

# Maine Tobacco-Free Behavioral Health Policy Template

## Summary

[Behavioral Health Organization] is dedicated to providing its clients, staff, visitors, and vendors with a safe and healthy environment by implementing a 100% tobacco-free campus policy, effective [insert date].

## Policy

[Behavioral Health Organization] recognizes that the use of tobacco products on our grounds is detrimental to the health and safety of everyone. This institution supports an environment where staff, clients, visitors, and vendors are not exposed to the harmful effects of secondhand smoke and are supported in efforts to live tobacco-free. Preventable chronic disease is a significant contributor to early mortality in behavioral health populations. People with serious mental illness are dying 25 years younger than average, often from preventable physical conditions such as obesity, diabetes, and heart disease. Smoking rates among persons in behavioral health populations are many times higher than the general population. A smoke-free life can be achieved by behavioral health populations and can add years of wellbeing and a healthy life. Therefore, [Behavioral Health Organization] has adopted a 100% tobacco-free campus policy, that exceeds state law (22 M.R.S.A. § 1580-A), effective [insert date].

Tobacco use is defined as the smoking, vaping, or use of all tobacco products, including but not limited to, cigarettes, cigars, spit and smokeless tobacco, chew, snuff, snus, electronic cigarettes, and other non-FDA approved nicotine delivery devices. This policy prohibits tobacco use:

- In all organization-affiliated buildings and at any locations where employees work.
- On all organization-owned or leased grounds, including parking lots.
- In all organization-owned or leased vehicles and personal vehicles used in the course of work whenever other employees or another person is in the vehicle for work-related reasons.

This tobacco-free policy applies to all staff, clients, visitors, and vendors.

## Procedures

This policy will be communicated through tobacco-free signs posted at all campus entrances and throughout the facility, through staff education, including being written into training manuals and new employee orientation, and to clients through admission paperwork and discussion.

Everyone is required to comply with [Behavioral Health Organization's] tobacco-free policy. Enforcement of this policy will follow the standard procedures of the facility.

Information regarding tobacco treatment resources, such as onsite counseling and the Maine Tobacco Helpline (1-800-207-1230 or theQuitLink.com), will be made available for tobacco users who are interested in quitting.

To help support healthy, tobacco-free lifestyles, [Behavioral Health Organization] will assess all clients for tobacco use at intake and address tobacco as part of a comprehensive treatment plan.



**Tobacco-free policies support clients to make quit attempts and protect against secondhand and thirdhand smoke**

**BREATHE EASY**

REDUCING SMOKE EXPOSURE IN MAINE

[BreatheEasyMaine.org/Behavioral-Health](https://BreatheEasyMaine.org/Behavioral-Health)



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