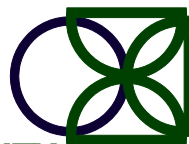


Evidence-based practices are a way to be sure that consumers receive the right treatments. They give the best chance of the greatest success to meet their individual person-centered needs.

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

DIMENSIONS: Tobacco Free Group

An Evidence-Based Practice

DIMENSIONS: Tobacco Free Group

DIMENSIONS: Tobacco Free Group is a manualized, facilitator-led, mostly group-based, proven way to help consumers with mental health concerns who use tobacco. DIMENSIONS: Tobacco Free Group leaders do the following to promote positive behavior change in individuals interested in stopping tobacco:

- motivational engagement strategies
- community referrals
- educational activities
- peer- or provider-led Tobacco Free groups

*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 setting 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 made to meet your needs and help you make healthy choices in all areas.

DIMENSIONS: Tobacco Free Groups:

- Begin with a Readiness Assessment to decide the best way to help with stopping tobacco.
- Run for at least six sessions.
- Meet once a week for at least 60 minutes, depending on the size and needs of the group.
- Worksheets and discussions help to include new information to make the most out of quit efforts.

Who is DIMENSIONS: Tobacco Free Group for?

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



To Learn More

Is DIMENSIONS: Tobacco Free Group right for you? Talk about it with your current treatment provider or contact the SCCMHA Health Education Consultant, Linda Paeglis, at (989) 272-0234. Internally, extension 1234.