RUTGERS
Robert Wood Johnson Medical School

A 2-Day CME/CE Certified Activity

TREATING TOBACCO DEPENDENCE IN BEHAVIORAL HEALTH SETTINGS

Thursday & Friday : November 12 & 13, 2015
Thursday & Friday: March 10 & 11, 2016

Location:
Liberty Plaza
335 George Street
3rd Floor Training Room
New Brunswick, NJ 08901

Provided by

Rutgers Robert Wood Johnson Medical School
Addiction Psychiatry Division

Center for Continuing & Outreach Education at
Rutgers Biomedical & Health Sciences

Rutgers University Behavioral Health Care
Training & Consultation Resource Center

Registration Fee: $300

The fee includes tuition, continental breakfast, handout materials, and continuing education credit. Pre-registration is highly recommended. On-site registration will be accommodated on a space available basis.

TO REGISTER, visit
https://njtobaccofree.rwjms.rutgers.edu/

ACTIVITY DIRECTOR

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Mental Health Clinician
Tobacco Treatment Specialist

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Mental Health Clinician
Addictions Consultant, ASPARC Program

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.

Professional Contact Hours Provided:
Physicians: Rutgers, The State University of New Jersey is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.
Rutgers, The State University of New Jersey designates this live activity for a maximum of 12 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
ACNP and AAPA accept *AMA PRA Category 1 Credits™* from organizations accredited by the ACCME.

Certified Counselors: Rutgers University Behavioral Health Care (UBHC) is an NBCC Approved Continuing Education Provider (ACEP™) and a co-sponsor of this program. UBHC may award NBCC approved clock hours for events or programs that meet NBCC requirements. The ACEP™ maintains responsibility for the content of this program. (12 clock hours). Approval Number 6198.

Nurses: Rutgers University Behavioral Health Care is an approved provider of continuing nursing education by the New Jersey State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission On Accreditation. P#204-7/012-15 (12.25 contact hours). Accredited status does not imply endorsement by Rutgers University Behavioral HealthCare, NJSNA or ANCC of any commercial products or services. There is no commercial support for this activity.

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. (12 CE credits) Instructional Level: Introductory.

Certified Addiction and Drug Counselors (CADC): This course is approved for renewal (recertification) credits by the Addiction Professionals Certification Board of NJ, Inc. This course is approved for 12 hours of training for course C204. UBHC approval number is #1902010. Approval number for this course is #1902010C204.

Social Workers (Association of Social Work Boards): Rutgers University Behavioral Health Care, provider #1173, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) program from August 10, 2012 to August 10, 2015. Rutgers University Behavioral HealthCare maintains responsibility for the program. Social workers participating in this course will receive 12 continuing education clock hours. Targeted social work practice level: Beginning.
IMPORTANT NOTE: Social Workers must be prepared to write in their Social Work license/certification/registration number and license jurisdiction on the sign in sheet. Please be sure to bring this information with you to the training. ASWB credits are accepted by the New Jersey State Board of Social Workers. For other states, go to www.aswb.org to confirm that state's acceptance of ASWB credits.

Social Worker (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 and recognized by The New Jersey Board of Social Work Examiners. This program is approved for 15 general continuing education hours.

Certified Tobacco Treatment Specialists: This course is approved for renewal (recertification) credits by the Addiction Professionals Certification Board of NJ, Inc. This course is approved for 12 hours of training. UBHC approval number is #1902010.

OVERVIEW:

Smoking rates in individuals with a mental illness or addiction are at least double that of the general population. A growing body of research reveals that smokers with mental illness want to quit tobacco, are able to quit, and quitting does not threaten their recovery process.

This activity will teach effective interventions to combat tobacco use, will help learners understand tobacco dependence as an addiction and chronic disease, and introduce motivational interviewing as a means of promoting behavior change and treatment compliance in tobacco-dependent patients.

TARGET AUDIENCE:

This conference will be of interest to physicians, nurses, substance abuse counselors, mental health counselors, psychologists, social workers, certified tobacco treatment specialists and other healthcare professionals.

