

Evidence-based practices are a way to be sure that consumers receive the right treatments. They give the best chance of the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a way for SCCMHA to be sure of 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— April 2021



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 to help all types of tobacco users with different mental health problems. It assumes that not everyone using this type of help will be ready to quit smoking right away. It has the big goal of moving people into a tobacco-free lifestyle. This form of help is designed as two groups so people can progress from Group 1 to Group 2, when it makes sense, or they want to make the move. Group 1 is for people who are just thinking about quitting. Group 2 is for people who are ready to quit very soon.

Although the focus is on tackling tobacco use, LAHL includes sections on other parts of healthy living like:

- improving diet
- increasing activity
- managing stress



How does LAHL work?

LAHL is a 20-session group treatment approach. The goal of this group is to increase person's awareness about

- the risks of tobacco use
- treatment options
- enhance motivation to address tobacco
- 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. It 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/>.



To Learn More

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

