

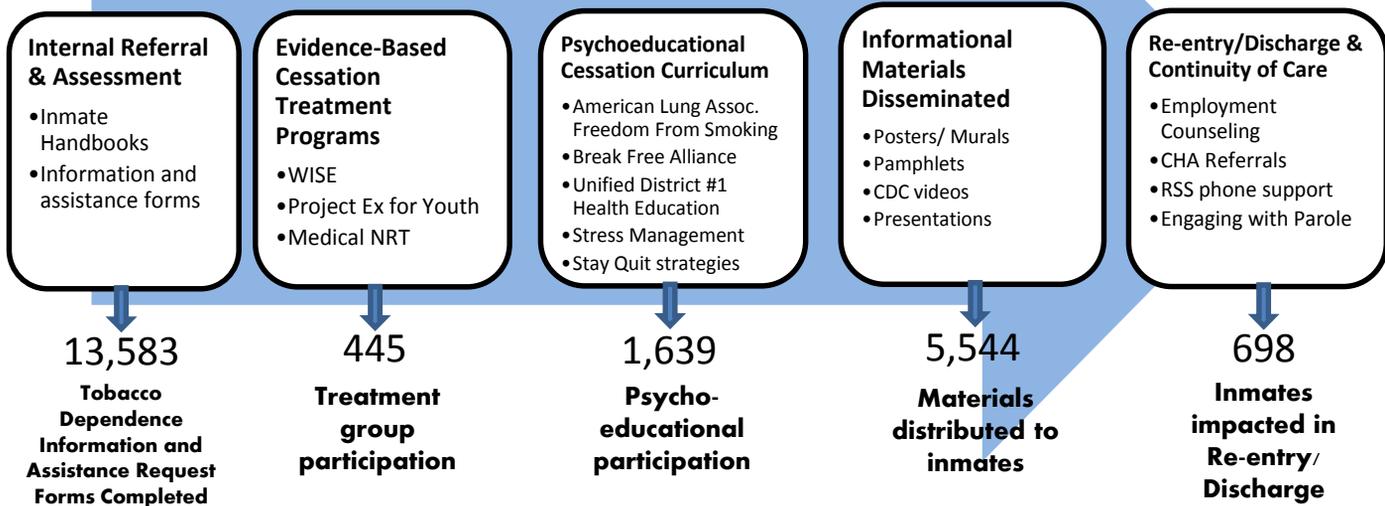
Tobacco and Health Trust Fund Sponsored

CT Department of Correction

Inmate Tobacco Cessation Project

Strategic Points of Intervention 2013-2016

Note: Data reporting ended 2016, but many interventions continue.



Details of DOC Facility Cessation Project Data

	HCC	NHCC	York CI (Females)	MYI	BCC	Totals
Info request forms	10,560	41	1,602	1,380	N/A	13,583
Treatment	175	N/A	113	157	N/A	445
Psycho-education	915	622	102	N/A	N/A	1,639
Info materials disseminated	221	752	1,354	471	2,746	5,544
Re-entry/Discharge Community Planning *Note: The total of 698 includes 299 RSS referrals.	45	226	427	N/A	N/A	*698

Anecdotal Inmate Feedback on Cessation Treatment

“One inmate told me that the coping techniques learned in this group helped him restrain himself from an argument with a Custody Officer, which would have added many years of time to his length of stay.” ~ *DOC Addiction Services Counselor*

“ This is the best 1 ½ hours I’ve had all week.” ~ *New Haven CC Inmate*

“I attended the Smoking Cessation group at NHCC; now I am trying to get my family to quit.”—*CRCI inmate*



One of the murals painted by inmates at Hartford Correctional

2017 Halfway House Program Data Collection

Smoking Prevalence Surveys

36%

- % of former inmates who went to work-release HWH
- N=3,591/9,993

7%

- % of HWH survey respondents whose most recent jail/prison stay was at a target site*
- N=255/3,591

	Number of facilities	Surveys completed
Males	15	243
Females	4	63
Total	19	306

*Target sites= DOC facilities that had LITs, prevalence surveys, implementations, other outreach, etc. (NHCC, HCC, BCC, MYI, CRCI, WCCI, York CI)

Significant findings from the prevalence survey data collected at the HWHs:

- 1) For HWH respondents, the number of cigarettes smoked per day decreased during current HWH stay when compared to the number of cigarettes smoked before the most recent incarceration (N=223; p=.0001).
- 2) The time period between waking up and smoking the first few cigarettes on any given day decreased during the current HWH stay (N=187; p=.008).
- 3) When ill and in bed most of the day, HWH survey respondents reported that they tend to smoke at a lower rate than when they were ill before their most recent incarceration (N=219; trend in the right direction).
- 4) **Male inmates** who received information specifically from the targeted DOC facilities (NHCC, HCC, BCC, MYI, CRCI, WCCI), are tending to smoking less at the HWHs (N=45; trend in the right direction).
 - For male inmates, the Fagerström Measure indicated: Medium tolerance level before incarceration; improved to a low tolerance level at the HWHs.
- 5) **Female inmates** who received cessation information tend to report smoking less at the HWHs (N=17; trend).
 - For female inmates, the Fagerström Measure: Medium tolerance levels at both time points, before incarceration and at the HWH programs.

DOC Halfway House Tobacco Free Environment Policy implemented 2016:

Historically, DOC language in contracts for HWH's stated that all DOC contracted residential programs shall have smoke free facilities. However, some of our community partners have expressed a desire to create a Tobacco Free Environment, prohibiting the use of cigarettes or tobacco products anywhere on the grounds (inside or outside).

The following is an excerpt of the revisions to the policy:

The use of tobacco products, by any person, shall be prohibited on the facility property. Residents and staff should also be prohibited from smoking in view of the program. Requirements: Tobacco Cessation support and/or education groups shall be conducted regularly and with an open enrollment, within the program for all residents with a history of tobacco addiction. Each resident will be informed at intake of the facility's Tobacco Free Environment and the rules associated with it will be explained and provided to them in writing. Group participation shall be marketed in a supportive and encouraging way and shall not require complete cessation; stages of change will be supported by the program and the group.

To date four HWH's have adopted complete Tobacco Free Environments!

Acronyms:

BCC- Bridgeport Correctional Center	HCC- Hartford Correctional Center	NRT- Nicotine Replacement Therapy
CDC- Center for Disease Control	HWH- Halfway House	RSS- Recovery Support Specialist
CHA- Community Health Agency	MYI- Manson Youth Institution	WCCI- Willard Cybulski Correctional Center
CRCI- Carl Robinson Correctional Institution	NHCC- New Haven Correctional Center	WISE- Working Inside for Smoking Elimination
	LITs- Local Implementation Teams	