

Rutgers Institute for Nicotine & Tobacco Studies - Tobacco Dependence Program
in collaboration with the

Division of Addiction Psychiatry
and co provided with

Rutgers University Behavioral Health Care
Rutgers Center for Public Health Workforce Development

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Available

*see page 4

Training Announcement

Tobacco Treatment Specialist Training

Our training program is fully accredited by the Council for Tobacco Treatment Training Programs. After full completion of this training, participants will receive documentation of training completion and will be eligible to apply for National Certification; participants are not yet Certified.

OUR TRAINING FACULTY *includes doctoral-level, national experts in all aspects of tobacco control and treatment – including areas of medical and behavioral-health tobacco treatment, tobacco products and surveillance, epidemiology, messaging and communication, and program planning and evaluation. After completing the training, participants can expect to effectively treat patients for tobacco dependence and to provide other services to help organizations address tobacco use.*

THE TRAINING FORMAT *is virtual and encompasses both asynchronous (working with online materials at your own pace) and synchronous (working virtually together as a group) sections. The asynchronous portion will be conducted through the Canvas online platform in which participants independently complete a series of educational modules during the two weeks prior to our live, 2-day interactive Zoom sessions from 8:00am-5:30pm ET. This hybrid-approach allows busy professionals much needed schedule flexibility.*

Target Audience:

This training is designed for Social Workers; Nurses; Psychologists; Physicians; Pharmacists; Certified Counselors; Certified Alcohol and Drug Counselors; Marriage and Family Therapists; Health Educators; and any other professionals who treat tobacco users.

Self-Paced Online Modules: Available beginning on or about September 30 and due October 18

Live Zoom Session Dates: October 19-20, 2026

Course runs 8:00am – 5:30pm ET on both dates.

Visit www.tobaccoprogram.org for registration details. Registration will remain open until the training reaches capacity.

Objectives: At the end of this training participants will be able to:

1. Describe the impact that tobacco use, the tobacco industry, and FDA regulation has on society including environmental/cultural factors
2. Describe the individual impact that tobacco use has on individual health and addiction, co-morbidities and special populations
3. Assess critical factors used in the development of a tobacco treatment plan including motivation and dependence
4. Examine how to implement components of a comprehensive, evidence-based tobacco dependence treatment intervention based on clinical practice guidelines including behavioral skills, social support, and pharmacotherapy including principles of community outreach and cultural sensitivity
5. Practice and demonstrate the skills needed to conduct a clinical assessment, engage in individual counseling, motivational interviewing, and group counseling (both in-person and via telehealth)
6. Discuss the principles involved in tobacco treatment program development and evaluation, clinical practice guidelines, and evidence-based scientific literature

PROGRAM FACULTY:

Michael B. Steinberg, MD, MPH is Professor and Chief in the Division of General Internal Medicine, Senior Associate Dean for Faculty Affairs at the Rutgers Robert Wood Johnson Medical School, and Medical Director of the Rutgers Institute for Nicotine & Tobacco Studies. Dr. Steinberg has been a Fellow of the American College of Physicians since 2010, a former RWJ Foundation Physician Faculty Scholar (2006-9), and past-president of the Association for the Treatment of Tobacco Use and Dependence (ATTUD). He maintains an active research career in the areas of tobacco treatment interventions, has published over 100 peer-reviewed manuscripts, and has conducted studies funded by NCI, NIDA, RWJ Foundation, and the NJ Department of Health. His ongoing efforts include NCI-funded research evaluating physicians' attitudes and communication regarding E-cigarettes (PACE) and studying cigarette relighting behaviors, project lead for NCI's Cancer Center Cessation Initiative (C3i), and coordination and training for the New Jersey tobacco Quitcenters.

Kim Jordan-Casarona, DSW, LCSW, LCADC is the Treatment Coordinator for the Rutgers Institute for Nicotine & Tobacco Studies, and Assistant Professor at the Division of General Internal Medicine at Rutgers-Robert Wood Johnson Medical School. Dr. Casarona holds both a masters and doctoral degree in social work from Rutgers University. She has over 30 years of experience in behavioral health and addiction treatment and has worked as a clinician and supervisor in a variety of treatment settings including inpatient and outpatient programs, schools and private practice.

Kristen E. Riley, PhD is an Assistant Professor at the Rutgers Graduate School of Applied and Professional Psychology (GSAPP). She received her Ph.D. in clinical psychology with a certificate in health psychology from the University of Connecticut and a postdoctoral fellowship in cancer prevention at Memorial Sloan Kettering Cancer Center (MSKCC). Her research aims to decrease stigma and increase health equity through tobacco cessation integrated care. She is an affiliate member of Center for Alcohol & Substance Use Studies, and the Institute for Nicotine & Tobacco Studies, and is an associate member of the Cancer Institute of New Jersey in Cancer Prevention and Control.

