



UMASS TOBACCO TREATMENT SPECIALIST CORE TRAINING

October 8-11, 2019 | 9:00am – 4:30 pm
Welborn Room | 410 Mulberry Street, Evansville, IN
Breakfast and lunch will be provided

Overview

The Tobacco Treatment Specialist Core Training is an intensive 4-day, in-person, evidence-based training program. The program is designed for persons who work with tobacco dependent clients or deliver tobacco treatment services within health care or community settings. The curriculum is designed to address a set of core competencies defined by the Association for the Treatment of Tobacco Use and Dependence (ATTUD). Upon successful completion of the training program, participants may apply for the [National Certificate in Tobacco Treatment Practice](#) (NCTTP).

Target Audience: Physicians, advanced practice providers, health educators, mental health counselors, nurses, pharmacists, social workers, addiction counselors, recovery coaches, respiratory therapists, and other health care professionals who treat tobacco and nicotine users.

What is a Tobacco Treatment Specialist (TTS)?

A Tobacco Treatment Specialist is a professional who possesses the skills, knowledge, and training to provide effective, evidence-based interventions for tobacco and nicotine dependence across a range of intensities. TTSs are trained to develop individualized treatment plans using evidence-based treatment strategies and facilitate client involvement in treatment.

Training Prerequisite: Prior to attending the TTS training, all participants must successfully complete the [Basic Skills for Working with Smokers](#) online course. Please note there is a \$175 fee payable to the University of Massachusetts to register for this course. **Participants must also be tobacco-free for 6 months prior to the training.**

National Certificate in Tobacco Treatment Practice

The National Certificate in Tobacco Treatment Practice was created in 2017 to standardize and unify tobacco competencies, knowledge, and skills on a national level and provides national, unified recognition of professionals who obtain this prestigious certificate. By obtaining the NCTTP, tobacco use professionals are demonstrating to employers, third-party payers, and clients their advanced education in evidence-based tobacco competencies, skills, and practice. For more information, visit NAADAC, the Association for Addiction Professionals website, www.naadac.org.

Registration

Cancellation Policy

Cancellations received 3 weeks prior to the program will receive a full refund, less a \$100 processing fee. Cancellations received within 3 weeks of the program will not receive a refund. For questions about the program, or to make a substitution, contact kmhsu@iu.edu.

Agenda

Tuesday, October 8

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| 8:30 a.m. | Check-in & Breakfast |
| 9 – 9:30 a.m. | Introductions and Welcome |
| 9:30 – 10:15 a.m. | Determinants of Tobacco Use Disorder Bio/Psycho/Social Factors |
| 10:15 – 10:30 a.m. | Break |
| 10:30 a.m. – 12:30 p.m. | Determinants of Tobacco Use Disorder Bio/Psycho/Social Factors cont. |
| 12:30 – 1:30 p.m. | Lunch |
| 1:30 – 3 p.m. | Pharmacotherapy for Treatment of Tobacco Use Disorder |
| 3 – 3:15 p.m. | Break |
| 3:15 – 4:30 p.m. | Pharmacotherapy for Treatment of Tobacco Use Disorder cont. |

Wednesday October 9

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| 8:30 a.m. | Check-in & Breakfast |
| 9 – 10:30 a.m. | Motivational Interviewing: Learning the Basics |
| 10:30 – 10:45 a.m. | Break |
| 10:45 a.m. – 12 p.m. | Motivational Interviewing: Learning the Basics cont. |
| 12 – 1 p.m. | Lunch |
| 1 – 2:30 p.m. | Motivational Interviewing: Learning the Basics cont. |
| 2:30 – 2:45 p.m. | Break |
| 2:45 – 4:30 p.m. | Motivational Interviewing: Learning the Basics cont. |

