

# Smoking Cessation Therapies Benefit Substance Use Disorder Clients



**Smoking tobacco is one of the deadliest forms of addiction.**<sup>1,2</sup>

At minimum, **65% of clients in treatment** for substance use disorders smoke cigarettes.<sup>3</sup>

**Smoking kills more people than**

alcohol, AIDS, car accidents, illegal drugs, homicides, and suicides combined, with thousands more dying from smokeless tobacco use.<sup>4</sup>

People who smoke are also at **greater risk for conditions** such as diabetes, high blood pressure, COPD, and others.<sup>5,6,7</sup>

**+** During substance use disorder treatment, therapies that help people quit smoking do not interfere with an individual's recovery.

- Studies have shown that as many as **80% of clients** in substance use disorder treatment have **expressed an interest in tobacco cessation**.<sup>8</sup>
- Quitting tobacco** use during drug addiction treatment is linked to a **25% increase in long-term sobriety**.<sup>8</sup>

Research has shown **substance use disorder treatment attendance did not differ** between the groups receiving smoking cessation treatment and those receiving treatment as usual.

In fact, **85% of participants completed the 10-week active treatment period** concurrent with smoking cessation treatment.<sup>9</sup>

**People in treatment for cocaine dependence may increase their success by participating in smoking cessation therapies.**

Research has shown that participants receiving **smoking cessation treatment demonstrated better outcomes** for drug free days and abstinence.<sup>9</sup>

Smoking cessation therapies provided during substance use disorder treatment were associated with a **25% increased likelihood of long-term abstinence from alcohol and illicit drugs**.<sup>10</sup>

**Incorporate smoking cessation therapies into your substance use disorder treatment programs. You are making a difference.**

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