Jill M. Williams, MD is Professor of Psychiatry and Director of the Division of Addiction Psychiatry at the Rutgers University-Robert Wood Johnson Medical School in New Brunswick. She also holds faculty appointments at the Cancer Institute of New Jersey and the Rutgers Center for Addiction Studies. The focus of Dr. Williams work has been in addressing tobacco in individuals with mental illness or other addictions through treatment and systems interventions. In 2015 she was the recipient of the Remarkable Achievement Award of the NJ Psychiatric Association. She also is recent past Chair of the APA Council on Addiction Psychiatry.

Marc L. Steinberg, PhD is a clinical psychologist and the director of the Tobacco Research & Intervention lab. He is Professor of Psychiatry at Rutgers Robert Wood Johnson Medical School and the Training Director for the Doctoral Psychology Internship Program at Rutgers University Behavioral Health Care at Piscataway. The majority of his research focuses on tobacco use and dependence, including tobacco dependence treatment development, tobacco use in smokers with psychiatric comorbidity, the relationship between smoking and task persistence/distress tolerance, and motivational interviewing as an approach to encourage smokers to make a quit attempt. Dr. Steinberg is a Deputy Editor for the journal Nicotine & Tobacco Research and a Consulting Editor for Psychology of Addictive Behaviors.

Andrea C. Villanti, PhD, MPH is a professor in the Department of Health Behavior, Society, and Policy at the Rutgers School of Public Health and deputy director of the Rutgers Institute for Nicotine and Tobacco Studies. Previously, Dr. Villanti served on the faculty at the Johns Hopkins Bloomberg School of Public Health and the University of Vermont and as Director for Regulatory Science and Policy in the Schroeder Institute for Tobacco Research and Policy Studies at Truth Initiative. Dr. Villanti's research focuses on young adult tobacco use including predictors and patterns of use and interventions to reduce tobacco use in young adults. Dr. Villanti also conducts research on nicotine beliefs and nicotine education in adults, including understanding how to communicate about the continuum of risk across nicotine and tobacco products.

Mary Hrywna, PhD, MPH is an Assistant Professor, Rutgers Institute for Nicotine & Tobacco Studies and Rutgers School of Public Health. She has over 25 years of experience working at universities coordinating and conducting behavioral science and policy research. Her research areas and interests include tobacco regulatory science and tobacco control policy, particularly policies that may prevent or reduce tobacco use among young people and other special populations. Dr. Hrywna is currently the Principal Investigator of a grant evaluating the implementations of Tobacco 21 policies as well as grant to evaluate a novel policy to increase access to NRT in community retailers.

Manish S. Patel, MD is an Associate Professor of Medicine and Vice-Chief of the Division of General Internal Medicine at the Rutgers – Robert Wood Johnson Medical School. He was elected to Fellowship in the American College of Physicians in 2018. He has published numerous peer-reviewed manuscripts, including in the field of tobacco treatment. As a hospitalist, Dr. Patel is especially interested in the treatment of tobacco dependence in the hospitalized and perioperative setting, and he has given lectures on this topic in various regional academic settings.

Olivia A. Wackowski, PhD, MPH is a Professor in the Department of Health Behavior, Society & Policy at the Rutgers School of Public Health and Core Member of the Rutgers Institute for Nicotine & Tobacco Studies. Her research interests lie in the areas of tobacco communication, tobacco product perceptions, harm reduction and product use trends. She uses mixed methods to characterize tobacco perceptions and communications to which the public are exposed; the impact of these exposures on tobacco beliefs and behaviors; and to inform effective tobacco communications, interventions and tobacco control policies. She has served as Principal Investigator of numerous tobacco research grants since 2012 and has published over 150 peer-reviewed manuscripts.

Michelle T. Bover Manderski, PhD, MPH is Associate Director of Survey Methods and Data Analysis at Rutgers Institute for Nicotine & Tobacco Studies and Instructor of Epidemiology, Department of Biostatistics and Epidemiology at Rutgers School of Public Health. Dr. Bover Manderski's research interests include survey methodology, measurement of health-related behaviors, cancer epidemiology, and epidemiology of tobacco use. During her 10+ years at the Institute for Nicotine & Tobacco Studies, she has led or collaborated on numerous tobacco research projects, including surveillance, clinical and program evaluation, and experimental studies.

