOC Inmate Tobacco Cessation Project**

Halfway House Smoking Prevalence Surveys

•Of HWH residents had a history of smoking

•HWH residents reported they were 58% confident in successfully quitting smoking

	Number of facilities	Surveys completed
Males	15	243
Females	4	63
Total	19	306

#### Significant findings from the prevalence survey data collected at the HWHs:

- 1) For HWH respondents, the number of cigarettes smoked per day <u>decreased</u> during current HWH stay when compared to the number of cigarettes smoked before the most recent incarceration (N=223; p=.0001).
- 2) The time period between waking up and smoking the first few cigarettes on any given day <u>decreased</u> during the current HWH stay (N=187; p=.008).
- 3) When ill and in bed most of the day, HWH survey respondents reported that they tend to <u>smoke at a lower rate</u> than when they were ill before their most recent incarceration (N=219; trend in the right direction).
- 4) **Male inmates** who received information specifically from the targeted DOC facilities (NHCC, HCC, BCC, MYI, CRCI, WCCI), are tending to <u>smoking less at the HWHs</u> (N=45; trend in the right direction).
- For male inmates, the Fagerström Measure indicated: Medium tolerance level before incarceration; improved to a <u>low tolerance level at the HWHs.</u>
- 5) **Female inmates** who received cessation information tend to report <u>smoking less at the HWHs (N=17; trend)</u>.
- For female inmates, the Fagerström Measure: Medium tolerance levels at both time points, before incarceration and at the HWH programs.

#### How much do you want to quit smoking?



## What would help you stay off cigarettes?

37% Saving money	28% Want to be healthy	17% Can't smoke in a lot of
	healthy	places now

### What are the barriers to not smoking cigarettes?

36% I enjoy smoking	30% Helps me with stress/bad moods	26% Cravings
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