



Consumers Helping  
Others Improve  
their Condition by  
Ending Smoking

Summer 2007

Volume 2, Issue 4

# CHOICES in the news!

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## Mental Health America Honors CHOICES

The CHOICES program was honored at the Closing Night Dinner of the Mental Health America Annual Meeting, *Bringing Wellness Home*, in Washington D.C. on June 9, 2007. CHOICES received the award for Innovation in Programming in recognition as a consumer-driven initiative meeting the needs of smokers with mental illnesses. In the last 2 years, CHOICES has reached more than 5,000 smokers with mental illness.

"These award winners exemplify the exceptional energy, commitment, dedication and creativity necessary to fight against mental health stigma," said David Shern, Ph.D., president and CEO of Mental Health America. "Our four honorees today have greatly improved the lives of countless Americans through their tireless efforts to improve our nation's mental health."

## The CHOICES Program is featured in a Key Assistance Report

The National Mental Health Consumers' Self-Help Clearinghouse recently released a Key Assistance Report, "Focus on Smoking Cessation". This organization is an important source of information for people with mental illness and this is their first report on smoking cessation. The article features the CHOICES program ([www.njchoices.org](http://www.njchoices.org)) and includes an interview with CHOICES Consumer Tobacco Advocate, Wayne Holland. A free copy of the Report can be found on our website, or you can call or e-mail us for a free copy.



By Bill Newbold

I found the QuitNet the ultimate companion to my quitting smoking. The resources there are for anyone to use, as we help each other quit. Some of the most important tools I use are the chat rooms with other people talking and supporting each other in our goals to quit smoking.

Group chatting and in private chats helps me to solve my quit cravings because I can express my cravings and then be told alternatives to the need and craving to smoke at that time. This will continue my abstinence to my smoking addiction when I am able to discuss the problems I am experiencing at the time I feel like

smoking. As I would get to know the regulars in the chats and in PC (private chat) I had found other people quitting there who I knew and helped me regularly. These individuals became my Quit buddies and I put their names on a special list that would allow me to know when they were on the QuitNet. These people I could Q-mail directly and support and get support from.

With the QuitNet I was able to join clubs that were expressly for my use as a consumer. They have clubs on the QuitNet that focus on the actual illnesses that I have and also clubs that relate to the area where I live. The NJ QuitNet is also part of the greater QuitNet support system. Our QuitNet in NJ has a forum of its own plus a variety of other groups that can be used locally and on the internet generally.

*Continued on Page 3*

# Dr. Jill's Quit Tips

## The Benefits of Getting Counseling to Quit Smoking

By Jill M. Williams, M.D.

Although people often try to quit smoking on their own, research studies suggest this is not the best way to do it. In fact, probably the **least** effective way to quit smoking is to try "cold turkey" – that means without medication or counseling treatment.

Being in counseling treatment offers many advantages and is proven to help smokers be more successful in quitting. Counseling may even make it seem easier for smokers to quit. Counseling can help smokers to problem solve how to avoid the temptation to smoke by avoiding specific people, places and things that are linked to smoking behavior. Counseling can also be used to teach smokers new techniques for how to handle stress or cope with life problems without smoking. Probably the most important benefit of counseling is that it allows you to discuss your experiences of quitting smoking with another person who can provide you with support and tips for being successful. A counselor can be anyone but is usually a health care provider like a doctor, nurse or therapist. Both group and individual counseling work in helping smokers quit. Groups have the extra advantage of letting smokers hear about the experiences of others who are also struggling to quit. It also can be more social and enjoyable for some people to have treatment in a group setting.

Even though counseling is proven to work, studies show that only than 5 out of 100 smokers receive counseling when they try to quit smoking. Since transportation can be an issue for consumers, mental health treatment centers offer a great place for smokers to receive counseling to help them to quit. The staff at mental health centers often have years of experience providing counseling to clients. Ask your counselor, doctor or peer leader if stop smoking treatment is offered at your treatment or self-help center. If not, consider asking staff to start a group.

Other ways to get stop smoking counseling are through free telephone counseling or on internet websites. In NJ these services are called:

QuitLine (1-866-NJ-STOPS) and  
QuitNet ([www.nj.quitnet.com](http://www.nj.quitnet.com))  
and they are free to all people who live in New Jersey.

So, check it out - and let us know about your experiences using counseling or one of the NJ services. As always, we want to hear from you.



## Did you know?

By Yasmin Halim

When you think tobacco, you think cigarettes. But there are other forms of tobacco that are just as harmful...

### Cigars

Cigar smoking increases the risk of death from cancer of the larynx more than 10 times and cancer of the oral cavity/pharynx by four times.

