

INTENSIVE TREATMENT OF THE TOBACCO DEPENDENT PATIENT

A Certification Program for
**TOBACCO TREATMENT
SPECIALISTS**



**THE ACT CENTER
FOR TOBACCO TREATMENT,
EDUCATION AND RESEARCH**

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CURRENT CURRICULUM DEVELOPMENT

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The ACT Center is a Program of

**Division of Oral Oncology and
Biobehavioral Medicine**

**Department of Otolaryngology and
Communicative Sciences**

School of Medicine

**University of Mississippi
Medical Center**

This program was developed for the purpose of training professionals to become Tobacco Treatment Specialists. The ACT Center maintains control over the content and delivery of this workshop program. This manual is distributed to individuals who have completed this course, and should not be given to anyone who has not been properly trained.

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ABOUT THIS PROGRAM

The ACT Center was founded in 1999 as a component of the cessation initiative for Mississippi's state tobacco plan. Initial support for the ACT Center was provided by an annually renewed grant from The Partnership for a Healthy Mississippi. Currently, the Mississippi State Legislature appropriates funds drawn from our state's Master Settlement Agreement, and the Mississippi State Department of Health provides a supplemental grant allowing for a substantial expansion of our activities. As of this writing, this funding allows for a statewide tobacco treatment network of 14 sites, plus 4 special programs implemented on college campuses. Mississippi residents interested in quitting tobacco are eligible for treatment at no charge at the ACT Center and our affiliated hospital satellite clinics.

This workshop was designed for professionals interested in mastering the skills to deliver a high quality, intensive, tobacco treatment program. This workshop has been offered nationally since 2002, and feedback has been consistently positive. Given the rapid growth and clinical advances in this area, this program is routinely updated.

Our clinical program is intensive, based on a cognitive-behavioral model, and may be implemented in either group or individual formats. Many regional, national and international professionals have been trained in this approach. More than 8000 patients in Mississippi have received services; and a considerably greater number at other national locations. The broad range of characteristics of those treated (across ethnicity, gender, SES, etc.) provides real-world validation of the adaptability of this program to various settings and populations.

ACT Center faculty have maintained active research programs with funding from the National Institutes of Health (NIDA, NCI, NIDCR), State of Mississippi, and pharmaceutical company IIR grants and clinical trial contracts. The UMC Schools of Medicine (Department of Otolaryngology & Communicative Sciences; Department of Medicine) and Dentistry (Department of Oral and Maxillofacial Pathology and Surgery) also contribute resources.

The ACT Center offers other training opportunities, including *Brief Treatment of the Tobacco Dependent Patient*, a modified version of the National Cancer Institute's 5A's model for healthcare providers. Other presentations and learning experiences can be arranged for professionals, students, and community groups. Please contact our office by telephone or visit our website for additional information – www.act2quit.org.

CONTINUING EDUCATION

An application for 26.0 CE credits (2.6 CEUs) for this workshop has been submitted to the Continuing Education service at the University of Mississippi Medical Center. Several professions have been approved, and others are in process. All attendees will receive a CE certificate suitable for submission to professional / state organization.

If this workshop is presented in conjunction with the Medical Education Grant awarded to Dr. Payne as the Principal Investigator, we wish to acknowledge that all costs to conduct this training experience are funded by Pfizer, Inc. The ACT Center retains sole responsibility for all program content and the curriculum.

ELIGIBILITY AND CERTIFICATION OVERVIEW

Enrollment qualifications to attend this workshop and take the Certified Tobacco Treatment Specialist examination offered through the University of Mississippi Medical Center include: (a) tobacco-free for at least 6 months; (b) adequate counseling skills based on either (i) attainment of an appropriate Master's or Doctoral degree, plus 1 year of recent experience (practica, internship, or similar can apply), or (ii) attainment of a BA / BS degree in an area as above, or any healthcare-related professional degree that involves direct patient contact including counseling-based interactions (adherence issues, managing difficult life circumstances, etc.), with 2 years of recent experience; (c) attendance at an entire ACT Center Tobacco Treatment Specialist workshop (our 2-day Upgrade Workshop does not qualify); (d) successfully passing the certification examination (minimum 70%); and (e) 250 hours of evidence-based tobacco treatment experience at the Specialist level within the past 3 years, or within 1 year following this workshop. The on-line examination must be proctored. An applicant may take the examination up to 3 times within 1 year of completing this training program; receiving a failing grade on all 3 attempts requires attending the workshop once again.