Ollie Ganz, DrPH, MSPH is a behavioral scientist whose research program focuses on tobacco regulatory science, surveillance of tobacco industry marketing, and understanding the effects of tobacco industry marketing and tobacco product characteristics on tobacco-related perceptions and behaviors. Dr. Ganz has also worked on the development and evaluation of several, large-scale anti-smoking campaigns, including the truth® campaign, Fresh Empire and This Free Life. Her research is also focused on the examination of on population-level patterns of tobacco use, with a focus on tobacco-related health disparities. Dr. Ganz earned her BA in English from the University of Michigan- Ann Arbor, her MSPH in Health Education and Health Communication from the Johns Hopkins Bloomberg School of Public Health and her DrPH in Health Behavior from the George Washington University Milken Institute School of Public Health. She previously worked as a Health Scientist at the U.S. Food and Drug Administration, Center for Tobacco Products, Office of Health Communication and Education.

Lauren R. Pacek, PhD is an Assistant Professor in the Division of General Internal Medicine in the Department of Medicine at Rutgers Robert Wood Johnson Medical School. She was trained as a substance use and mental health epidemiologist at the Johns Hopkins Bloomberg School of Public Health and completed postdoctoral fellowships at the Johns Hopkins University School of Medicine and Duke University School of Medicine. Prior to coming to Rutgers, Lauren served as an Assistant Professor at Duke University School of Medicine and an Epidemiologist at the FDA Center for Tobacco Products. Her research interests include tobacco regulatory science, dual/polytobacco use, smoking cessation intervention development for people with HIV, and tobacco use among vulnerable populations.

Kevin Schroth, JD is an Associate Professor with Rutgers University's Institute for Nicotine & Tobacco Studies and School of Public Health. He teaches public health law, and his research focuses on how tobacco regulatory science can improve tobacco control policy. He previously served as an attorney with the New York City Health Department, directing tobacco control policy for the City. During this tenure, Kevin played a principal role in drafting and passing more than a dozen tobacco control laws. He also developed policies designed to reduce consumption of sodium and sugary beverages. Before concentrating on public health, he worked as a commercial litigator, and clerked for federal and state judges in New Jersey. Kevin earned his JD from Rutgers Law School and BA from Bucknell University.

Monica J. Gilles, MAS, RRT, NCTTP is a Clinical Care Coordinator and Tobacco Cessation Counselor with the Rutgers Cancer Institute of New Jersey (CINJ) and the Rutgers Tobacco Dependence Program. Monica is a clinician with over 20 years of experience working with the neonatal and geriatric populations and over 10 years of pulmonary rehabilitation experience working with post lung transplant recipients. She has also worked with veterans at the VA Hospital that are living with chronic lung diseases. Monica earned her MAS degree in 2006. She received her Tobacco Treatment Specialist training in 2013 from the Rutgers Tobacco Dependence Program. After which, she successfully started the first outpatient tobacco cessation program at her previous organization. With this specialty, she has educated many members of the community about lung cancer prevention. This has led to professional (Train-the-Trainer) education, teaching community health workers about tobacco cessation. Further, Monica has educated high school aged young adults on topics of tobacco education and cessation, having successfully completed the American Lung Association's ACT to Address Youth Cessation Training. Her diverse background includes healthcare and also public health experience through the community outreach and engagement department at CINJ.

There is no commercial support for this activity. 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.

Registration is available on-line: www.tobaccoprogram.org. Should you learn in advance that you will be unable to attend training for which your registration has been confirmed, please email Training Staff at training@ints.rutgers.edu so the space we have reserved for you can be made available for another participant. Participants who sign in on time and are present for the entire training session will receive documentation of attendance. For further information and to discuss possible provisions for any physical disability (ADA) please contact training@ints.rutgers.edu.

CONTINUING EDUCATION INFORMATION:

Professional Contact Hours submitted through UBHC for consideration for Physicians, Nurses, Pharmacists, Psychologists, Social Workers, Professional Counselors, Licensed and Certified Alcohol and Drug Counselors, Marriage and Family Therapists, and Certified Recovery Support Practitioners

Continuing education credit review has been submitted for select disciplines for up to **36 Continuing Education (CE)** hours. Additional information regarding approved credit types, eligible disciplines, and the process for claiming credit will be shared closer to the training date. Instructions for obtaining credit will also be provided prior to the session dates.

