

Syllabus

(Required for all education offering CAMFT and/or CCAPP Credit)

Title: SCLC - NBHN SAMHSA Trainings: Creating & Enhancing Tobacco-free Facilities and Treatment Services

Place: Online via Zoom

Date: Thursday, August 6, 2020

Time: 1:00 - 6:00 pm EDT

Brief overview/Description:

This five-hour training will teach people about the high prevalence of tobacco use and the Behavioral Health (BH) population; how BH facilities can go tobacco free and how BH providers can assist in helping their clients quit tobacco and improve their other health conditions.

Instructor Information (title and professional credentials):

- Christine Cheng, Smoking Cessation Leadership Center
- Bryce Kyburz, MA, Integral Care
- Chad Morris, PhD, Behavioral Health & Wellness Program
- Jim Pavlik, MA, Behavioral Health & Wellness Program
- Jason Satterfield, PhD, University of California, San Francisco
- Catherine Saucedo, Smoking Cessation Leadership Center
- Taslim van Hattum, LCSW, MPH, National Behavioral Health Network/National Council for Behavioral Health
- Frank Vitale, MA, Pharmacy Partnership for Tobacco Cessation
- Aaron Williams, MA, National Council for Behavioral Health

Educational Goals

This training is designed to support organizations in establishing and maintaining tobacco-free facilities/grounds and to support organizations in enhancing evidence-based tobacco control activities for individuals with behavioral health conditions.

Measurable Learning Objectives

- Identify data on individuals with behavioral health conditions who use tobacco and health disparities experienced by this population
- Describe emerging trends in behavioral health and tobacco, including but not limited to, e-cigarettes, cannabis, diagnosis-based discussion, opioids and tobacco, and the use of peers
- Describe the 10 steps to becoming a tobacco-free facility
- Identify two strategies for integrating cessation services into your current treatment services
- Explain three benefits associated with incorporating/adapting tobacco cessation services within behavioral health care settings and dispel common misunderstandings
- Identify evidence-based cessation service models appropriate for behavioral health settings and key strategies to promote their implementation
- Define at least two of the behavioral techniques utilized in tobacco treatment

- Identify strategies for engaging clients in tobacco treatment services
- Explain two best practices and lessons learned in taking behavioral health facilities tobacco-free
- Describe and interpret two common considerations and challenges in implementing a tobacco-free organizational policy
- Describe two health disparities in tobacco use within special populations, such as veterans and individuals experiencing PTSD
- Explain two considerations and strategies to effectively deliver tobacco cessation services for these populations from a trauma-informed perspective using real-world examples
- Distinguish the relationship between alcohol and tobacco use from behavioral and biological perspectives
- Examine at least two of the benefits of concurrent alcohol use disorder treatment and tobacco cessation on long-term recovery
- Describe two best practices in clinical service delivery and organizational policy change, as well as key steps health departments and behavioral health programs can take to better address alcohol and tobacco concurrently
- Identify all nicotine replacement therapy and pharmacological supports
- Review all of the drug interactions between tobacco smoke and many common medications
- Describe two different tobacco cessation quitlines
- Identify three strategies for increasing quitline services provided, including but not limited to, service models in clinical settings, building organizational buy-in, and initiating and/or enhancing current cessation services

Outline with Main Points for each topic

- 1) Behavioral Health and Tobacco
 - (a) Data on the population/disparity
 - (b) Emerging trends

- 2) Tobacco-free behavioral health facility and campus
 - (a) Steps to going tobacco-free
 - (b) Integrating cessation services into your current treatment services

- 3) Tobacco Cessation Services
 - (a) How to increase services
 - a. Service models in clinical settings
 - b. Initiating and/or enhancing current cessation services

- 4) Talking to clients about quitting tobacco
 - (a) Behavioral techniques
 - (b) Strategies to engage clients in tobacco treatment options

- 5) Fireside Chat

- (a) Tobacco-free policies
 - (b) Challenges and solutions
- 6) Special Populations
- (a) Health disparities re. tobacco use in specific populations
 - (b) Creating appropriate treatment models
- 7) Tobacco and alcohol use
- (a) Relationship between alcohol and tobacco use and its impact
 - (b) Best practices to reduce concurrent use
- 8) Nicotine replacement therapy
- (a) Pharmacological supports in tobacco cessation
 - (b) Understanding drug interactions
- 9) Quitlines
- (a) Role of tobacco cessation quitlines
 - (b) Strategies for increasing quitline services

Method of Evaluation

- A post-activity set of evaluation questions, including an assessment of the learning objectives
- Other: Please describe: