



## TOBACCO AWARENESS PROGRAM

Smoking rates of those with behavioral health disorders are two to four times higher than that of the general population. People with behavioral health problems tend to begin smoking earlier, smoke more and extract more nicotine and tar from the cigarettes they smoke.

We can help by providing you with treatment options and educational materials to help you eventually reduce or quit smoking.

### SERVICES

- Individualized assessment to determine your smoking patterns, use and history
- Personalized counseling with a Certified Peer Specialist
- Information on medical consequences of smoking
- Help understanding why you smoke
- Stress management and coping skills
- Nutrition tips to maintain a healthy weight if you decide to quit
- Nicotine Replacement Therapy (NRT)
- Tobacco classes

### CERTIFIED PEER SPECIALISTS

Research has shown that peers have more success than non-peers in getting another person to create healthier lifestyles. As a result, one of our Certified Peer Specialists (CPS) runs our Tobacco Awareness support groups and provides support on a variety of health topics.

### ELIGIBILITY

If you are receiving counseling services through our Mental Health and Wellness Program, our nursing staff and Certified Tobacco Specialists can work with you and your Primary Care Physician to manage your overall wellness.

To join this program, you must be insured by Medicaid only or by Medicaid and another form of insurance.

### CONTACT US

To access services, contact Debbie Fusco, Director of Nursing Services, at 215.757.6916, ext. 107 or [dfusco@fsabc.org](mailto:dfusco@fsabc.org).

### ABOUT TOBACCO AWARENESS

Tobacco Awareness is a component of Family Service Association of Bucks County's Mental Health and Wellness Program.

### ABOUT FAMILY SERVICE

Family Service Association of Bucks County is a 501(c)3 nonprofit organization that serves over 24,000 people each year. We provide people with the skills and services they need to become independent.

Learn more at [www.fsabc.org](http://www.fsabc.org).

