

Treating Tobacco Use Disorder in Behavioral Health Populations: Innovative Approaches and Uses of Approved Medications

Key Messages

This list of key messages is from The Center of Health Systems Improvement's new report, *Treating Tobacco Use Disorder in Behavioral Health Populations: Innovative Approaches and Uses of Approved Medications*.

The focus of this report is on innovative uses of approved medications that improve treatment outcomes for Tobacco Use Disorder (TUD). It provides an overview of the seven FDA-approved medications for treating tobacco use, key messages for treating TUD in behavioral health populations, and recommended use of those medications associated with improved outcomes. These key messages are recommendations and considerations meant to guide behavioral health providers when treating TUD.

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Key Message 1

Tobacco use disorder (TUD) is an addiction and should be treated as a chronic relapsing condition



Key Message 2

FDA-approved medications for treating TUD are effective



Key Message 3

FDA-approved medications for treating TUD are safe



Key Message 4

Medication-Assisted Treatment (MAT) is the gold standard for treating TUD



Key Message 5

Varenicline, when used as monotherapy OR combination nicotine replacement therapy are the two most effective medication treatment options for TUD



Key Message 6

Consider using higher dosages of NRT and increase duration of medication treatment



Key Message 7

MAT should be considered for behavioral health clients who may not yet be ready to treat their TUD



This report draws from the Public Health Service Clinical Practice Guidelines on *Treating Tobacco Use and Dependence*, the *Diagnostic and Statistical Manual of Mental Disorders* (5th ed.) 1,2 and other primary source materials.