

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

PRESENTERS:

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## 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:

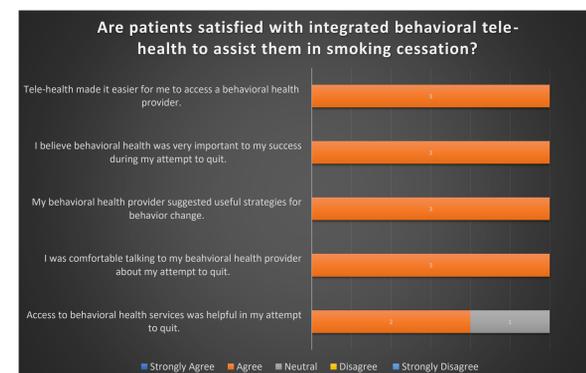
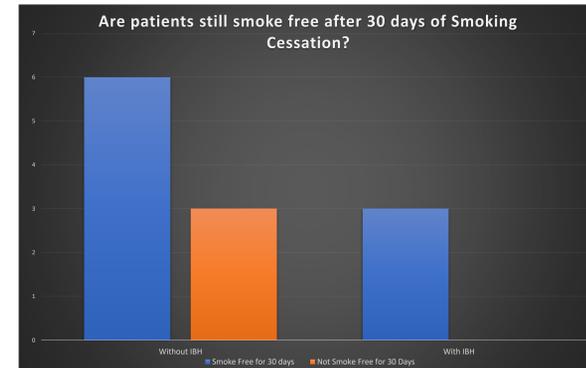
- Tobacco Cessation:**
  - ✓ Assessment
  - ✓ Appropriate Pharmacotherapy
  - ✓ Cessation Education
  - ✓ Motivational Interviewing
- Behavioral Health**
  - ✓ CBT skills
  - ✓ DBT skills
  - ✓ Motivational Interviewing
  - ✓ Psycho-education



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



The telehealth project described later in this presentation is supported by grant number G01RH32152 from the Office for the Advancement of Telehealth, Health Resources and Services Administration, DHHS