



Consumers Helping
Others Improve
their Condition by
Ending Smoking

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We're on the Internet!

Our web address:
www.njchoices.org



Want to learn more about CHOICES? Do you want

Welcome to CHOICES!

"Consumers Helping Others Improve their Condition by Ending Smoking"

CHOICES is an exciting new consumer-driven program for smokers with mental illness in New Jersey. Our goal is to increase awareness of the importance of addressing tobacco and to create a strong peer support network that engages mental health consumers to make a positive lifestyle change by addressing smoking and tobacco



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is innovative because it employs mental health called Consumer Tobacco Advocates, to deliver message to smokers with mental illness that smoking tobacco is important and to motivate them to treatment.

Check us out!

We are pleased to announce our new website. We want this to be a resource for consumers who smoke, so we need your input. Please give us your feedback — whether it's positive or negative. Share your ideas with us, send us your personal story or poem. With your permission we will share them with other consumers. We'd love to hear from you!!!



A poem by Wayne H.

You have to be tough,
you have to be mean,
to fight the cigarette
and keep yourself clean.

You think to yourself-
what's one more drag?

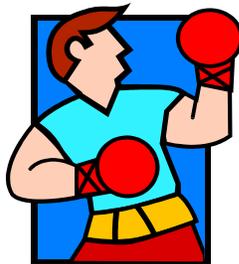
Those butts belong in the garbage bag.

You want 'em when you're happy,
you want 'em when you're sad,
all those chemicals can hurt you real bad.

Some say I'm cool — Some say I'm the fool,
those cigarettes can be real cruel.

So listen to me now and take my advice:

Stay away from tobacco
so your world will be nice.



CHOICES applauded at Conference

The CHOICES program was met with enthusiasm by over 250 mental health and addiction professionals who attended the Annual Dual Diagnosis—"Bridging the Gap" Conference sponsored by the UMDNJ-Robert Wood Johnson Medical School Division of Addictions Psychiatry held on January 12, 2006. Consumer Tobacco Advocate, Yasmin Halim, manned the CHOICES booth introducing consumers and professionals to the CHOICES program. Throughout the day interested professionals spoke with Yasmin and many scheduled times for the Consumer Tobacco Advocates to visit their facility to talk with their clients about smoking. The goal of the CHOICES program is to motivate consumers to address their tobacco use by providing education about the consequences of smoking, issues regarding smoking and mental illness and options available to make quitting easier. The day was a tremendous success!!



Smoking Cessation: A personal story

By Bill Kelly



Acknowledge your illness
And
"Endorse yourself for your efforts"...
(recovery inc.)

I am a peer support specialist at Clubhouse of Suffolk, (New York) in the Smoking Cessation and Wellness Program. I am a friend and a contact for those interested in Smoking Cessation, and even for those not yet contemplating quitting smoking. I am here 15 hours a week, holding a cessation class, making reach-out calls, providing support for the people I know as we struggle with the issue of quitting smoking cigarettes.

My peers at the Clubhouse of Suffolk of which I am a member and employee are tolerant of the information that we share about smoking cessation, and are interested in learning from me, as a friend and a consumer, recovering from mental illness. People with mental illness, needless to say have a lot on their minds and don't always absorb as much information and facts about smoking and its effects on their health. Continued support and informative help is necessary to provide the effective and successful treatment to all mental health consumers. Consumers deserve the opportunities to fulfill themselves and their lives—good health is a necessary part of this recovery.

There are many new facts, training seminars and conferences which our Smoking Cessation Project has become a part of. We are in a unique situation, those of us with Mental Illness, we have to deal with multiple psychiatric, emotional and health issues and yet; 45% of the cigarettes that are smoked in this country—the cigarettes that contribute to our negative health issues—are smoked by consumers with Mental Illness.

When I started smoking there was a real social and familial aspect to the smoking habit. I just needed something to divert my attention away from my symptoms and provide some pleasure. At the time I did not recognize my illness and the habit grew out of a concern that I did not belong. Thankfully I can say that I've been free from smoking for 5 or 6 years. Now we have a Wellness Program and a twice weekly visit to the YMCA for an hour long workout in the community with average people.

We definitely belong there and we are putting good health and recovery into practice.

Just to tie things up a bit, thank you for the opportunity to write this article.

If you'd like to contact Bill, he can be reached at 631-471-7242, Ext. 1334.

TRAP

By Franklin R.H.

