

Vermont Mental Health Performance Indicator Project

Agency of Human Services, Department of Health, Department of Mental Health
108 Cherry Street, Burlington, Vermont 05401

TO: Vermont Mental Health Performance Indicator Project
Advisory Group and Interested Parties

FROM: John Pandiani and Barbara Carroll

DATE: March 20, 2009

RE: Smoking Cessation Programs and Quit Line Calls

Our February 20, 2009 PIP report compared rates of Smoking Quit Line use by adults receiving services for serious mental illness with rates of Smoking Quit Line use by the general population of Vermont. Overall, mental health service recipients were significantly more likely to use the Quit Line than other members of the adult population of Vermont (4.6%± vs. 0.8%±).

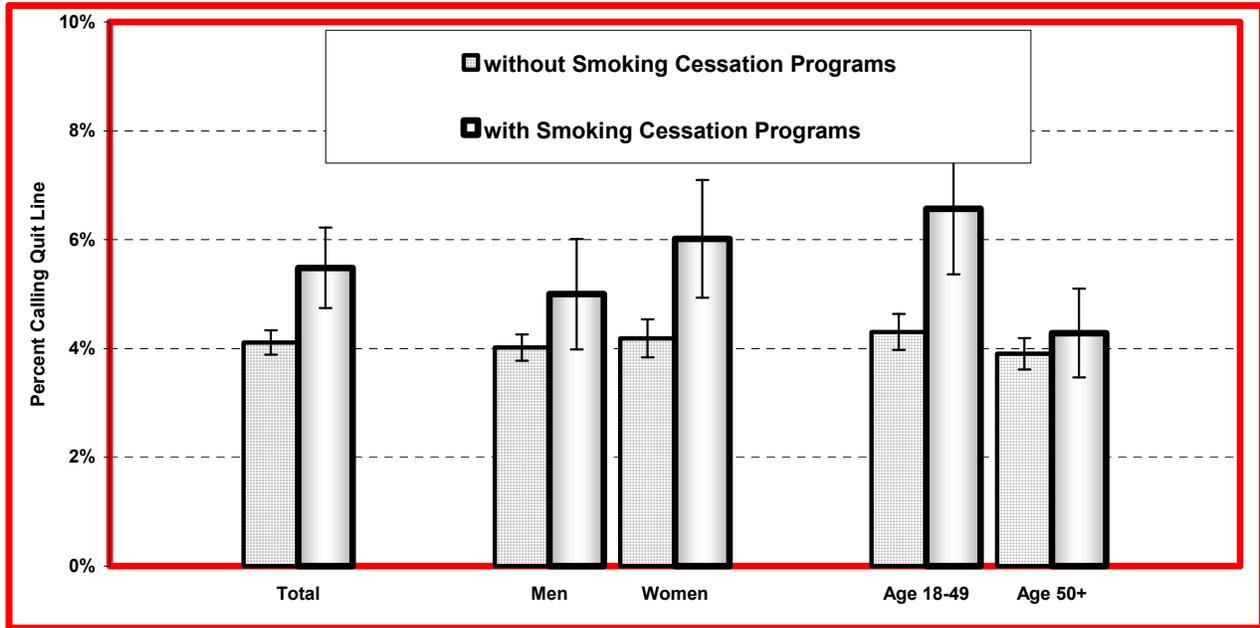
This week's report continues that line of enquiry by comparing Smoking Quit Line utilization rates for two groups of clients served by Community Rehabilitation and Treatment (CRT) programs for adults with serious mental illness during FY2008. The first group of clients includes individuals served by the two CRT programs that provided formal smoking cessation programs during the study period. Both programs were somewhat eclectic in their approaches: the program at the HowardCenter in Chittenden County emphasized cognitive behavioral therapy, contingency management, mindfulness-based approaches, and testing for abstinence self-reports, while the program at Washington County Mental Health Services follows a group treatment manual that incorporates a psychoeducational, motivational and cognitive-behavioral approach and encourages participation by group members in a broader wellness program. The second group of CRT clients includes those served by the eight other regional CRT programs that did not offer formal smoking cessation programs during the same time period.

