



PRO•A

TOBACCO RECOVERY IS RECOVERY!

PRO•A TOBACCO RECOVERY INFORMATION & RESOURCE SHEET

Did You Know That Learning Tobacco-Free Coping Skills...?

- is safe for persons pursuing other addiction recovery.
- contributes to longer term sobriety.
- reduces social stigma.
- increases positive mood and decreases depression, anxiety, and stress.
- improves self-confidence and self-image, and...
- enhances the health and quality of life for persons in other addiction recovery.

Consider Tobacco Recovery in Your Journey

While there is no one way to be in recovery, it begins the moment a person decides to make better choices about their physical and mental well-being, work to live a meaningful self-directed life, and strive to achieve their full potential.

While the journey to recovery is a personal one, the basis of all recovery is hope and belief that your current circumstances can be improved, managed, and overcome. So, if you haven't yet thought about it, consider Tobacco Recovery. As we learn healthy ways to manage our day, it allows us to let go of unhealthy ways!

Tobacco use disorder is the leading cause of death in the recovery community and we do not even talk about it.

Many of the pioneers of twentieth century addiction treatment and recovery mutual aid societies died of smoking-related disorders:

- Bill Wilson (emphysema) and Dr. Robert Holbrook Smith (cancer), co-founders of Alcoholics Anonymous;
- Mrs. Marty Mann (cancer), founder, National Council on Alcoholism and Drug Dependence;
- Danny C. (cancer) and Jimmy K. (emphysema and cancer), key figures in the founding of Narcotics Anonymous;
- Charles Dederich (cardiovascular disease), founder of Synanon;
- Dr. Marie Nyswander (cancer), co-developer of methadone maintenance; and
- Senator/Governor Harold Hughes (emphysema), sponsor of landmark alcoholism treatment legislation and founder of the Society of Americans for Recovery.

Source: [Smoking and Addiction Recovery: For People in Recovery Bill White \(2011\)](#)

More information on the history of tobacco and the recovery community from recovery historian Bill White - [HERE](#)

WE MUST SUPPORT TOBACCO RECOVERY BY STARTING TO...

TALK ABOUT IT!

THE BEST TIME TO TAKE THIS STEP FOR YOURSELF AND FOR THOSE YOU LOVE IS RIGHT NOW!

PRO•A wants to ensure that Tobacco Recovery Resources are available in every recovery community center across Pennsylvania!

Tobacco Recovery Resources:

- [PRO•A Web Page for Tobacco Recovery Resources](#)
- [Nicotine Anonymous Internet Meetings](#)
- [PA Department of Health / PA FREE Quit Line](#)
- [American Lung Association Resource Page](#)
- [Quit Assist Tobacco Recovery Resources](#)
- [CRS / CFRS Tobacco Recovery Training](#)

It's Time to Set the Record Straight – We Deserve Tobacco-Free Recovery!

Pennsylvania Statewide Tobacco-Free Recovery Initiative (STFRI):

The Pennsylvania Department of Health, the Department of Human Services and the Department of Drug and Alcohol Programs shared their commitment to support the Pennsylvania Statewide Tobacco-Free Recovery Initiative (STFRI), a five-year CDC funded project to advance evidence-based tobacco interventions in the behavioral health setting. The Initiative offers state-wide consultation, training and technical assistance to treatment providers and community partners, recovery community organizations to develop tobacco-free policies and integrate a tobacco-free recovery system of care into existing behavioral health services.

For More Information on STFRI – [LINK HERE](#)

Who we are: The Pennsylvania Recovery Organizations - Alliance (PRO•A) is the statewide non-profit, 501(c)(3) grassroots advocacy organization dedicated to supporting individuals in recovery and educating the public on addiction and recovery. PRO•A provides no direct state-funded treatment or recovery support services, which uniquely qualifies PRO•A to carry out our mission statewide, free from real or perceived role conflicts in relation to our drug and alcohol service delivery system.

Our Vision: A strong statewide network of those concerned about substance use disorders and committed to recovery, recovery community organizations, advocacy groups, family groups, drug and alcohol service system entities, all united in common purpose.

Our Mission: To mobilize, educate and advocate in order to eliminate the stigma and discrimination toward those affected by substance use disorders to ensure hope, health and justice for individuals, families and those in recovery.

Want to get involved? Join PRO•A at www.pro-a.org ... IT'S FREE!

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TALK ABOUT IT!