The successful applicant will receive a 3-year certification. Re-certification requires the following: (a) documentation of at least 150 hours of tobacco treatment experience within the past 3 years; (b) 15 continuing education hours related to tobacco, 8 of which must address clinical applications for tobacco dependence. *CTTS certification is an evolving process, likely to undergo significant change due to efforts to establish a national credential. Thus, the above requirements are subject to change.*

TRAINING GOAL

The overall goal of this program is to train eligible professionals to become Tobacco Treatment Specialists. Those successfully completing this course are considered capable of assessing and treating patients for tobacco use and dependence, consistent with the generally accepted tenets of an intensive treatment approach for tobacco dependent individuals, as well as the competency standards set forth by the Association for the Treatment of Tobacco Use and Dependence (ATTUD). Trained individuals are prepared to provide such services for tobacco users with complex presentations. Such treatment efforts are deemed important particularly with respect to helping those individuals who have significant difficulty achieving and maintaining abstinence.

TRAINING OBJECTIVES

1 TREATING TOBACCO DEPENDENCE: AN EVIDENCE-BASED APPROACH

- Describe the components of an effective, comprehensive approach to tobacco control
- Describe the intensity levels and modalities of tobacco treatment approaches

2 APPLYING THE BIOPSYCHOSOCIAL MODEL: TOBACCO USE & CESSATION IN CONTEXT

- Provide a definition of the biopsychosocial model
- Describe the primary components of this model

3 TOBACCO'S TOLL: TYPES OF TOBACCO, PREVALENCE & IMPACT

- Describe the various types of tobacco
- Cite the primary USA prevalence rates for tobacco use

4 IMPROVING MOTIVATION, MAXIMIZING READINESS FOR CHANGE

- Cite common indicators of motivation
- Identify the core components of motivational interviewing

5 ASSESSMENT OF THE TOBACCO USER I

- Cite the core dimensions for assessment
- Describe instruments that may be used for these areas

6 ASSESSMENT OF THE TOBACCO USER II

- Identify other useful areas to include in a comprehensive assessment
- Describe instruments that may be used for these areas

7 INTAKE SESSION CONSIDERATIONS

- Describe factors to consider when conducting the intake interview
- Describe how individual factors may alter your presentation

8 INTAKE SESSION EXERCISE

- Describe the content to be covered during this session
- Demonstrate the capacity to deliver this material

9 COGNITIVE-BEHAVIORAL THERAPY

- Identify the 3 primary forms of triggers with common examples of each
- Describe the primary behavioral and cognitive intervention strategies

10 PHARMACOTHERAPY I

- Identify the types of medications used in tobacco treatment
- Describe usual usage

11 SYSTEM & ADMINISTRATIVE CONSIDERATIONS

- Name factors to consider when establishing a treatment program
- Identify common barriers and factors that will facilitate implementation

12 TREATMENT PROGRAM OVERVIEW

- Describe the overall treatment program goals
- Describe functions that are not within the scope of this program

13 TREATMENT SESSION 1 EXERCISE

- Describe the content to be covered during this session
- Demonstrate the capacity to deliver this material

14 GROUP THERAPY: OVERVIEW AND STRATEGIC CONSIDERATIONS

- Describe differences between group and individual therapy
- Describe the formative stages of groups

15 TREATMENT SESSION 2 EXERCISE

- Describe the content to be covered during this session
- Demonstrate the capacity to deliver this material

16 PHARMACOTHERAPY II

- Describe emerging trends in pharmacologic treatment
- Cite the various forms of harm reduction

17 TREATMENT SESSION 3 EXERCISE

- Describe the content to be covered during this session
- Demonstrate the capacity to deliver this material

18 MAINTAINING ABSTINENCE

- Describe common high-risk situations
- Describe the Abstinence Violation Effect

19 TREATMENT SESSION 4 EXERCISE

- Describe the content to be covered during this session
- Demonstrate the capacity to deliver this material

20 TREATMENT SESSION 5 EXERCISE

- Describe the content to be covered during this session
- Demonstrate the capacity to deliver this material

21 TREATMENT SESSION 6 AND FOLLOW-UP SESSIONS EXERCISE

- Describe the content to be covered during this session
- Demonstrate the capacity to deliver this material