Thursday October 10

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| 8:30 a.m. | Check-in & Breakfast |
| 9 – 10:45 a.m. | Guidelines for Systems and Professionals |
| 10:30 – 10:45 a.m. | Break |
| 11 a.m. – 12:15 p.m. | Guidelines for Systems and Professionals cont. |
| 12:15 – 1 p.m. | Lunch |
| 1 – 2:20 p.m. | Cognitive and Behavioral Treatment Strategies |
| 2:20 – 2:35 p.m. | Break |
| 2:35 – 4:30 p.m. | Cognitive and Behavioral Treatment Strategies cont. |

Friday October 11

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| 8:30am | Check-in & Breakfast |
| 9 – 10:30 a.m. | Intake, Assessment and Treatment Planning |
| 10:30 – 10:45 a.m. | Break |
| 10:45 a.m. – 12 p.m. | Intake, Assessment and Treatment Planning cont. |
| 12 – 12:30 p.m. | Lunch |
| 12:30 – 3 p.m. | Intake, Assessment and Treatment Planning cont. |

Learning Objectives

Module 1

1. Describe the prevalence and etiology of nicotine dependence.
2. Define the Bio/Psycho/Social Model.
3. Discuss Social factors related to nicotine dependence and cessation.
4. Discuss Psychological factors related to nicotine dependence and cessation.
5. Discuss Biological factors related to nicotine dependence and cessation.

Module 2

1. Review current pharmacological approaches to treatment of nicotine dependence.
2. Describe and apply evidence-based medicine principles to pharmacological treatment for nicotine dependence.
3. Outline the anticipated effects of the different forms of pharmacologic treatment in select medical conditions.
4. List additional special concerns and issues that affect the choice of pharmacologic treatment.

Module 3

1. Apply patient-centered principles of health-risk reduction to the problem of effectively counseling individuals with tobacco use disorder.
2. Describe the spirit and principles of motivational interviewing.
3. Demonstrate how to use the basic skills of motivational interviewing.
4. Describe the five categories of change talk.
5. Demonstrate skills necessary for negotiating a behavioral change plan regarding tobacco use.

Module 4

1. List the Public Health Service recommendations for optimal structure and intensity of effective tobacco treatment intervention.
2. Describe the range of established and innovative treatment modalities.
3. List program components including clinical protocols, evaluation recommendations and billing options.
4. Discuss potential barriers and opportunities to implementing tobacco treatment in healthcare systems.
5. Define the role of the TTS: Professional development and responsibilities.

Module 5

1. Describe the differences between cognitive and behavioral strategies
2. Discuss treatment considerations for priority populations
3. List specific cognitive and behavioral strategies for the pre-cessation, cessation, and relapse prevention phases of treatment
4. Describe processes to promote relapse recovery

Module 6

1. Describe the key components of a comprehensive intake process including; demographics, tobacco use, quitting, and medical/psychiatric history, dependence, social, cultural, environmental factors.
2. Demonstrate how to use a carbon monoxide monitor.
3. Identify strengths and potential barriers to treatment.
4. Conduct interviews in a manner which advances stage of change and promotes self-efficacy.
5. Review the information gathered during an initial assessment in order to develop an appropriate treatment plan.

Training Instructors

Jean Kristeller, Ph.D

Jean Kristeller is Professor Emeritus at Indiana State University. She received her doctorate in clinical and health psychology from Yale University in 1983, her M.S. from the University of Wisconsin in 1978 in clinical psychology and human psychophysiology, and her undergraduate degree in psychology from Swarthmore College in 1974. Previous appointments have been at the Univ. of Massachusetts Medical School in behavioral medicine and Cambridge Hospital, Harvard University Medical School, in psychiatry and behavioral medicine.

Dr. Kristeller is interested in the effects of psychological variables on physical health and illness, which has informed much of her research. It has included work with compulsive eating and obesity, smoking, the role of the physician in facilitating health behavior change, spirituality and health, anxiety disorders and the use of meditation as a way to promote self-regulatory processes. She has conducted research on the psychology of meditation for over 25 years, including investigations on the effects of meditation on heart rate control, general well-being, spirituality, psoriasis and anxiety disorders (see Marlatt & Kristeller, 1999; Kristeller, 2007). Her previous and currently funded NIH research is investigating the value of Mindfulness-Based Eating Awareness Training (MB-EAT) on compulsive overeating and obesity (see Kristeller & Hallett, 1999; Kristeller, 2005; Kristeller, Quillian & Baer, 2006). She is a founding member and President of The Center for Mindful Eating (www.tcme.org), a virtual organization bringing resources about mindful eating to professionals in related fields.

