

At Johnson County Mental Health Center
Ask. Advise. Refer.
“Every Client. Every Visit”

Ask

- **Are you a tobacco user / vape / chew / snuff user?**
- *If answer above is "yes" to tobacco use - **Are you interested in quitting?***
- *If answer above is "no" to quitting - **Are you interested in cutting back?***
(National Council for Behavioral Health best practice question)

Advise

- **Tobacco use is harmful to health, you should quit.** *(This is an evidence based recommendation - advise the person to quit.)*
- **If you're ready to cut back and try to quit, there is support available.**

Refer

- Provide JCMHC Client Information Sheet on Quitting Tobacco.
- Refer and support your client calling **KanQuit at 1-800-261-6259.**
- Refer to psychiatrist for **nicotine replacement therapy (NRT)** to help with cravings for nicotine dependence. NRT can be prescribed and/or over-the-counter (some health benefit plans cover these options).
- Refer your a **Tobacco Treatment Specialist (TTS) at the central resource library or at JCMHC.**
- **Add the goal of tobacco cessation to plan of care.**