### Smokeless Tobacco

- Chewing tobacco actually contains more nicotine than cigarettes.
- The risk of cancer of the cheek and gum may reach nearly 50-fold among long-term snuff users as compared to non-users.

**Bidis** (pronounced beedis or beedies- small brown cigarettes, often flavored, consisting of tobacco hand rolled in tendu or temburni leaf and secured with a string at one end)

One bidi produces more than three times the amount of carbon monoxide and contains more than three times the amount of nicotine and more than five times the amount of tar than one cigarette.

**Clove Cigarettes or Kreteks** ( the Indonesian name for clove cigarettes, are made from tobacco that has been sprayed in clove oil and contain large amounts of tobacco and unfiltered organic material.)

Kreteks contain 2 to 3 times more nicotine and tar than American cigarette brands.

### Menthol Cigarettes

Due to a cooling effect that allows smokers to inhale more deeply and hold the smoke longer, those who use mentholated cigarettes are relatively more likely to experience health consequences compared to other cigarette users.

### Hookahs

- Puffing a hookah can actually put more nicotine in your system than puffing a cigarette.
- Smoking tobacco through water does not filter out cancer-causing chemicals.

Source: <http://www.tobaccofreeu.org>



## Are you interested in participating in a research study?

### Smokers with and without mental illness

You may be eligible to earn some extra money by participating in one of our research studies. For more info. . . call 732-235-9711.

## Help us make our newsletter better ! ! !

We've come a long way in the last year, but we're always looking for new material. You don't have to be a brilliant author, we'll help. Send us a story, an idea, a poem, a riddle, etc. Send an e-mail to Nancy@njchoices.org or szkodna@umdnj.edu.

## UNSCRAMBLE THESE WORDS THEN USE THE SPECIAL LETTERS TO FIND THE SPECIAL WORD

KEMOS      \_ \_ | \_ | \_ \_  
 LEATHH     | \_ | \_ \_ \_ \_ \_  
 COBATOC    \_ \_ \_ \_ | \_ | \_ \_  
 NINETOCI   \_ | \_ | | \_ | \_ \_ \_ \_ \_  
 STOPURP    | \_ | \_ \_ \_ \_ \_ \_  
 GECHAN     \_ \_ \_ \_ \_ \_ | \_ |

There will be a random drawing for the person with the winning solution to the scrambled words by (date) Send your final solution to \_\_\_\_\_

Continued from Page 1

Other resources on the QuitNet are the forums and the expert advice forums as well as the latest news concerning what was taking place in the world of quitting smoking. There are still more gadgets and tools that are at the QuitNet that make the whole community of quitters bound to the support there. The quit gadget is common for all of us QuitNeters. This gadget creates a moment to moment detail of each of our progress in out quitting smoking. From a tally of the number of cigarettes not smoked, to the amount of life saved as a result of not smoking, besides the regular tracking of time that has passed since my last smoke this gadget allows everyone at QuitNet to see everyone else's progress.

Because the QuitNet helps so much and with everyone who goes there, that wants to quit, it is my favorite resource for being helped in my quit. When I could not have one on one or face to face groups or meetings the QuitNet is the best substitute there is.

**Xoet gets the 1-1/2 years (again) . . .**

**From Xoet on 7/13/2007 8:11:52 am**

### **Virtue verses vices**

When does the virtue of a vice make the vice grip you to death when you think smoking is "cool"

when does the vice of a virtue mean you are cool when you don't smoke the butts.

when is the advice that the vice of smoking is causing choking when you have crossed the line

when the line of life to death is met with a smoke your butt makes the rut of death closer.

when the closer the death of life is . . . is when you stop the butts

no butts about it there is life after butts

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*545 days, 8 hours, 23 minutes and 11 seconds smoke free. 35448 cigarettes not smoked. \$9,848.48 and 9 months, 18 hours of my life saved! My quit date was 1/13/2006 11:33:33 pm* -by Bill Newbold



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Email: \_\_\_\_\_

Send this form to:

CHOICES c/o Martha Dwyer,  
 UBHC, D-337, 671 Hoes Lane, Piscataway, NJ 08854

*CHOICES is a partnership between UMDNJ-RWJMS Division of Addiction Psychiatry, the Mental Health Association of New Jersey (MHANJ) and the NJ Division of Mental Health Services and is supported by grants from the American Legacy Foundation, the NJ Division of Mental Health Services and the Cancer Institute of NJ. These materials do not necessarily represent the views of the American Legacy Foundation, Foundation Staff or its Board of Directors.*

# We've updated OUR WEBSITE!

Please visit our newly updated website ([www.njchoices.org](http://www.njchoices.org)) which has new features including a consumer testimonials page and an expanded art gallery. As always, we welcome your input and suggestions. Please write to us and send us your story!



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