

Rutgers Tobacco Dependence Program  
in collaboration with the  
Center for Tobacco Studies  
and the  
Division of Addiction Psychiatry  
And co provided with Rutgers University Behavioral Health Care  
**Training Announcement**

# **Certified Tobacco Treatment Specialist Training**

*Participants can expect to leave the training competent to effectively treat patients for tobacco dependence and to provide other services that will help organizations to address tobacco use.*

## **4-Day CTTs Training**

### **Target Audience:**

**This conference is designed for Social Workers; Nurses; Psychologists; Certified Counselors; Certified Alcohol and Drug Counselors; Marriage and Family Therapist and other health care professionals who treat tobacco users.**

JANUARY 28-31, 2019

MARCH 4-7, 2019

MAY 20-23, 2019

[www.tobaccoprogram.org](http://www.tobaccoprogram.org)

**8:00am – 5:30pm** (Registration 7:30am to 8:00am)

As of January 2018, our new rate of \$1075 will be in effect.

**We serve breakfast & lunch every day.**

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
6. Discuss the principals involved in tobacco treatment program development and evaluation, clinical practice guidelines, and evidence-based scientific literature

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Presenters:

**Michael B. Steinberg, MD, MPH** is the director of Tobacco Dependence Program and a general internist with dual appointments at the Rutgers Robert Wood Johnson Medical School and the School of Public Health. In addition to his medical degree, he has masters' level training in the field of public health education and behavioral science. His clinical and research interests include clinical preventive services and tobacco treatment in primary care and hospital settings. He has published and presented on several topics related to preventive medicine and tobacco issues. Prior to coming to RUTGERS, Dr. Steinberg was on faculty at Jefferson Medical College in Philadelphia where he was Director of Educational Programs and Services at the Comprehensive Center for Tobacco Research and Treatment and participated in both clinical and research activities

**Donna Richardson, MSW, LCSW, LCADC, CTTS** is the Clinic Coordinator for the Tobacco Dependence Program. She is also an Instructor at RUTGERS, School of Public Health. She has more than 30 years' experience working with people to change behaviors that no longer work well for them. She has done this work in corrections settings, in child welfare settings, in community mental health/behavioral health settings, in hospital settings, with inpatients and outpatients, and in private practice.

**Jill Williams, MD** is a psychiatrist specializing in treatment of tobacco dependence and other addictions in mentally ill populations. She is a Professor of Psychiatry at the RUTGERS-Robert Wood Johnson Medical School. Dr. Williams is the recipient of a National Institute on Drug Abuse (NIDA) Career Development Award (K23), entitled, Nicotine Dependence Treatment in Psychiatric Comorbidity. Dr. Williams currently conducts research to study pharmacological and psychosocial treatments to help patients with schizophrenia quit smoking.

**Marc Steinberg, PhD in Clinical Psychology** and is an Associate Professor of Psychiatry at Robert Wood Johnson Medical School, and has appointments at the Rutgers University Center for Alcohol Studies, the RUTGERS School of Public Health, and the Cancer Institute of New Jersey. Dr. Steinberg is a member of the Motivational Interviewing Network of Trainers and was trained by William Miller, the father of motivational interviewing (MI), in the training and supervision of MI. Dr. Steinberg is particularly interested in using motivational interviewing to increase motivation for quitting smoking and/or to seek formal tobacco dependence treatment.

**Cristine Delnevo, PhD (Health Studies), MPH (Health Education and Behavioral Science)** is a Professor in the Department of Health Education and Behavioral Science and the Director of the Center for Tobacco Surveillance and Evaluation Research at RUTGERS-School of Public Health. Dr. Delnevo has been the Principal Investigator of the Independent Evaluation of the New Jersey Comprehensive Tobacco Control Program since the program's inception in 2000. She was recently awarded a R01 grant from the National Cancer Institute (NCI) to improve the inclusion of young adults in tobacco control surveillance and research via cell phone RDD sampling. She is also the Principal Investigator of two additional NIH grants to improve tobacco control surveillance and monitoring.

**Jane Lewis, DrPH (Health Promotion/Health Education)**, is an Associate Professor of Health Education and Behavioral Science at the RUTGERS-School of Public Health. She is the Principal Investigator of the Trinkets and Trash project ([www.trinketsandtrash.org](http://www.trinketsandtrash.org)), a surveillance system and archive of tobacco industry marketing materials and products. She has over 20 years of experience in tobacco control and conducts research examining the innovative marketing strategies of the tobacco industry with a particular emphasis on the use of direct marketing strategies.

**Mary Hrywna, MPH (Health Behavior and Health Education)** is an Instructor in the Department of Health Education and Behavioral Science and serves as Manager of the Center for Tobacco Surveillance and Evaluation Research at RUTGERS-School of Public Health. As Center Manager, she is responsible for managing the daily operations of the Center's research activities as well as contributing to grant writing and manuscript publication. Ms. Hrywna has more than 10 years of experience working at universities coordinating and conducting behavioral science and policy research. In addition, she has presented over 40 papers at professional meetings and author or co-authored more than 20 journal articles on topics related to tobacco.

There is no commercial support for this activity. Dr. Steinberg has previously received an unrestricted research grant from Pfizer in 2006, and has been a consultant for Arena Pharmaceuticals regarding tobacco treatment medications. Dr. Williams has received research grant support from and has been a consultant to Pfizer. 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](http://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 Claribel at [beltrecl@sph.rutgers.edu](mailto:beltrecl@sph.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 (ADA) or dietary needs, please call 732-235-8222.