Two data sets were used in this analysis. The first data set is an anonymous extract of CRT service recipients from the FY2008 Vermont Department of Mental Health Monthly Service Report database. The second data set is an anonymous extract from the Vermont Department of Health Smoking Quit Line database, including all individuals who called the Quit Line and identified themselves as "personally quitting." Because the CRT and the Quit Line data sets do not share unique person identifiers, Probabilistic Population Estimation was used to determine the unduplicated number of individuals represented in each data set and the unduplicated number shared by the CRT and the Quit Line data sets.

Results of this analysis indicate that clients of CRT programs with smoking cessation programs were 33% more likely to call the Quit Line than clients of other CRT programs. The impact of the smoking cessation programs was greatest on women (44% more likely to call the Quit Line than women in other regions of the state) and adults in the 18-49 age group (53% more likely to call the Quit Line than people in the same age group in other regions). Men and older adults in programs with smoking cessation programs were not significantly different than men and older adults in other parts of the state in terms of Quit Line utilization.

As always, we look forward to your suggestions for further analysis of these data. Please forward your questions, comments and suggestions to pip@vdh.state.vt.us or 802.863.7249.

CRT Clients utilizing the Vermont Smoking Quit Line During 2006-2008 by Regions



CRT Clients by Region

	without Smoking Cessation Programs			with Smoking Cessation Programs			<u>Relative Utilization</u>
	<u>Total Number</u>	<u>Quit Line Callers</u>		<u>Total Number</u>	<u>Quit Line Callers</u>		
		<u>#</u>	<u>%</u>		<u>#</u>	<u>%</u>	
Total	1,928 ± 7	79 ± 4	4.1% ± 0.2%	1,122 ± 7	62 ± 8	5.5% ± 0.7%	1.33 ± 0.2
Men	864 ± 4	35 ± 2	4.0% ± 0.2%	590 ± 5	29 ± 6	5.0% ± 1.0%	1.24 ± 0.3
Women	1,064 ± 5	45 ± 4	4.2% ± 0.3%	533 ± 5	32 ± 6	6.0% ± 1.1%	1.44 ± 0.3
Age 18-49	997 ± 5	43 ± 3	4.3% ± 0.3%	589 ± 5	39 ± 7	6.6% ± 1.2%	1.53 ± 0.3
Age 50+	932 ± 5	36 ± 3	3.9% ± 0.3%	534 ± 5	23 ± 4	4.3% ± 0.8%	1.10 ± 0.2

Based on analysis of anonymous extracts from FY2008 Monthly Service Report (MSR) data submitted to the Vermont Department of Mental Health by the designated agencies and the Vermont Quit Line database for CY2006-CY2008. CRT clients include all adults with serious mental illness receiving services in community rehabilitation and treatment programs during FY2008. Quit Line callers include those who identified themselves as 'personally quitting.'

Relative Utilization was calculated by dividing the rate for CRT Quit Line callers from regions with smoking cessation programs by the rate for CRT Quit Line callers from regions without smoking cessation programs. Relative Utilization that is not significantly different from "1" indicates there is no difference in utilization of the Quit Line between the two groups of CRT clients. An elevated risk of "2" would indicate that CRT service recipients from regions with smoking cessation programs were twice as likely as CRT service recipients from regions without smoking cessation programs to call the Quit Line. An elevated risk of "0.5" would indicate that CRT service recipients from regions with smoking cessation programs were half as likely to call the Quit Line.

Because these data sets do not share unique person identifiers, Probabilistic Population Estimation was used to determine the unduplicated number of individuals represented in each data set and the unduplicated number shared by the two data sets (with 95% confidence intervals). Estimates are rounded to the nearest whole number for person counts.