SMOKE, SMOKE, SMOKE

I am smoking just to get by

I smoke to pass the time

I smoke to my last dime

When I first started at fourteen

In my head I thought I was Cool, Rugged and Mean

Posing at the street corner with
a cigarette hanging on my lip

Blowing out smoke through my nostrils

Thinking it was a talent to be seen

Then it turns into a habit

Craving first thing in the morning
and after each meal

I cant' go to the bathroom without a cigarette

Stinking thinking a pack a day is moderate

Blowing smoke for a quarter of a century

I should be the owner of the industry

The damage of prolong use of nicotine

Short out of breath I'm no longer pristine

All of a sudden I yearn to be clean

Get my health back

And save the money that I lack

Please doctor

Help me with this task

For I want to live many more years

Being wealthy, healthy and wise

My only hope is you, doctor

Help me if you please

Heal me from this ill will.



Dr. Jill's Quit Tips



By Jill Williams, M.D.

Setting a Quit Date

Although most smokers think about quitting someday, it can be helpful to set an exact day to try to stop smoking. This is called the "Quit Date". The Quit Date can be any day of the month but sometimes people like to choose a special day (birthday, anniversary) that has meaning for them. It can be helpful to choose a Quit Date a few weeks from now, to give yourself some time to prepare. Making preparations to quit smoking can help you to be more successful. Good Luck!

Here are some ways you can prepare for your Quit Date:

1. Do not buy large amounts of cigarettes or other tobacco products, like cartons of cigarettes, for example. Buy cigarettes one pack at a time so you can run out of cigarettes on your Quit Date.
2. Throw away ashtrays, lighters and other things that remind you of smoking.
3. Remove ashes from your home or car. Smelling cigarettes or ashes can make you want to smoke.
4. Tell someone you are thinking about stopping smoking. This can be a roommate, friend or significant other. Let them know when your Quit Date will be so they can help you.
5. Call someone to get help. Ask your psychiatrist, nurse or mental health counselor if they can assist you. The CHOICES program keeps a directory of places where you can get treatment to stop smoking. Some of the treatments are even free.

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



Call us at 732-235-4873 or check out our website (www.njchoices.org) for more information.

Find out more about Dr. Williams' work at <http://rwjms.umdnj.edu/addiction/faculty/williams.htm>

Meet Consumer Tobacco Advocate: Wayne Holland

On my very first day of work with the CHOICES program, I received a phone call that morning telling me that my uncle had died. His death was caused by emphysema. After hearing the news about my uncle I thought of my aunt who had died of lung cancer and of my mother who had died when I was 28, also from emphysema related to her smoking. It made me sad and I thought of how I still mourned my mother's death.

But on this particular day I was a part of the CHOICES program. I quit smoking three years ago and I was determined to help others like myself make a better decision about their smoking because tobacco had created havoc on my family. CHOICES has given me the chance to reach out and help other



mental health consumers.

I am hoping that I can make a difference. The CHOICES program has already helped. I'm less isolated and have re-integrated into society. I am no longer cut off from the outside world; I visit other programs and make myself available to talk to anyone that is interested in making an informed decision about their tobacco use. It has given me the experience of working with others and I have made a few nice friends along the way. This program can help a lot of people in so many ways.

If you're a smoker and you want to learn the facts, find out more about CHOICES by visiting our website at <http://www.njchoices.org>. Take the first step.



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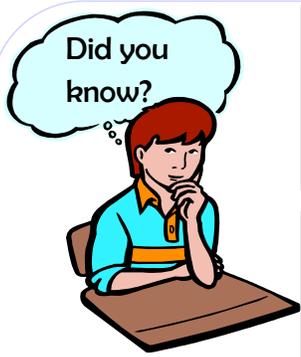
Join our FREE MAILING LIST— Please Print:

Name _____
 Address _____

 City _____
 State _____ Zip _____
 Telephone (_____) _____ - _____
 Email: _____

Send this form to: CHOICES c/o Martha Dwyer,
 UBHC, D-437, 671 Hoes Lane, Piscataway, NJ 08854

*The American Legacy Foundation has provided financial support for the CHOICES project.
 These materials do not necessarily represent the views of the Foundation, Foundation staff, or its Board of Directors.*



Marilyn Monroe (depression),
 Abraham Lincoln (bipolar) and
 Vincent Van Gogh (bipolar) all
 smoked and had mental illness.

Mental health consumers in New Jersey
 spend about 1/3 of their monthly dis-
 ability check on cigarettes and other
 tobacco products.

Smoking effects certain medications that you may
 be taking for depression or schizophrenia. Smoking
 reduces the levels of these medications and makes
 them less effective. Ask you doctor.

Using medication plus
 counseling doubles the
 likelihood you will
 quit.

Once they learn about the health risks of tobacco and the fact that half of all people who smoke will die from a tobacco-caused illness, many consumers decide to quit. We have faith that you can do it too!!! The CHOICE is yours.

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