LEARNING OBJECTIVES:

Upon completion of this program, the participants should be better able to

1. Describe the prevalence and consequences of tobacco use and behavioral health conditions (mental illness and addictions).
2. Explain the neurobiology of smoking and behavioral health condition.
3. Recognize the basic "spirit" of motivational interviewing, treatment engagement strategies (open ended questions, affirmation, reflective listening) and describe "change talk"
4. Describe valuable tools for assessing tobacco dependence including DSM criteria , Fagerstorm scores and measurement of expired carbon monoxide.
5. Review the risks, role and benefits of medications for treating tobacco dependence including indications and contraindications, special precautions and warnings.
6. Identify brief interventions, group and individual counseling and social supports to treat tobacco dependence and prevent relapse after a quit attempt.
7. Describe the advantages of using a peer-to-peer approach to addressing tobacco for individuals with behavioral health conditions.
8. Determine ways policy can reduce tobacco use and support treatment and review practical strategies to overcome common challenges in becoming a tobacco free facility.
9. Assess the influence that tobacco marketing communications have on smoking behaviors and dispel myths and misconceptions about tobacco products.
10. Develop treatment plans for treating tobacco dependence in diverse populations with behavioral health conditions.

METHOD OF PARTICIPATION:

In order to meet the learning objectives and receive continuing education credits, participants are required to check in at the registration desk each day to sign in and sign out, partake in the pre and post-program assessments, attend the program in its entirety, and complete the program evaluation at the conclusion of the program. A letter certifying your attendance and credit verification will be mailed to you within 4 weeks.

For Additional Information

For additional information, questions or concerns or if you require special arrangements to attend the conference, please contact the Rutgers Division of Addiction Psychiatry at 732-235-4341 or email williajm@rutgers.edu.

Parking:

Parking is available at the Matrix Parking Deck, entrance on New Street, If you bring your parking ticket to be validated by us, you will only be responsible to pay the $1.00/hr parking fee.

AGENDA-Day 1

8:30 am	Registration & Continental Breakfast	
8:45 am	Welcome & Opening Remarks	Jill Williams, MD
9:00 am	Prevalence of Tobacco Use & Mental Illness Comorbidity	Jill Williams, MD
10:00 am	Understanding Tobacco Addiction– Neurobiology of Tobacco Use & Mental Illness	Jill Williams, MD
10:45 am	Break	
11:00 am	Tobacco Control 101– E-Cigs & Other Tobacco, Taxes & Policy	Jill Williams, MD
12:00 pm	Lunch On Your Own	
1:00 pm	Clinical Level Change-Incorporating Assessment of Tobacco Dependence into Current Psych Evaluations & Treatment Plans	Patricia Dooley, LPC
2:00 pm	Pharmacologic Treatments Part 1 Pharmacologic Treatments Part 2 Tailoring Pharmacology for Smokers with Mental Illness	Jill Williams, MD
4:30pm	Closing Remarks	

AGENDA-Day 2

8:30 am	Registration & Continental Breakfast—Q&A with Dr. Williams	
9:00 am	Using Motivational Interviewing in Tobacco Dependence Treatment	Marc L. Steinberg, PhD
10:30 am	Break	
10:45 am	Psychosocial Treatment Individual & Group Treatments for Tobacco Setting Quit Dates	Nina Cooperman, PsyD
11:45 am	Lunch On Your Own	
1:00 pm	Using Peers to Address Tobacco: CHOICES Program	Patricia Dooley, MA, LPC
2:00 pm	Behavioral Health Systems Change-Promoting & Creating a Tobacco Free Environment	Jose Cruz, LCSW
3:00 pm	Treatment Planning Discussion & Exercises;	Jill Williams, MD Jose Cruz, LCSW Patricia Dooley, LPC
4:15pm	Complete Evaluation, Post-test and Continuing Education Credit Request Form	RETURN ALL FORMS TO DIVISION COORDINATOR AT END OF TRAINING

Refund Policy A full refund, less a $20 cancellation fee, will be granted if notice is received up to 7 days before the date of the program.

Please Note: Rutgers reserves the right to modify the program contents, faculty and program activities, and reserves the right to cancel the program if necessary. If the program, or any part of the program, is cancelled, liability is limited to the registration fee.