

Center of Excellence for Tobacco Free Recovery

Tobacco-Free Recovery Learning Community Charter

Reducing rates of tobacco use among people with mental health and/or substance use conditions

The Substance Abuse and Mental Health Services Administration (SAMSHA) has awarded Cicitelli Associates Inc. (CAI) funding to administer the [National Center of Excellence for Tobacco-Free Recovery \(CoE-TFR\) from September 2023 through August 2028](#). Broadly, this initiative aims to reduce commercial tobacco use among people with mental health and substance use conditions.

THE ISSUE – Addressing Tobacco Use Among People with Behavioral Health Conditions (mental health and/or substance use disorders) is a National Priority

People with behavioral health conditions represent 25% of the U.S. adult population but account for nearly 40 percent of all cigarettes sold. Half of all deaths were tobacco-related for persons who received behavioral health services. Over the last decade states have identified and made low-cost, no cost” investments that have resulted in dramatic reductions in tobacco use for people with behavioral health conditions.

THE OPPORTUNITY – State Leaders Peer to Peer Learning and Action

There is more to do, and we can't do this work alone. There is a unique opportunity for State leaders to learn from each other, experts in the field and take steps together to build on lessons learned to get next level outcomes. To help you take these steps State/Territory/Native Nation teams are invited to participate in a Tobacco-Free Recovery Learning Community. The Learning Community experience will support teams in mobilizing internal and external partners, and people with lived experience, to develop and implement an action plan to continue to reduce the rates of commercial tobacco use among persons with behavioral health conditions.

Tobacco-Free Recovery Learning Community Structure

The Tobacco-Free Recovery Learning Community includes two components:

Tobacco-Free Recovery Learning Community: State/territory/native nation teams will meet over 18 months through a combination of **in-person and virtual convenings** to work together to support one another in using a partner and community-engaged process to develop, implement and measure the impact of an action plan to reduce rates of tobacco use by people with behavioral health conditions. Through this experience state/territory/native nation teams will:

- Foster peer to peer learning and leadership
- Increase awareness of actions to take, and lessons learned, to advance policy, systems, and people change to reduce rates of tobacco use among people with behavioral health conditions

- Prepare teams with the knowledge, skills, tools, and resources to plan and convene a State/Territory/Native Nation-Specific TFR Leadership Academy to develop action plans to reduce rates of tobacco use among people with behavioral health conditions
- Identify and develop meaningful partnerships (including people with lived experience, their families, and communities) to inform and implement state action plans
- Establish or strengthen systems to use data and information to monitor progress toward achievement of state action plan goals

Tobacco-Free Recovery Leadership Academy: building on skills and knowledge gained during Tobacco-Free Recovery Learning Community, and with ongoing TA from the CoE-TFR, each team will develop and implement their own Tobacco-Free Recovery Leadership Academy and follow-up activities to:

- Build cohesion among partners to collaborate and work together
- Identify achievable strategies and goals
- Build agreement on baselines and target measure(s) to monitor progress towards achieving goals
- Develop an **Action Plan** with a clear process for implementation and roles of all stakeholders to reduce the rates of tobacco use among individuals with behavioral health conditions
- Establish and implement structures and systems to facilitate implementation of action plan
- Establish and implement system to collect, report and use data to monitor progress toward achievement of state action plan goals

How Will We Measure Our Success?

As part of the Tobacco-Free Recovery Learning Community, we will identify and adopt a set of shared metrics for measuring and monitoring impact. For the Tobacco-Free Recovery Leadership Academy, we will tailor measures of progress and success based on local data and evaluation aligned with state action plans.

Funding Considerations for Participation

All costs associated with state participation in leadership academy will be funded by the CoE-TFR. In addition, we will cover costs associated with state teams convening their own Tobacco-Free Recovery Leadership Academy. As available, funding to support Tobacco-Free Recovery Leadership Academy implementation of action plans can be requested.

REQUIREMENTS – For Participation in Tobacco-Free Recovery Learning Community

Participation is a competitive process and includes submission of a brief application and interview. Before applying, each state/territory should consider the requirements described below.