Email: Jean.Kristeller@indstate.edu

Karen S. Hudmon, DrPH, MS, RPh, TTS

Karen is Professor of Pharmacy Practice at the Purdue University College of Pharmacy and Clinical Professor at the University of California San Francisco School of Pharmacy. She is a licensed pharmacist and a cancer prevention researcher. She has nearly 30 years of tobacco research experience and has personally provided tobacco cessation training to more than 20,000 health professionals (students and licensed clinicians). Dr. Hudmon's career goals are directed toward expanding the preventive medicine component of health care delivery and utilization and broadening the clinician's role as an advocate for positive health outcomes through disease prevention, as well as treatment. The approaches that she applies in attaining these goals are transdisciplinary, collaborative, and participatory. She was one of the original authors of the Rx for Change: Clinician-Assisted Tobacco Cessation training program, which has been in existence since 1999 and is used globally to train students and licensed clinicians to apply evidence-based approaches for helping patients quit. Currently, Karen's research is funded by the NIH and the Indiana State Department of Health.

Email: khudmon@purdue.edu

Katie Martin, LCSW, CSAYC

Katie Martin is a Licensed Clinical Social Worker (LCSW) and a Credentialed Sexually Abusive Youth Clinician (CSAYC). She is currently the Outpatient Clinical Manager at the Dennis Moran Center with Southwestern Behavioral Healthcare; a division of the child and family team. Katie graduated with her Masters in Social Work from the University of Southern Indiana and was a therapist at the Youth Care Center (YCC) in Evansville, IN for six and a half years. She then joined Southwestern as an outpatient therapist with children and adolescents and later became the Outpatient Clinical Manager. She has been providing Motivational Interviewing training for Southwestern for approximately three years. She has also trained employees of SWIRCA and the YWCA in Motivational Interviewing. In addition, Katie is an adjunct for USI in the Social Work Department.

Email: martink@southwestern.org

Miranda H. Spitznagle, M.P.H.

Miranda H. Spitznagle, M.P.H. is the Director for the Tobacco Prevention and Cessation Commission at the Indiana State Department of Health. She previously served as the Director of Program Evaluation for the Tobacco Prevention and Cessation Commission, formerly the Indiana Tobacco Prevention and Cessation Agency. She has nearly 20 years of experience in tobacco control program evaluation, public health policy, strategic planning, grant writing and program monitoring and evaluation. She is responsible for providing overall program management of the Indiana's statewide comprehensive tobacco control program. Prior to working in tobacco control, Miranda worked as a health policy analyst for Indiana's Office of Medicaid Policy and Planning focusing on data management and analysis and previously worked in as a neuroscience research technician at the Indiana University School of Medicine. Mrs. Spitznagle holds a Master of Public Health from Indiana University and a Bachelor of Science in Biochemistry from Purdue University. She and her husband live in Indianapolis with their three sons.

Email: mspitznagle@isdh.in.gov

Kayla Hsu, MPH, CHES®, NCTTP

Kayla serves as the Community Outreach Manager for Rethink Tobacco Indiana. Ms. Hsu works with health care providers and partners around the state to help behavioral health treatment facilities to integrate evidence-based tobacco treatment approaches into their system of care and develop comprehensive tobacco-free grounds policies. Prior to joining Rethink Tobacco Indiana, Ms. Hsu worked as a quality improvement advisor with a nonprofit healthcare quality improvement consultancy and Medicare Quality Improvement Organization. While working on a contract with the Centers for Medicare and Medicaid Services (CMS), she worked to improve healthcare around the Hoosier state, specifically relating to behavioral health integration. Ms. Hsu is a trained Tobacco Treatment Specialist (TTS) by the University of Massachusetts's Medical School and also a Certified-UMass TTS Trainer with experience in planning, coordinating, and delivering TTS trainings around the state. Ms. Hsu serves on the Board of Directors for the Indiana Society for Public Health Education (InSOPHE). She is also a Certified Health Education Specialist (CHES®) and has earned the National Certificate in Tobacco Treatment Practice (NCTTP). She holds a Master of Public Health degree from Indiana University Bloomington's School of Public Health.