22 TREATMENT PROGRAM EVALUATION

- Cite the reasons for conducting routine program evaluations
- Describe the advantages and disadvantages for each approach

23 DATABASE DEMONSTRATION, RESOURCES, EVALUATION

- Describe supplemental tools for evaluating outcomes
- Describe additional resources to enhance specific treatment needs



WORKSHOP AGENDA

TIME	SLIDE SET	WORKSHOP MODULE	WORKSHOP MANUAL	THERAPIST GUIDE	CLIENT WORKBOOK	OTHER
DAY 1						
8:00		Breakfast; Sign in				
8:30 – 8:45		Welcome and Introductions				
8:45 – 9:30	A	1 Treating Tobacco Dependence				
9:30 – 10:15	B	2 Biopsychosocial Model				
10:15 – 10:30		Break				
10:30 – 12:00	C	3 Tobacco’s Toll				
12:00 – 12:45		Lunch				
12:45 – 2:45	D	4 Improving Motivation				
2:45 – 3:00		Break				
3:00 – 4:15	E	5 Assessment I: Core Dimensions				
4:15 – 4:30		Break				
4:30 – 5:00	F	6 Assessment II: Additional Factors				
DAY 2						
7:30		Breakfast; Sign in				
8:00 – 8:30		7 Intake Session Considerations		3		
8:30 – 10:15		8 Intake Session Exercise	9	A1-2		TTIF
10:15 – 10:30		Break				
10:30 – 11:30	G	9 Cognitive Behavioral Therapy				
11:30 – 12:15		Lunch				
12:15 – 2:30	H	10 Pharmacotherapy I: Assumptions, Traditional Usage				
2:30 – 2:45		Break				
2:45 – 3:30		11 System and Administrative Considerations	11			
3:30 – 3:45	I	12 Treatment Program Overview				
3:45 – 5:00		13 Treatment Session 1 Lg Grp: Learned Addiction Sm Grp: (1) Medications Review, (2) End of Session Individual		4-9	4-10	TTSS MRF MSF

TTIF = Tobacco Treatment Intake Form

TTSS = Tobacco Treatment Session Summary

MRF = Medication Request Form

MSF = Medication Screening Form

TIME	SLIDE SET	WORKSHOP MODULE	WORKSHOP MANUAL	THERAPIST GUIDE	CLIENT WORKBOOK	OTHER
DAY 3						
8:00		Breakfast; Sign in				
8:30 – 10:00	J	14 Group Therapy: Overview and Strategic Considerations				
10:00 – 10:15		Break				
10:15 – 11:45		15 Treatment Session 2 Lg Grp: Health Risk Sm Grp: Habitual Behav; Behav Coping		10-13	11-17	TTSS MSF MRF
11:45 – 12:30		Lunch				
12:30 – 1:30	K	16 Pharmacotherapy II: Advanced Considerations				
1:30 – 3:00		16a Pharmacotherapy Case Presentations				Form
3:00 – 3:15		Break				
3:15 – 4:45		17 Treatment Session 3 Lg Grp: Relaxation Sm Grp: (1) Cognitive Coping, (2) End of Session Individual		14-18	18-25	TTSS MSF MRF
DAY 4						
8:00		Breakfast; Sign in				
8:30 – 10:00	L	18 Maintaining Abstinence				
10:00 – 10:15		Break				
10:15 – 11:45		19 Treatment Session 4 Sm Grp: Problem Solving		19-22	26-32	TTSS MSF MRF
11:45 – 12:30		Lunch				
12:30 – 1:45		20 Treatment Session 5 Lg Grp: AVE Sm Grp: Relapse Crisis Debrief		23-25	33-39	TTSS MSF MRF
1:45 – 2:45		21 Treatment Session 6; Follow-Up Sm Grp: End of Session Individual		26-28 29-30	40-43 44-45	TTSS MSF MRF
2:45 – 3:00		Break				
3:00 – 3:30	M	22 Treatment Program Evaluation				
3:30 – 5:00		23 Database Demonstration; Resources; Evaluation	10, 17-18			

TTIF = Tobacco Treatment Intake Form

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TTSS = Tobacco Treatment Session Summary