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## Professional Contact Hours

### **Professional Contact Hours Provided**

1. Participants may not be eligible for continuing education credits if they are not on time and present for the entire four days of the training series.
2. Participants must sign in each day on the appropriate sign in sheet.
3. Participants must submit a completed evaluation form at the end of the training.
4. Partial credits will not be issued to participants arriving late or leaving early.
5. Compete, sign and submit contact hour request form with program code and fee.

Your certificate will be **emailed** to you within three weeks of receiving your request form. Certificate Fee for Professional Contact Hours is \$20 payable by separate check or money order to Rutgers UBHC after the conference.



In support of improving patient care, this activity has been planned and implemented by Rutgers Biomedical and Health Sciences and the Center for Tobacco Surveillance and Evaluation Research and the Division of Addiction Psychiatry. Rutgers Biomedical and Health Sciences 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.

**Physicians:** Rutgers Biomedical and Health Sciences designates this live activity for a maximum of **36.0 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Nurses:** This activity is awarded **36.0 contact hours** (60 min CH).

**Social Workers (The New Jersey Board of Social Work Examiners):** This program is approved for social work continuing education hours by Rutgers University Behavioral Health Care in accordance with New Jersey administrative code 13:44G-6.4 and recognized by The New Jersey Board of Social Work Examiners. This program is approved for **43.2 general continuing education hours**. Check with your state board to inquire about accepting NJ Board of Social Work credits.

**Marriage and Family Therapists:** This course will count for **36.0 recertification credits** towards NJDCA Marriage and Family Board licenses and certifications (LMFT, LPC etc). Rutgers University Behavioral Health Care provider Addiction Professionals Certification Board, Inc.

**Licensed and Certified Alcohol and Drug Counselors:** This course will count for **36.0 recertification credits** Addiction Professionals Certification Board Inc.

**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. Instructional Level: Introductory. **(36.0 CE Credits).**

**Certified Health Education Specialists:** This program has been approved for 32.5 Category I Continuing Education Credits for CHES by the University of Medicine and Dentistry of New Jersey-School of Public Health. The RUTGERS-SPH has been designated as a provider of continuing education in health education by the National Commission for Health Education Credentialing, Inc. Event #19051

**Continuing Respiratory Education (CRCE) system of the American Association for Respiratory Care (AARC):** This program has been approved for 31.5 hours Continuing Education Credits. Course # 212831000.

If a participant or potential participant would like to express a concern about his/her experience with Rutgers University Behavioral Health Care, he/she may call or e-mail [cce@ubhc.rutgers.edu](mailto:cce@ubhc.rutgers.edu)

## Agenda

	Day 1	Day 2	Day 3	Day 4
8:00am	<b>Certification and Organizations</b>  <b>History of Tobacco Control</b> Prevalence and Patterns of Tobacco Use Public Health Model Surgeon General's Report Master Settlement Agreement	<b>Assessment Tools</b>  <b>Behavioral Change Skills &amp; Treatment Strategies</b>	<b>Group treatment</b>  <b>Group treatment and Role play</b>	<b>Treatment planning and relapse prevention</b>
10:30 am	BREAK	BREAK	BREAK	BREAK
10:45 am	<b>History of Tobacco Control (continued)</b>	<b>Behavioral Change Skills &amp; Treatment Strategies (continued)</b>	<b>Culturally sensitive treatment and community outreach</b>	<b>Treatment planning and relapse prevention (continued)</b>
12:00pm	NETWORKING LUNCH	LUNCH	LUNCH	LUNCH
1:00pm	<b>History of Tobacco Control (continued)</b> FDA Regulation Smokeless Tobacco and Reduced Harm Products	<b>Motivational Interviewing</b>	<b>Program planning and evaluation</b>	<b>Treatment planning and relapse prevention Case Reviews</b>
2:30pm	BREAK	BREAK	BREAK	BREAK
2:45pm	<b>Evidence-based treatment and Public Health Service Guidelines</b>  <b>Medical Complications Caused by Tobacco and Environmental Tobacco Smoke</b>	<b>Motivational Interviewing (continued)</b>  <b>Participant role play</b>	<b>NRT Pharmacotherapy</b>  <b>Non-Nicotine pharmacotherapy</b>	<b>Case Reviews (continued)</b>
4:15	<b>Neurobiology of tobacco addiction</b>	<b>Tobacco industry tactics</b>	<b>Case Studies</b>	<b>Discussion</b>  <b>Evaluation (10 mins)</b>
5:30 pm	END	END	END	END

**\*Take-home, clinical assignment will be part of the training activities. The time for completion for the assignment is estimated to be 6 hours total.**

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# 4-Day CTTS Training

JANUARY 28-31, 2019

MARCH 4-7, 2019

MAY 20-23, 2019

## 4-DAY CTTS TRAINING REGISTRATION PROCESS

Registration Form must be completed in full, by each participant.  
You may register for this training online at [www.tobaccoprogram.org](http://www.tobaccoprogram.org)

If you have any questions please feel free to call Claribel at (732) 235-8222  
or email [beltreel@sph.rutgers.edu](mailto:beltreel@sph.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 call Claribel at 732 235-8222 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 call us at (732) 235-8222.

#### Cancellation Policy

All attendees are asked to please notify the Training Staff at 732-235-8222, 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

For your comfort we suggest you bring a sweater and/or a jacket to accommodate for room temperature variations.

Certificates of attendance will only be given only to those participants who sign in before the training begins and stay for the entire session.