



Oregon

Theodore R. Kulongoski, Governor

Department of Human Services
Addictions and Mental Health Division
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March 26, 2008

American Lung Association of Oregon
7420 SW Bridgeport Road, Suite 200
Tigard, Oregon 97224

RE: Letter of Support for the Oregon Tobacco-Free College Initiative

The Addictions and Mental Health (AMH) Division is writing in support of the Oregon Tobacco-Free College Initiative, which seeks to eliminate tobacco use and secondhand smoke from college campuses.

In addition to the health benefit for all of reduced exposure to secondhand tobacco smoke, a tobacco-free environment is supportive for those with addictions. Tobacco-free policies are associated with reduced cigarette consumption and increased success for those who seek to quit smoking. Research has demonstrated that the sight and smell of smoking in one's environment can be a trigger for cravings that undermine people's attempts to quit and to stay smoke free.

Community colleges are essential institutions for providing local access to higher education and vocational skills training. Counseling services are generally available to ensure students experiencing mental health issues and/or addictions can access resources as needed. It is important that colleges promote the Oregon Tobacco Quit Line for students who are ready to quit. This is a free service available to all Oregonians. These resources together, along with education, will enable students to successfully adapt to tobacco-free campus environments such as that already in place at Clark College in Washington and OHSU here in Oregon.

We have not seen as dramatic a decline in cigarette consumption in populations experiencing mental health issues as we have in the general population. The AMH Division is working on developing protocols for smoking cessation in their substance abuse and mental health treatment facilities that fall under their purview. The AMH Division is collaborating with the Public Health Division and other tobacco prevention stakeholders throughout Oregon in developing these protocols.

If you need this letter in alternate format, please call 503-945-5763 (Voice) or 503-945-5895 (TTY)
"Assisting People to Become Independent, Healthy and Safe"

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American Lung Association of Oregon

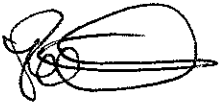
March 26, 2008

Page two

We are seeing treatment facilities throughout Oregon adopt tobacco-free facility policies as a way of providing a healthier and more supportive environment for both workers and clients.

Our combined efforts to reduce or eliminate smoking on campus and in substance abuse and mental health treatment facilities will decrease the burden of tobacco use in all the communities we serve.

Sincerely,

A handwritten signature in black ink, appearing to read "R. Nikkel", with a large, stylized flourish at the end.

Robert E. Nikkel, M.S.W.
Assistant Director