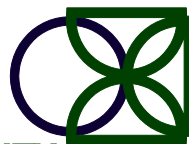


Evidence-based practices are a way to ensure that consumers receive appropriate treatments with the potential for the greatest success to meet their individual person-centered needs.

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— March 2021



**SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY**

DIMENSIONS: Tobacco Free Group

An Evidence-Based Practice

DIMENSIONS: Tobacco Free Group

DIMENSIONS: Tobacco Free Group is a manualized, facilitator-led, primarily group-based, evidenced-based-practice intervention for consumers with mental health concerns who use tobacco. DIMENSIONS: Tobacco Free Group facilitators use motivational engagement strategies, community referrals, educational activities, and peer- or provider-led Tobacco Free groups to promote positive behavior change in individuals interested in tobacco cessation.

Who is DIMENSIONS: Tobacco Free Group for?

Dimensions: Tobacco Free Program is available to all adult consumers who use tobacco.

***Whether you are ready to stop
using tobacco or just thinking
about it...***

***Get the support and knowledge you
need to make the right decision
for you.***

How does DIMENSIONS: Tobacco Free Group for work?

The DIMENSIONS: Tobacco Free Group provides:

- A supportive, positive and non-judgmental environment to help you through your process.
- Information on how tobacco use effects your health, how to manage cravings, and how to change your habits.

A flexible program designed to meet your needs and help you make healthy choices in all areas

DIMENSIONS: Tobacco Free Groups:

- Begin with a Readiness Assessment to determine the best course of action regarding tobacco cessation efforts.
- Run for a minimum of six sessions.
- Meet once a week for at least 60 minutes, depending on the size and needs of the group.
- Worksheets and discussions help integrate new information to maximize quit efforts.

For More Information

Discuss DIMENSIONS: Tobacco Free Group eligibility with your current treatment provider or contact the SCCMHA Health Education Consultant, Linda Paeglis, at (989) 272-0234. Internally, extension 1234.