Email: kmhsu@iu.edu

Deborah Hudson-Buckles, BS, RRT, NCTTP

Deborah is the Program Director of the IU Simon Tobacco Treatment Program. Employed by the IU Simon Cancer Center since 1997, the first 13 years of Ms. Hudson's career were dedicated to helping individuals overcome tobacco addiction. Since 2008, Ms. Hudson has dedicated her career to the ReThink Tobacco Indiana project, focused on tobacco cessation systems change in mental health & substance abuse centers across Indiana. In addition, Ms. Hudson oversees the IU Simon Tobacco Treatment Program that provides tobacco treatment to cancer patients. During Ms. Hudson's more than 20 years in the field of tobacco treatment she has coordinated and developed training programs for health care professionals and lay persons across Indiana, worked on multiple research efforts, and been a leader in the state. Ms. Hudson received her Bachelor of Science degree in Respiratory Therapy and the National Certificate in Tobacco Treatment Practice.

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Stacy Hodges, ED.S., RN, BSN

Stacy is the Director of Healthcare Integration at Southwestern Behavioral Healthcare. She is a Registered Nurse and trained as a Mental Health Counselor. Ms. Hodges career goals include utilizing her knowledge and experience as nurse and therapist to guide education and assist a transformation from traditional fee for service model of behavioral healthcare to a more integrated approach. Stacy has over 15 years in the healthcare industry and a passion for providing integrated treatment that addresses all of a client's needs rather focusing only on physical or mental health concerns. Tobacco use is the one modifiable risk factor that have the greatest impact on mental health clients. Assisting them with tobacco cessation will help clients improve both their physical and mental health. Ms. Hodges has been engaged in tobacco work since 2017. Stacy is the executive leader of Southwestern Behavioral's Systems Change Grant that is aimed at adapting our approach to assessing and treating tobacco dependence. She is also a Certified Tobacco Treatment Specialist as of May 2019.

Email: HodgesS@southwestern.org

Accommodations

Participants are responsible for booking their own travel and lodging accommodations. Please see the below list of hotels available in the Evansville area and their distance from the training site.

DoubleTree by Hilton – 0.4 miles from training
601 Walnut St., Evansville | (812) 423-5002

Holiday Inn Express West – 5.1 miles from training
5737 Pearl Drive, Evansville | (812) 421-9773

Baymont by Wyndham East – 7.1 miles from training
8005 E. Division St., Evansville | (812) 477-2677

Howard Johnson by Wyndham Evansville East –
5.4 miles from training
1101 N Green River Rd, Evansville | (812) 476-9626

Fairfield Inn by Marriott Evansville West –
4.8 miles from training
5400 Weston Rd, Evansville | (812) 429-0900

Dining in Evansville

While breakfast and lunch are provided during the training, participants are responsible for their dinner meals. Evansville and the downtown area offer a variety of food options. Take a look at the list below of some favorite dining spots among locals.

Bru Burger, 222 Sycamore St.

Contemporary eatery in a former Greyhound bus stop, serving classic & creative burgers & cocktails

Arazu on Main, 415 Main St.

Handsome, brick-lined venue offering Mediterranean cuisine

Comfort, 230 Main St.

Warm, relaxed American eatery with brick & wood flourishes serving steaks, seafood & wine.

Angelo's, 305 Main St.

Old-school Italian cuisine with surroundings to match, plus wine & patio seating.