1. Eligibility:

- State Departments, Offices, or Programs of Tobacco Control, Mental Health, Substance Use Disorder/Addiction Services, or Health Equity or Minority Health.

2. Complete a Tobacco-Free Recovery Learning Community Application

- The application should take 15 to 20 minutes to complete.

3. Participate in a Tobacco-Free Recovery Learning Community Interview

- A 30-minute interview will be scheduled following submission to review and discuss your application.

4. Establish Tobacco-Free Recovery Leadership Academy State Team

- States applying must identify and convene a multidisciplinary team, comprised of up to 6 individuals to participate in Learning Community and Leadership Academy activities. This team will work together to plan and convene a Leadership Academy and support the development of structure and processes to implement and monitor outcomes of the plan.
- Each team will be unique to your state. **We strongly suggest *representative(s)* from:**
 - State Tobacco Control Programs
 - State Offices of Mental Health and/or Substance Use Programs
 - State Offices that oversee state health insurance plans
 - State Offices of Health Equity or Minority Health
 - Surveillance, Research or Evaluation

5. Commitment to participate in all Tobacco-Free Recovery Learning Community Activities (see Table 1. Tobacco-Free Recovery Learning Community Timeline and Key Activities)

- Two in-person Tobacco-Free Recovery Learning Community Sessions (2-days total)
- Three virtual Tobacco-Free Recovery Learning Community Sessions (3 hours each)
- Monthly pro-active TA session with CoE-TFR staff and SMEs (30 min. – 1 hour each)
- Convene Tobacco-Free Recovery Leadership Academy
- Develop and implement an Action Plan
- Collect, report, and use readily available data and information to monitor progress and continuous improvement

BENEFITS OF PARTICIPATION

- Free, individualized technical assistance from experts in tobacco and behavioral health policy, systems and social norms change to promote tobacco-free recovery.
- Opportunity to learn and share with peers from other states.
- Reduce the economic burden of tobacco on people, families, communities, and the health care system.
- Strengthen relationships and identify opportunities to achieve a shared vision of improving and saving lives and treatment outcomes for people with behavioral health conditions who use tobacco across your state.
- Identify strategies that advance health equity by meaningful inclusion of people, families, and communities affected by tobacco and behavioral health conditions.

SAMPLE TIMELINE OF KEY ACTIVITIES

Over 18-months, state/territory teams will convene and work together, and in their own state, to plan and implement state/territory/native nation-specific action plans to reduce tobacco use among people with behavioral health conditions. Key activities and timelines associated with participation in the TFR Learning Community are described below.

Table 1. Tobacco-Free Recovery Learning Community Timeline of Key Activities

Activity	Month
Dissemination of Learning Community Application	Month 1
CoE-TFR Learning Community Overview and Application Process Webinar	Month 2
Applications Due	Month 2
Review of applications including 30-minute interviews	Month 2
Selection of states announced	Month 2
Learning Community Kick-off Orientation Webinar	Month 3
Completion of Pre-Work Assignments	Month 4
Learning Community In-Person Opening Session (2 days)	Month 4
Learning Community Virtual Session 1 (3 hours)	Month 6
Learning Community Virtual Session 2 (3 hours)	Month 10
Learning Community Virtual Session 3 (3 hours)	Month 14
In-Person Closing Session (2 days)	Month 18
Optional Affinity Group Virtual Meetings (up to 4 lasting 90 min)	Month 2- Month 18
States Convene State/Territory-Native Nation-Specific TFR Leadership Academies (with support from CoE-TFR expert facilitators and SMEs)	Month 6-12
Monthly pro-active TA sessions and on-demand TA (as requested)	Month 1-18
Continue to provide TA as needed	Ongoing

Summative Congress for all Leadership Academy Cohorts (12 states/territories) at end of the project	2028
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Who to Contact:

If you have any questions about this charter, the TFR Learning Community application or your eligibility to participate, please contact CoE-TFR Project Director, David Davis, at ddavis@caiglobal.org and Project Manager, Nicole Filion, at nfilion@caiglobal.org