



Treating Tobacco Dependence In Behavioral Health Settings Training

Hosted by:
The Bridge Behavioral Health

Overview:

Smoking rates in individuals with a mental illness or addiction are at least double that of the general population. A growing body of research reveals that smokers with mental illness want to quit tobacco, are able to quit, and quitting does not threaten their recovery process. This two-day conference will teach effective interventions to combat tobacco use, will help learners understand tobacco dependence as an addiction and chronic disease, and introduce motivational interviewing as a means of promoting behavior change and treatment compliance in tobacco dependent patients.

Target Audience:

This conference will be of interest to physicians, nurses, substance abuse counselors, mental health counselors, psychologists, social workers and other healthcare professionals.

Learning Objectives:

Upon completion of this program, participants should be better able to

1. Describe the prevalence and consequences of tobacco use and behavioral health conditions (mental illness and addictions).
2. Explain the neurobiology of smoking and behavioral health condition.
3. Recognize the basic "spirit" of motivational interviewing, treatment engagement strategies (open ended questions, affirmation, reflective listening) and describe "change talk."
4. Describe valuable tools for assessing tobacco dependence including DSM criteria, Fagerstrom scores and measurement of expired carbon monoxide.
5. Review the risks, role and benefits of medications for treating tobacco dependence including indications and contraindications, special precautions and warnings.
6. Identify brief interventions, group and individual counseling and social supports to treat tobacco dependence and prevent relapse after a quit attempt.
7. Describe the advantages of using a peer-to-peer approach to addressing tobacco for individuals with behavioral health conditions.
8. Determine ways policy can reduce tobacco use and support treatment and review practical strategies to overcome common challenges in becoming a tobacco free facility.
9. Assess the influence that tobacco marketing communications have on smoking behaviors and dispel myths and misconceptions about tobacco products.
10. Develop treatment plans for treating tobacco dependence in diverse populations with behavioral health conditions.

Method of Participation:

In order to meet the learning objectives and receive continuing education credits, participants are required to check in at the registration desk each day to sign in, partake in the pre and post-test assessment, attend the program, and complete the program evaluation and CE credit request form at the conclusion of the program. A letter certifying attendance and credit verification will be mailed/emailed to participants within 4 weeks.

Additional Information:

For additional information, questions or concerns or if you require special arrangements to attend the conference, please contact Melissa Palmer at mpalmer@thebridgenebraska.org.

Rutgers Robert Wood Johnson Medical School Activity Director:

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Jose A. Cruz, MBA, LCSW, CTTS - Mental Health Clinician

All individuals who affect the content of continuing education activities are required to disclose to the audience any real or apparent conflict of interest related to the activity. The activity faculty are further required to disclose discussion of off-label/investigational uses in their presentations. These disclosures will be made to the audience at the time of the activity.

CME/CE Credits and Professional Contact Hours:

Rutgers Biomedical and Health Sciences is accredited by the American Nurses Credentialing Center (ANCC), the Accreditation Council for Pharmacy Education (ACPE), and the Accreditation Council for Continuing Medical Education (ACCME), to provide continuing education for the healthcare team.

Physicians: Rutgers Biomedical and Health Sciences designates this live activity for a maximum of 12.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity. AAPA accept *AMA PRA Category 1 Credits™* from organizations accredited by the ACCME.

Nurses: This activity is awarded 12.5 contact hours. (60 minute CH). Nurses should only claim those contact hours actually spent participating in the activity.

Certified Counselors: Rutgers University Behavioral Health Care (UBHC) is an NBCC Approved Continuing Education Provider (ACEPT™) and a co-sponsor of this program. UBHC may award NBCC approved clock hours for events or programs that meet NBCC requirements. The ACEPT™ maintains responsibility for the content of this program. (12 clock hours). Approval Number 6198.

Psychologists: Rutgers University Behavioral Health Care is approved by the American Psychological Association to sponsor continuing education for psychologists. Rutgers University Behavioral Health Care maintains responsibility for the program and its content. (12 CE credits)
Instructional Level: Introductory - Provider# 1532

Licensed Alcohol and Drug Counselors (LADC): This activity is awarded **12 continuing education clock hours**.

Social Workers (Association of Social Work Boards):

Rutgers University Behavioral Health Care, provider #1173, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) program from August 10, 2015 to August 10, 2018. Rutgers University Behavioral Health Care maintains responsibility for the program. Social workers participating in this course will receive **12 continuing education clock hours**. Targeted social work practice level: Beginning. Be prepared to write in your Social Work license/certification/registration number and license jurisdiction on the sign in sheet. Please be sure to bring this information with you to the training. Check with your state board to ensure ACE credits are accepted.

IMPORTANT NOTE: Social Workers must be prepared to write in their Social Work license/certification/registration number and license jurisdiction on the sign in sheet. Please be sure to bring this information with you to the training.

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