Professional Contact Hours have been submitted through UBHC for consideration for Physicians, Nursing, Psychology, Social Work, Professional Counselors, Marriage and Family Therapists, Licensed and Certified Alcohol and Drug Counselors, Pharmacists (CPE), and Certified Recovery Support Practitioners (CRSP). The certificate fee for Professional Contact Hours provided by UBHC is **\$40**, payable by credit card through Rutgers Health CloudCME upon completion of the post-program evaluation. Additional details will be provided closer to the training.

If a participant or potential participant would like to express a concern about the continuing education experience with Rutgers University Behavioral Health Care, they may call or e-mail cce@ubhc.rutgers.edu.

Professional Contact Hours provided by the American Association for Respiratory Care for Respiratory Therapists and the Rutgers School of Public Health for Certified Health Education Specialists

Continuing Respiratory Education (CRCE) system of the American Association for Respiratory Care (AARC):

This program has been approved for 33.4 hours Continuing Education Credits. Course # 196571000.

Certified Health Education Specialists: This program is approved for Certified Health Education Specialists (CHES) and Master Certified Health Education Specialists (MCHES) up to 33.5 total Category I Continuing Education Contact Hours (CECH). Maximum Advanced-level contact hours available are 33.5. The Rutgers School of Public Health, Center for Public Health Workforce Development is designated as a multiple event provider of CECHs by the National Commission for Health Education Credentialing. Program ID: PM97999_10202025.

If any participant has additional inquiries regarding continuing education credits for Respiratory Therapists or Certified Health Education Specialists, email training@ints.rutgers.edu.

AGENDA

Week 1 – Self-Paced	Week 2 – Self-Paced	Day 1 Review	Day 2 Review
Tobacco Epidemic; Combusted and Non-Combusted Tobacco Products Tobacco Harm Reduction	Behavioral Change Skills & Treatment Strategies Tobacco and Mental Health	Welcome/Course Overview CTTS/ATTUD Tobacco Epidemic and Combusted Tobacco Products	Behavioral Change Skills & Treatment Strategies Exercise Tobacco and Mental Health
Statistics/Epidemiology Tobacco Policy and FDA Regulation	Neurobiology of tobacco addiction	Non-Combusted and Tobacco Harm Reduction Tobacco Policy and FDA Regulation Tobacco Industry Tactics	Neurobiology of Tobacco Addiction
Evidence-based treatment and Public Health Service Guidelines	NRT Pharmacotherapy	Statistics/Epidemiology Evidence-based treatment and Public Health Service Guidelines	Group Counseling Skills for Treating Tobacco Dependence Video
Medical Complications Caused by Tobacco and Environmental Tobacco Smoke	Non-Nicotine pharmacotherapy	Medical Complications Caused by Tobacco and Environmental Tobacco Smoke	Treatment planning and relapse prevention Exercise
Tobacco Industry Tactics	Case Vignettes	Tobacco and the Cancer Continuum: From Early Detection to Survivorship Motivational Interviewing	Programmatic Issues
Tobacco and the Cancer Continuum: From Early Detection to Survivorship	FAQ's about Medications, Medication Metabolism, and Alternative Therapies E-cigarettes and Nicotine Perceptions	NRT Pharmacotherapy Non-nicotine medications	Discussion
Motivational Interviewing	Group Counseling Skills for Treating Tobacco Dependence	FAQ's about Medications, Medication Metabolism, and Alternative Therapies E-cigarettes and Nicotine Perceptions Case Vignettes	Evaluation
Assessment Tools	Introduction to Treatment Planning	Intro to Treatment Planning Assessment Tools Exercise Pharmacotherapy Cases	

TTS Training

TTS TRAINING REGISTRATION PROCESS

Registration Form must be completed in full, by each participant.
You may register for this training online at www.tobaccoprogram.org

If you have any questions please email training staff: training@ints.rutgers.edu

Registration is complete AFTER a confirmation email has been received by the participant.

***CONFIRMATION EMAIL WITH DIRECTIONS WILL BE SENT TO EACH PARTICIPANT
AFTER PAYMENT HAS BEEN RECEIVED.**

Registration Details

Please email training staff if you would like to discuss possible accommodations for disability (ADA)

Course Confirmation Procedure

Course confirmation **via email** will be sent to participants, up to one week prior to the course.

If you do not receive confirmation, please email training@ints.rutgers.edu.

Cancellation Policy

All attendees are asked to please notify the Training Staff in writing, as soon as possible, regarding a cancellation of attendance. Seating is limited and if a cancellation is received, there may be an opportunity for another participant to attend the training.

Additional Information

Certificates of attendance will only be given to those participants who complete the training in full.