



Breaking the Cycle: Smoking Cessation at The Jude House

- Partnership with Health Department (Cigarette Restitution Fund Program)
- Serving individuals in residential substance use treatment
- Focus: education, cessation support, and long-term recovery

Our Population: Why We're Different

- Majority of residents are smokers; many began smoking between ages 9–14
- High rates of trauma, incarceration, and co-occurring substance use/mental health disorders
- Smoking is normalized in their environments—non-smokers are the minority
- Quitting during treatment is especially challenging but also transformative



Year 1 (FY23) Highlights

- 37 patients participated in cessation groups
- 3 staff members created quit plans; 1 quit entirely
- Introduced stages of change, coping mechanisms, and NRT
- Success: patients eager to “sneak back” into groups after sessions ended





Year 2 (FY24) Highlights

- 72 patients educated and provided cessation services (target: 80)
- 82 referrals to MD Quitline (exceeded target)
- 7 patients quit smoking; 5 reduced significantly
- 2 staff members made strides toward quitting
- Smaller, longer groups → deeper engagement and peer support groups formed

Year 3 (FY25) HighlightsYear 3 (FY25) Highlights

60 patients served (65% male, 35% female; 85% from BIPOC community)

25 with mental health diagnoses

12 started Chantix; 9 used nicotine patches

9 achieved full cessation; 6 reduced significantly

2 facilitators formally trained → sustainability for future cohorts





Impact & Next Steps

- Over 3 years: 169 patients directly engaged in cessation services
- Staff wellness gains: multiple employees reduced or quit smoking
- Peer-led support groups emerging organically
- Next steps: expand staff training, integrate harm-reduction models, strengthen community partnerships
- Mission: breaking generational cycles of addiction—including tobacco