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All individuals who effect 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. #F204-11/15-18 (12.25 contact hours). Accredited status does not imply endorsement by Rutgers University Behavioral Health Care, 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. Provider# 1532

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 July 10, 2015 to July 10, 2018. Rutgers University Behavioral Health Care 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.

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 jeopardize 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, 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, partake in the post program assessment, attend the program in entirety, and complete the program evaluation at the conclusion of the program. A letter certifying your attendance and credit verification will be mailed to participants 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 732-235-4053 or email Lucija Milicevic lucijam@rwjms.rutgers.edu or Jill Williams williamjm@rwjms.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 M. Williams, MD
9:00 AM  Prevalence of Tobacco Use & Mental Illness Comorbidity  
Jill M. Williams, MD
11:00 AM  Prevalence of Tobacco Use & Mental Illness  
Jill M. Williams, MD
11:15 AM  Understanding Tobacco Addiction-Neurobiology of Tobacco Use & Mental Illness  
Jill M. Williams, MD
12:00 AM  LUNCH (ON YOUR OWN)
1:00 PM  Clinical Level Change-Incorporating Assessment of Tobacco Dependence into Current Psychiatric Evaluations & Treatment Plans  
Patricia Dooley, MA, LPC
2:00 PM  Pharmacologic Treatments Part 1  
Jill M. Williams, MD
3:30 PM  Using Peers to Address Tobacco: CHOICES Program  
Patricia Dooley, MA, LPC
4:30 PM  Adjourn

AGENDA-Day 2
8:30 AM  Registration & Continental Breakfast—Q&A (Day 1 Review)  
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 Dependence Treatment  
Nina Cooperman, PsyD
11:30 AM  Tobacco Control 101- E-Cigs & Other Tobacco, Taxes and Policy  
Jill M. Williams, MD
12:00 PM  LUNCH (ON YOUR OWN)  
OPTIONAL: VIDEO Smoke Alarm: Consumer Perspectives on Tobacco
1:00PM  Pharmacologic Treatment Part 2– Tailoring Pharmacology for Smokers with Mental Illness  
Jill M. Williams, MD
2:00 PM  Treatment Planning Discussion & Exercise  
Jill M. Williams, MD
4:00-4:30PM  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 is cancelled, liability is limited to the registration fee.