

Addressing Tobacco Cessation in Rural Minnesota with Integrated Behavioral Tele-Health

PRESENTERS:

- Summer H. Coleman, MSW, LGSW
Integrated Behavioral Health Provider
- Wendy Miller, APRN, CNP, NCTTP
Primary Care Provider &
Tobacco Treatment Specialist

INTRO:

- Utilizing tele-health options significantly increases access to behavioral health services in rural Minnesota (Jolly, 2019)
- Access to an integrated behavioral health provider increases success in tobacco cessation patients (Wray, 2017)

METHOD:

- Integrated Behavioral Health access is provided by the HRSA grant supported RAMP project which utilizes tele-health to increase behavioral health access to rural Minnesota communities
- Medical tobacco cessation support is provided by a trained primary care provider
- The Primary Care Provider and Integrated Behavioral Health Provider collaborate to best meet the patient's individual needs

Techniques Used:

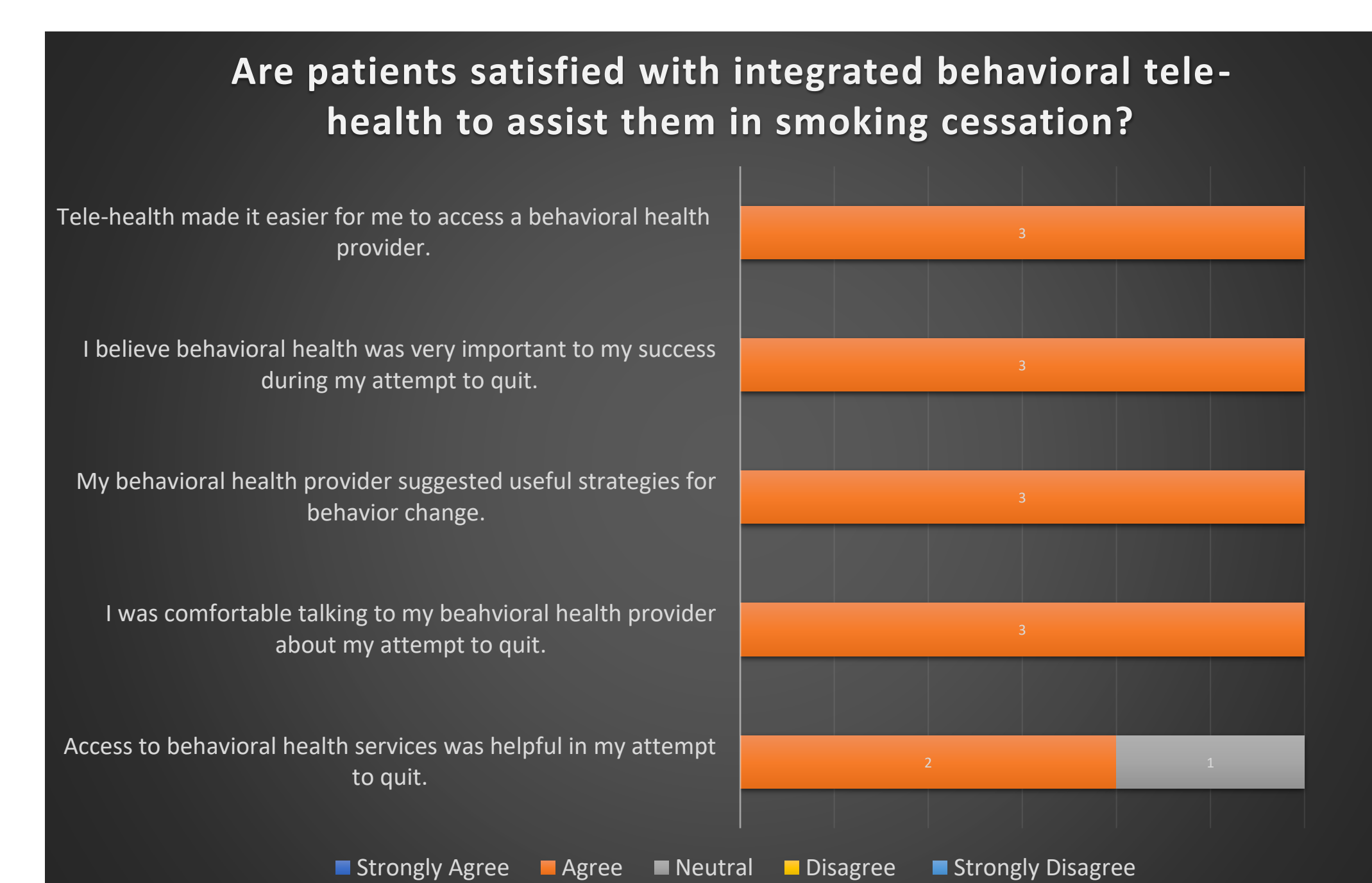
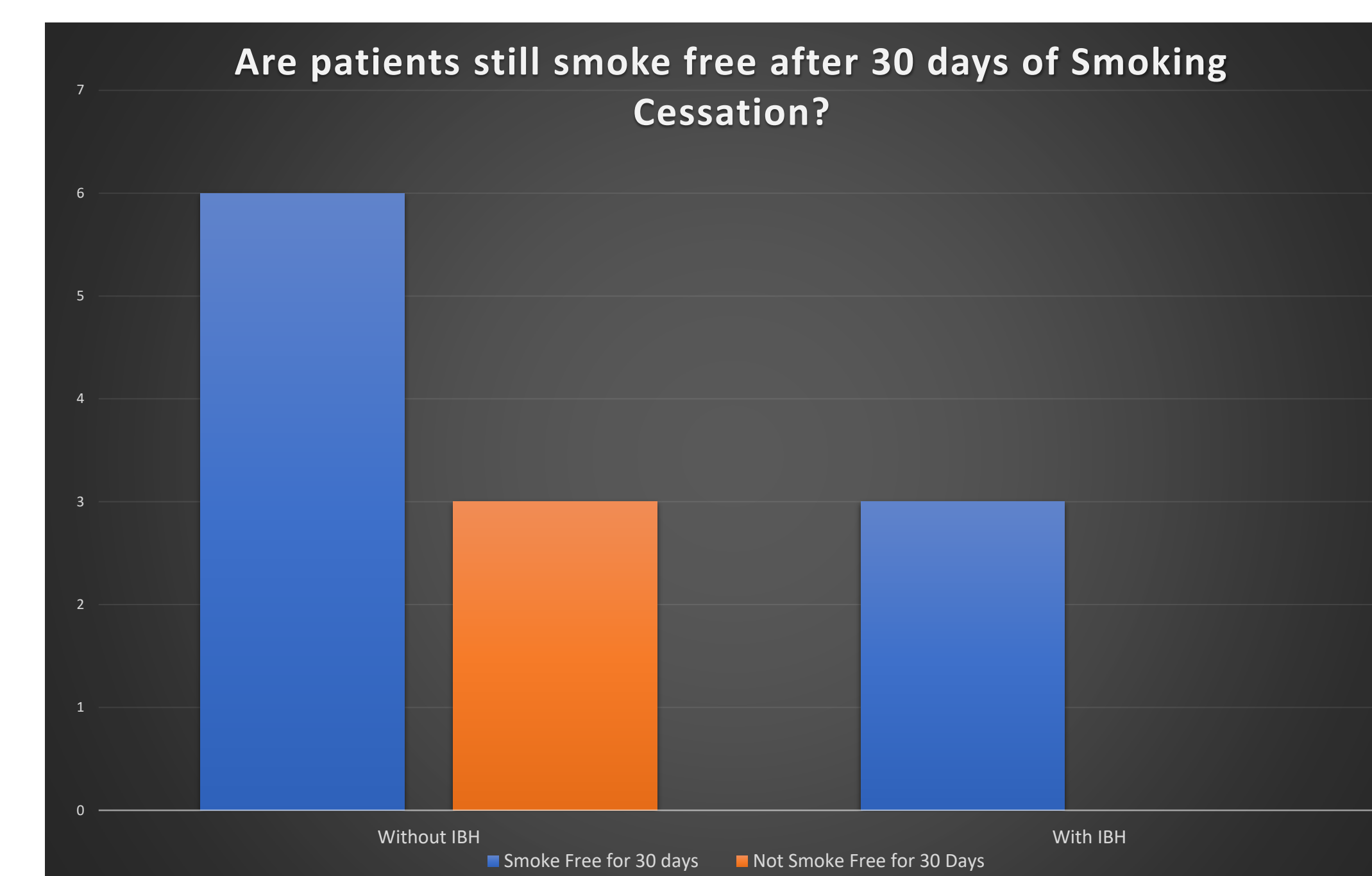
- Tobacco Cessation:**
 - ✓ Assessment
 - ✓ Appropriate Pharmacotherapy
 - ✓ Cessation Education
 - ✓ Motivational Interviewing
- Behavioral Health**
 - ✓ CBT skills
 - ✓ DBT skills
 - ✓ Motivational Interviewing
 - ✓ Psycho-education



Evidence suggests
that utilizing
**Integrated Behavioral
Tele-Health**
in rural communities
increases both
success and satisfaction
in **Tobacco Cessation**
patients.

RESULTS:

- Results have been compiled from a small sample size of patients seen by both an Integrated Behavioral Health provider and a Tobacco Treatment Specialist over the period of one year



Quotes from Patient Surveys:

"I'm still tobacco free. Thanks to both Wendy and IBH."

"Having them work together helped me a lot!"

Next Steps:

- Continue to provide a collaborative approach to smoking cessation patients in rural Minnesota
- Further investigation and data collection will be completed to explore the premise that the use of Integrated Behavioral Tele-Health with smoking cessation patients significantly increases success in their journey to quit smoking



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