



Louisiana Department of Public Safety & Corrections

Smoking Cessation Implementation

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Smoke Free Air Act

- The Louisiana Legislature enacted the Louisiana Smoke-Free Air Act (ACT 815) to prohibit smoking in most public places. Prisons were given 2 more years to implement this ban (until August 15, 2009).
- As a result, smoking is now prohibited in public buildings and places of employment operated by the Department of Public Safety and Corrections (DOC) for all offenders, employees, and visitors.
- This includes 12 state facilities housing approximately 20,000 offenders.

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Facilities Map



The Planning

- **Prior to the ban, DOC extensively researched the successful smoking ban programs implemented by other state correctional systems and adopted their best practices.**
- **It was found that most had very little resistance or problems as long as they educated offenders, staff, and visitors well in advance and provided them with meaningful support.**
- **DOC also worked closely with the Louisiana Department of Health and Hospitals' Tobacco Control Program and The Louisiana Campaign for Tobacco-Free Living to obtain support programs and materials that were used to educate and provide support to all offenders and staff.**

The Research

Extensive research was conducted to see how other states implemented smoking cessation and their best practices were incorporated into Louisiana's plan. Here is a sample of what was reported by some:

STATE	IMPLEMENTED	COMMENTS
OREGON	in the late 1990's	Initially had concerns regarding unrest, but with plenty of advance warning and the use of smoking cessation programs, overall it went very well.
COLORADO	for several years	A 3 month advance notice and smoking cessation program made for a successful implementation.
CONNECTICUT	for several years	The anticipation of and indoor and outdoor ban was far, far worse than the reality. The transition resulted in no incidents within facilities.
UTAH	for 10+ years	The indoor/outdoor ban has gone very well.
KANSAS	for 7 years	Offered nicotine patches and cessation classes 60 days in advance, education and counseling continues to be offered. There were a few minor issues at first, initially a lot of write ups at sites where offenders had access to outside sources such as work camp and some staff had to be let go after several offenses, but now there is no smoking on any state institutional property.
MARYLAND	since 2001	Despite fears, there was no unrest.
MINNESOTA	in the 1990's	With significant notice of the indoor/outdoor ban, no unrest had occurred and the target date came and went unremarkably.

The Program

- **In February 2009, the Department started a four-phase smoking cessation program using the Freshstart program from Tobacco Free Living.**
- **The program is taught by mental health staff and trained peer facilitators.**
- **It focuses on individual therapy, group therapy, strategies, information, review, discussion, and individual assignments.**
- **Nicotine replacement therapy was made available in the canteens.**
- **Offenders completing the program receive follow ups. Those who are discharging from DOC are given community referrals.**
- **Employees were given information on the Freshstart program as well as local community resources.**

The Implementation

- **First, 2 correctional facilities served as pilot programs by implementing the indoor smoking ban on May 15th, 2009.**
- **The successful pilot program was then implemented at the other 10 facilities effective August 15, 2009.**

Lessons Learned

Through research conducted I've learned that:

- The systems that implemented a partial ban first had a more successful implementation of a complete ban (indoor and outdoor) later.
- There will always be challenges in maintaining a smoking ban; however, those states that continued to offer smoking cessation support and the use of sanctions against violations are far more successful (have fewer violations) than those who do not.
- The systems that have a complete ban have much fewer violations as well due to the limited access of tobacco products.

The Challenges

Barriers to Compliance & Enforcement

- This is Louisiana, “Let the Good Times Roll.”
- Policy “Buy In.”
 - According to 1993 CDC Study, the number of smokers in correctional facilities is at least triple the national average.
 - Non-smokers are the minority.
- Black Market (indigent offenders).
- Staff Support: Non-smoking officers implement better than smoking officers.
- Access to NRT.
- “Prison Psychology” – Stress, hard life.
- Offender Movement – work crews, lack of adequate number of staff.

The Numbers/Studies

- Nationally, 90% of correctional facilities have some limitations on smoking behavior. (American Nonsmokers' Rights Foundation, 2009)
- As of 2007, 60% of correctional facilities nationwide had total tobacco bans, 27% had an indoor only ban. (Kauffman et al., 2008)
- **In one study in Indiana, 76% of offenders continued to smoke following the bans.** (Cropsey et al., 2004)

The Future

1. Potential – with the aging offender population with more chronic diseases, if we can implement a smoking ban successfully, improvement in life quality as well as reduction in healthcare costs will be greater.
2. Enforcement and compliance was questionable, but two studies demonstrated a significant decrease in nicotine concentration (via air quality monitoring) at prison facilities after smoking ban. (Hammond & Emmons, 2005; Proescholdbell, Foley, Johnson, & Malek, 2008)
3. As we move into the future, I am very hopeful of implementing a complete smoking ban in Louisiana's state prisons because it is the right thing to do.