



Larry Hogan, Governor · Boyd K. Rutherford, Lt. Governor · Robert R. Neall, Secretary

Dear Maryland Provider:

The Maryland Department of Health, Center for Tobacco Prevention and Control is pleased to share with you free resources, including a new toolkit, to help your patients and clients quit tobacco use. Healthcare providers see firsthand the difficult journey many experience while going through treatment and recovery. **Tobacco use can complicate this process and hinder the path to long-term health.** Tobacco use not only impacts treatment for behavioral health conditions, but it also leads to tobacco-related disease, and many individuals with behavioral health conditions suffer an early death from tobacco-related causes.

We know your time with each patient is limited. The enclosed toolkit provides easy ways to assist with your important role in helping patients quit tobacco, including how to refer to the free Maryland Tobacco Quitline, the latest research on cessation, and additional tips. Inside, you will find:

- *A guide for health care providers* – containing facts and resources to help patients/clients
- *Pamphlets to give your patients* – highlighting the benefits of quitting smoking, and free resources available, such as the Maryland Tobacco Quitline, 1-800-QUIT-NOW
- *Posters for your office* to encourage patients to quit and direct them to free, confidential, and effective help.

Nearly seven in ten Maryland adults receiving substance use disorder services and nearly one in three receiving mental health outpatient services smoke cigarettes. Among those receiving both services, smoking rates are **five times higher** than among all Maryland adult smokers. Addressing tobacco use in conjunction with other behavioral health treatments helps patients in their recovery and overall health. Many people with mental illness are motivated and *want* to quit tobacco use. Over half of people with behavioral health diagnoses contemplated quitting within the last six months.

Please **“Continue the Good”** that you do each day by helping your patients and clients quit smoking as part of their treatment and recovery plan. Additionally, we can support you in taking the equally important step of *implementing tobacco-free campuses to further improve health outcomes.*

We hope that you will find these materials useful to assist your patients to quit smoking and to enable them to succeed with long-term recovery and live healthier, longer lives. Additional information and materials are available at www.SmokingStopsHere.com. If you have further questions, please feel free to reach out to us at mdh.tobaccocontrol@maryland.gov or 410-767-5529.

Sincerely,

Dawn S. Berkowitz, MPH, CHES
Director, Center for Tobacco Prevention and Control