Milano's Italian Cuisine, 500 Main St.

Unassuming family-owned establishment serving Italian standards including pizza & baked ziti.

Gangnam Korean BBQ, 518 Main St.

Korean BBQ & other traditional dishes served in a festive venue with checkerboard floors.

Jaya's Authentic Foods, 119 SE Fourth

Featuring full-service dining with sushi, authentic Korean food and a full bar.

Zuki Japanese Hibachi Grill & Sushi Lounge, 222 Main St.

Contemporary, bi-level Japanese spot with hibachi grill tables & a sushi bar serving special rolls.

RIVER CITY COFFEE + GOODS, 223 Main St.

Shop is a unique blend of amazing coffee as well as one of a kind gifts from local artists.

Lic's Deli & Ice Cream, 11 NW Fifth St.

A locally-owned, soda-fountain-style ice cream shoppe featuring gourmet Deli sandwiches on fresh baked bread since 1950. Free parking on Fifth at Sycamore, next to LIC's.

Parlor Doughnuts, 12 NW 3rd St.

Evansville's first craft doughnut shop!

Penny Lane Coffeehouse, 600 SE 2nd St.

Cheerful, sunlit coffeehouse with a hip vibe, serving up espresso drinks, organic teas and sandwiches.

Training Location

The training will be held at Southwestern Behavioral Healthcare in the Welborn room located at 410 Mulberry Street in downtown Evansville.

Directions to training – if traveling from the South

- » Take US-41 N
- » Take Ohio River Scenic Byway/Veterans Memorial Pkwy to SE Riverside Dr/Water St in Evansville
- » Drive to Mulberry St.

Directions to training – if traveling from the West

- » Take IN-62 E to S Fulton Ave/Ohio River Scenic Byway in Evansville.
- » Take the John St exit from IN-62 E/Ohio River Scenic Byway
- » Continue on Ohio River Scenic Byway.
- » Drive to Mulberry St.

Directions to training – if traveling from the North

- » Head south on US-41 S
 - » Continue Bellemeade Ave.
 - » Drive to Mulberry St.
- OR
- » Take I-69 S to SE Riverside Dr/Water St in Evansville.
 - » Continue on Ohio River Scenic Byway.
 - » Drive to Mulberry St.

Directions to training – if traveling from the East

- » Head west on IN-66 W
- » Turn left onto French Island Trail/Ohio River Scenic Byway/State Rd 662 E
- » Continue to follow Ohio River Scenic Byway
- » Turn left onto the ramp to I-164W to merge onto I-69 S
- » Continue to follow Ohio River Scenic Byway
- » Turn right onto SE Riverside Dr/Water St in Evansville.
- » Drive to Mulberry St.

Parking at Training Site

Free parking is available onsite at Southwestern Behavioral Healthcare, located at 410 Mulberry Street, Evansville. Participants may park anywhere in the lot and should enter the building using the doors to the right of the cement awning to access the **Welborn room** located on the first floor. Street parking is also available on 6th street.

Continuing Education

Accreditation



In support of improving patient care, Indiana University School of Medicine is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Nurses

Indiana University School of Medicine designates this activity for a maximum of 23.0 ANCC contact hours. Nurses should claim only the credit commensurate with the extent of their participation in the activity.

Pharmacists

Indiana University School of Medicine designates this activity for (ACPE UAN JA4008178-0000-20-007-L04-P, JA4008178-0000-20-007-L04-T) 23.0 ACPE contact hours. Pharmacists should only claim credit commensurate with the extent of their participation in the activity. Credit will be provided to NABP CPE Monitor within 60 days after the activity completion.

Physicians

Indiana University School of Medicine designates this live activity for a maximum of 23.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Social Workers

Indiana University School of Medicine has been approved by the Indiana Social Worker, Marriage and Family Therapist and Mental Health Counselor Board to provide Category I Continuing Education program. This activity qualifies for 23.0 Category I CEU as outlined by the Indiana Behavioral Health and Human Services Licensing Board.

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