



Dear Visitor:

In an effort to promote recovery and the overall health and well-being of our community, and in response to the Philadelphia Tobacco Recovery and Wellness Initiative, the inpatient psychiatric campus of Fairmount Behavioral Health System will be tobacco/ smoke free effective December 14, 2015.

**Can I still smoke when I come to visit my loved one?**

We will have an area on our property that is designated for smoking. Our staff can help direct you to that location, if needed.

**What if my loved one is discharging to another facility such as a rehab or a recovery house, can I still bring them cigarettes?**

While we would prefer that no tobacco products be brought into the hospital, we do understand that sometimes there will be exceptions for individuals that are not going directly home after discharge. In the event your loved one is going to another treatment facility and in need of cigarettes, we will log and secure these items until their day of discharge.

**What happens to those individuals that are here in the days leading up to December 14<sup>th</sup>?**

Our allied therapists are already working with your loved one, facilitating recovery oriented groups to focus on relapse prevention that includes tobacco use. Our physicians will be working with your loved one to support a tobacco cessation program that will make this change as comfortable as possible. Your loved one has the option to begin working on smoking cessation now, as the physicians and treatment team members are prepared to support an appropriate program tailored to the needs of your loved one.

**What happens if I am a smoker and I come to visit?**

Our training has informed us that we should be mindful of smoking and then coming into the building. Education shows that sometimes the smell of smoke can trigger an individual who is attempting to quit. The use of hand sanitizer and lotion can support masking the smell of smoke.

Questions can be directed to:

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