

Evidence-based practices are a way to ensure that individuals receive appropriate treatments with the potential for the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a method for SCCMHA to ensure the best use of limited resources through the delivery of proven services and supports for persons with disabilities in the Saginaw Community.

For more information about Evidence-Based Practices, please call our Evidence-Based Practice and Trauma-Informed Care Coordinator at 989-272-7372 or go to <https://www.sccmha.org/resources/evidence-based-practices.html>.



SAGINAW COUNTY COMMUNITY MENTAL HEALTH AUTHORITY

Main Facility

500 Hancock, Saginaw, Michigan 48602

Phone

(989) 797-3400

Toll Free 1-800-258-8678

Michigan Relay 711

24 Hour Mental Health Emergency Services

(989) 792-9732

Toll Free: 1-800-233-0022

www.sccmha.org

CS Approved— June 2020



SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY

Learning About Healthy Living: Tobacco and You (LAHL)

An Evidence-Based Practice

What is Learning About Healthy Living: Tobacco and You (LAHL)?

Learning About Healthy Living, Tobacco and You (LAHL) is an evidence-based group intervention designed for all types of tobacco users with different mental health problems. It assumes that not everyone using this treatment will be ready to quit smoking immediately, but has the overall goal of moving individuals toward a tobacco-free lifestyle. This treatment is designed as two groups so individuals can progress from Group 1 to Group 2, when appropriate or desired. Group 1 is for people who are just thinking about quitting and Group 2 is for people who are ready to quit in the very near future. Although the emphasis is on addressing tobacco use, LAHL includes sections on other aspects of healthy living that includes improving diet, increasing activity and managing stress.

How does LAHL work?

LAHL is a 20-session group treatment approach. The goal of the intervention is to increase individual's awareness about the risks of tobacco use, treatment options, enhance motivation to address tobacco, and to begin by making other healthy life choices. LAHL has been in use in mental health treatment programs in New Jersey since 2004. The LAHL treatment approach supports the current focus on wellness and recovery within the mental health field and is being used in mental health sites with great success. Currently, LAHL is periodically offered through the Friends for Recovery Center. More information about the Friends for Recovery Center can be found at <https://www.sccmha.org/healthcare-partnerships/friends-for-recovery-center/>.

For More Information

Discuss LAHL eligibility with your current treatment provider or contact the Friends for Recovery Center at (989) 401-7587.