MSF = Medication Screening Form



WORKSHOP FACULTY

THOMAS J PAYNE, PhD

Thomas J. Payne PhD is Professor and Director of Clinical Research in the Department of Otolaryngology & Communicative Sciences, School of Medicine, and Associate Director of the ACT Center for Tobacco Treatment, Education and Research at the University of Mississippi Medical Center. He is a clinical psychologist, and has been involved in clinical, research, and educational aspects of behavioral medicine for 25 years. He has contributed to the training of many clinical psychologists in his previous roles as supervisor and Associate Director of Residency Training at the UMMC / VAMC Consortium. A prominent focus of his career has been tobacco use and cessation. Dr. Payne has been instrumental in developing clinical treatment and treatment training programs (specialist and 5As-based) to help patients quit tobacco use. He has provided direct services or clinical supervision in the treatment of thousands of patients. He is widely published in this area, with topics spanning the genetics of nicotine dependence, cue reactivity, applied clinical factors, health impact of tobacco use, and public health considerations. He has been a Principal Investigator or Investigator on several NIH-funded studies (NIDA, NCI, NHLBI) addressing tobacco use and treatment program dissemination, as well as psychosocial factors in heart disease and stroke among African Americans. He has served as PI on pharmaceutical industry IIR grants and clinical trials as well. Dr. Payne provides scholarly reviews for various journals and other organizations, and has sat on a number of editorial boards. He is a fellow in the Society of Behavioral Medicine, and was recently awarded the status of Knowledge Opinion Leader by Pfizer Inc. in the area of tobacco cessation. Dr. Payne is the current Vice President of the Association for the Treatment of Tobacco Use and Dependence (ATTUD) and Chair of the Communications Committee.

NATALIE W GAUGHF, PhD

Natalie W. Gaughf is a licensed psychologist who completed her PhD in counseling psychology at the University of Southern Mississippi, her doctoral residency program at the VA Gulf Coast Veterans Health Care System, and the health psychology postdoctoral fellowship in the University of Mississippi Medical Center's Department of Family Medicine. She is an Assistant Professor in the Department of Otolaryngology & Communicative Sciences. Dr. Gaughf serves as the Coordinator of UMMC Services at the University of Mississippi Medical Center's ACT Center for Tobacco Treatment, Education, and Research. She provides direct treatment for patients with tobacco dependence as well as other psychological disorders, and consults with UMMC faculty. She is involved in training efforts that target healthcare providers and Tobacco Treatment Specialists. She is involved in various research projects through the ACT Center. Dr. Gaughf is the current Membership Chair and on the Board of Directors of the Association for the Treatment of Tobacco Use and Dependence (ATTUD).

MONICA J SUTTON, PHD

Monica J Sutton completed her PhD in clinical psychology at Jackson State University, and her doctoral residency program at Mississippi State Hospital. Dr. Sutton currently serves as the Coordinator of Community Services at the University of Mississippi Medical Center's ACT Center for Tobacco Treatment, Education, and Research. An Instructor in the Department of Otolaryngology & Communicative Sciences, she provides direct treatment for patients with tobacco dependence as well as other psychological disorders. In addition, she has primary responsibility for overseeing treatment services delivered at our 14 collaborating hospital sites network. She is involved in training efforts for healthcare providers and Tobacco Treatment Specialists. She is involved in various research projects through the ACT Center. Dr. Sutton also provides clinical services and direction in her role as a consultant to various agencies.

CHRISTINE E SHEFFER, PHD

Dr. Sheffer is an Assistant Professor at the University of Arkansas for Medical Sciences in the College of Public Health (Little Rock, AR). She is a clinical psychologist licensed in MS and AR, and serves as the Principal Investigator for several grants and contracts that target the delivery of evidence-based treatments for tobacco dependence across the state of Arkansas. Dr. Sheffer developed and implemented the Arkansas SOSQuitline that provides telephone-based treatment and information to over 6,000 tobacco users each year, the Arkansas Tobacco Cessation Network which delivers an intensive, group-based treatment to approximately 2,000 tobacco users each year, and SOSWorks, the state fax-back referral program. Other funded projects have included a Smoke-free Workplace Assistance Program, a faith-based community outreach program, a provider education program, and a web and electronic media treatment program. She has been involved with training and implementing evidence-based tobacco dependence treatment programs in Mississippi and Arkansas for over 8 years. Dr. Sheffer is the Vice-President Elect for the Association for the Treatment of Tobacco Use and Dependence (ATTUD) and Chair of the Training Issues Committee.