

Residential Program Tobacco Policy

Tobacco, Nicotine, and Recovery Environment

Information for Referral Partners, Prospective Residents, and Families

Thank you for considering New Directions Northwest, Inc. for residential substance use disorder treatment. To help ensure a smooth admission process, we ask that referral partners and prospective residents review the following information regarding tobacco and nicotine products before admission.

Nicotine Use Does Not Prevent Admission. Many individuals entering treatment use nicotine products. **Nicotine dependence is not a barrier to admission or participation** in our residential treatment program.

Residents are encouraged to participate in voluntary tobacco cessation services; however, quitting tobacco is **not** a requirement for receiving treatment.

Permitted Nicotine Products

Residents may bring and use the following products in accordance with residential program policies:

- Commercially manufactured cigarettes (sealed/unopened packs)
- Roll-your-own cigarettes using commercially manufactured tobacco, rolling papers, and filters in their original, unopened manufacturer's packaging
- Commercially manufactured nicotine pouches (such as ZYN®, VELO®, Rogue®, On!®, and similar products) unopened and in their original manufacturer's container
- FDA-approved nicotine replacement therapies (such as nicotine patches, gum, lozenges, inhalers, or nasal spray) when approved or prescribed by a licensed medical provider

Residents are responsible for purchasing their own approved nicotine products. Smoking is permitted only during scheduled smoking breaks in designated outdoor smoking areas.

Prohibited Products

The following items are **not permitted** within the residential program:

- Electronic cigarettes (e-cigarettes)
- Vape pens
- Disposable or refillable vaping devices
- Vape cartridges or pods
- THC, CBD, Delta-8, Delta-9, Delta-10, marijuana, or synthetic cannabinoid vaping products
- Chewing tobacco
- Snuff or other smokeless tobacco products
- Homemade, altered, or repackaged nicotine or tobacco products
- Any product containing unauthorized or mood-altering substances

Residents should **leave these items at home** whenever possible.

Why Are Vaping Devices Prohibited?

Our residential program is committed to maintaining a safe, drug-free, and recovery-focused therapeutic community.

Unlike commercially manufactured cigarettes, approved roll-your-own tobacco products, or commercially manufactured nicotine pouches, staff cannot reasonably verify or monitor the contents of vaping devices or determine whether they have been altered or refilled.

Because vaping devices may contain nicotine, marijuana (THC), synthetic cannabinoids, controlled substances, or other unauthorized substances, they are not permitted within the residential treatment environment.

Tobacco Cessation Services

Residents interested in reducing or stopping tobacco use may participate in voluntary smoking cessation services, including:

- Tobacco use education
- Individual counseling
- Motivational support
- Tobacco cessation planning
- Referral to the Oregon Tobacco Quit Line
- FDA-approved nicotine replacement therapy when medically appropriate

Preparing for Admission

To help ensure a smooth admission process, please encourage prospective residents to:

- Bring only approved nicotine products in their original manufacturer's packaging.
- Leave vaping devices, electronic cigarettes, chewing tobacco, marijuana products, alcohol, illicit drugs, weapons, and other prohibited items at home.
- Bring a current list of medications and any required identification.

- Contact our admissions staff before admission if they have questions about what items are permitted.

Questions?

Our admissions team is available to answer questions regarding residential treatment, tobacco and nicotine policies, smoking cessation services, or program expectations before admission.

Frequently Asked Questions

Will I be required to quit smoking to enter treatment?

No.

Nicotine dependence is **not** a barrier to admission or participation in our residential treatment program. While quitting tobacco is encouraged, residents are not required to stop using nicotine products to receive treatment.

Can I bring cigarettes?

Yes.

Residents may bring commercially manufactured cigarettes. All tobacco products must be sealed in original manufacturer's packaging.

Smoking is permitted only:

- During scheduled smoking breaks
- In designated outdoor smoking areas
- In accordance with residential program rules

Residents are responsible for purchasing their own tobacco products.

Can I bring nicotine pouches?

Yes.

Commercially manufactured nicotine pouches (such as ZYN®, VELO®, Rogue®, On!®, and similar products) are permitted.

Nicotine pouches must:

- Be new and sealed upon arrival to the program
- Remain in the original manufacturer's container
- Be used only by the resident
- Not be shared, traded, or sold

Can I bring my vape or electronic cigarette?

No.

Electronic cigarettes, vape pens, inhalant delivery systems, disposable vapes, refillable vape devices, cartridges, and similar products are **not permitted** within the residential program.

Why are cigarettes and nicotine pouches allowed, but vaping devices are not?

While many vaping devices contain nicotine, staff cannot reasonably verify or monitor the contents of vaping devices or determine whether they have been altered.

Vaping devices may contain:

- Nicotine
- THC
- Marijuana concentrates
- Synthetic cannabinoids
- Controlled substances
- Other unauthorized substances

To maintain a safe, drug-free, recovery-oriented treatment environment for all residents, vaping devices are prohibited.

What happens if I arrive with a vape?

Residents are asked to leave vaping devices at home whenever possible.

Vaping devices brought to the facility are considered prohibited items and will not be permitted in the residential program. Admissions staff will explain available options for handling these items in accordance with program procedures.

Do you offer help to quit smoking?

Yes.

Residents who would like to reduce or stop tobacco use are encouraged to participate in our voluntary smoking cessation services.

Available supports may include:

- Tobacco education
- Individual counseling
- Motivational support
- Smoking cessation planning
- Referral to the Oregon Tobacco Quit Line
- FDA-approved nicotine replacement therapy when medically appropriate

Participation in smoking cessation services is voluntary.

Who can I contact if I have questions before admission?

Our admissions staff are happy to answer questions about program expectations, tobacco and nicotine policies, smoking cessation services, or any other aspect of residential treatment.

We encourage referral partners and prospective residents to discuss any questions before admission to help ensure a smooth transition into treatment.

Our Commitment

New Directions Northwest, Inc. believes recovery is best supported within a safe, respectful, and structured therapeutic community. Our tobacco and nicotine policy is designed to balance compassionate care, resident choice, and recovery-focused expectations while protecting the health, safety, and well-being of everyone participating in treatment.

Before You Arrive

To help make your admission go smoothly, please:

- Bring only unopened, commercially manufactured cigarettes or nicotine pouches if you choose to use nicotine.
- Leave all vaping devices, electronic cigarettes, marijuana products, alcohol, illicit drugs, weapons, and other prohibited items at home.
- Bring a current list of medications and any required identification.
- Contact our admissions staff if you have questions about what to bring or what items are prohibited.