Recovery Month LTE Template for September

Drafted August 9, 2018

NOTE: The final version of your letter should be no more than 250 words

**This September, make tobacco cessation part of the recovery conversation**

Dear Editor,

SHARE THAT SEPTEMBER IS [NATIONAL RECOVERY MONTH](https://www.recoverymonth.gov/), WHICH RAISES AWARENESS AND UNDERSTANDING OF MENTAL AND SUBSTANCE USE DISORDERS AND CELEBRATES THOSE WHO RECOVER. NOW MENTION THAT ONE FORM OF SUBSTANCE USE DISORDER THAT’S OFTEN OVERLOOKED IS TOBACCO ADDICTION.

PROVIDE CONTEXT BY DISCUSSING HOW TOBACCO DISPROPORTIONATELY IMPACTS THE POPULATION. MENTION THAT IN WISCONSIN, 1/3 OF INDIVIDUALS DIAGNOSED WITH DEPRESSION CURRENTLY SMOKE, COMPARED TO FEWER THAN A FIFTH OF WISCONSIN RESIDENTS OVERALL. **YOU CAN FIND OTHER STATISTICS AT** [**https://tobwis.org/resources/view/187/Disparities\_Stat\_Shot.pdf**](https://tobwis.org/resources/view/187/Disparities_Stat_Shot.pdf)**.**

NOW DISCUSS HOW TREATING TOBACCO ADDICTION AT THE SAME TIME AS MENTAL HEALTH ISSUES AND SUBSTANCE USE DISORDERS CAN LEAD TO GREATER SUCCESS ([**https://tobwis.org/documents/327/Certain\_factors\_increase\_the\_likelihood\_of\_tobacco\_use.pdf**](https://tobwis.org/documents/327/Certain_factors_increase_the_likelihood_of_tobacco_use.pdf)).

**OPTIONAL PARAGRAPH 1:** IF YOU SELECTED THE BEHAVIORAL HEALTH LOCAL INITIATIVE, DISCUSS THE WORK YOUR COALITION OR NETWORK IS DOING IN THE AREA. WHAT PARTNERSHIPS HAVE YOU FORMED? WHAT ACTIVITIES HAVE YOU DONE? WHAT DO YOU HOPE TO ACHIEVE?

**OPTIONAL PARAGRAPH 2:** IF YOU HAVE SOMEONE WILLING TO WRITE THE LETTER WHO HAS DEALT WITH SUBSTANCE USE OR MENTAL HEALTH AND TOBACCO ADDICTION, ENCOURAGE THEM TO SHARE THEIR STORY. HOW DID TOBACCO USE MAKE THE ISSUES THEY WERE FACING MORE CHALLENGING? DID THEY ADDRESS TOBACCO AT THE SAME TIME AS OTHER ISSUES? HAVE THEM TALK ABOUT WHY THEY THINK TOBACCO SHOULD BE TREATED LIKE OTHER BEHAVIORAL HEALTH ISSUES.

**OPTIONAL PARAGRAPH 3:** IF YOU DIDN’T CHOOSE THE BEHAVIORAL HEALTH LOCAL INITIATIVE AND YOU DON’T HAVE A GOOD SPOKESPERSON FOR THE ISSUE, TALK ABOUT THE EFFORTS OF THE WISCONSIN NICOTINE TREATMENT INTEGRAPTION PROJECT (WiNTiP) TO HELP BEHAVIORAL HEALTH PROVIDERS INTEGRATE TOBACCO CESSATION INTO THE CARE THAT THEY GIVE. SHARE THAT OVER THE LAST DECADE, THE PROGRAM HAS MET WITH TREATMENT CENTERS THROUGHOUT WISCONSIN AND IS CURRENTLY CONSIDERED A NATIONAL LEADER IN THE FIELD.

CLOSE BY ENCOURAGING TOBACCO USERS TO GET FREE HELP BY CALLING THE WISCONSIN TOBACCO QUIT LINE AT 1-800-QUIT NOW (7884-8669), OR IF THEY’RE ON MEDICAID, ASKING THEIR DOCTOR ABOUT THE MEDICAID QUIT TOBACCO BENEFIT. URGE READERS TO LEARN MORE ABOUT LOCAL EFFORTS AT (**NETWORK/COALITION WEBSITE, SOCIAL MEDIA, ETC.**).