

# RUTGERS

Robert Wood Johnson  
Medical School

A 2-Day CME/CE Certified Activity

## TREATING TOBACCO DEPENDENCE IN BEHAVIORAL HEALTH SETTINGS

November 15 & 16, 2017  
8:30am-4:30pm  
RWJMS, Liberty Plaza  
335 George Street  
New Brunswick, NJ 08901  
Training Room B

Provided by  
Rutgers Robert Wood Johnson Medical School  
Addiction Psychiatry Division  
Rutgers University Behavioral Health Care Training &  
Consultation Resource Center

To Register by phone call : 732-235-4341

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

TO REGISTER by email :  
[williajm@rwjms.rutgers.edu](mailto:williajm@rwjms.rutgers.edu)

By Fax: 732-235-4277

### ACTIVITY DIRECTOR

**Jill M. Williams, MD**  
Professor of Psychiatry  
Director, Addiction Psychiatry Division  
Rutgers Robert Wood Johnson Medical School  
New Brunswick, NJ

**FACULTY & STAFF**  
Rutgers Robert Wood Johnson Medical School  
New Brunswick, NJ

**Marc L. Steinberg, PhD**  
Associate Professor of Psychiatry

**Nina Cooperman, PsyD**  
Associate Professor of Psychiatry

**Patricia Dooley, MA, LPC, CTTS**  
Mental Health Clinician /Tobacco Treatment Specialist

**Jose A. Cruz, MBA, LCSW, CTTS**  
Mental Health Clinician

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.

### CME/CE Credits and Professional Contact Hours:

In support of improving patient care, 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 12.5 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAPA accept *AMA PRA Category 1 Credits*<sup>™</sup> from organizations accredited by the ACCME.

**Nurses:** This activity is awarded 12.5 contact hours. (60 minute CH). Nurses should only claim those contact hours actually spent participating in the activity.

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

**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 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 15.0 general continuing education hours.

**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. Check with your local state board to inquire about accepting NJ Board of Social Work credits.**

**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](http://www.aswb.org), through the Approved Continuing Education (ACE) program from August 10, 2015 to August 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. Be prepared to write in your 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. Check with your state board to ensure ACE credits are accepted.

**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](http://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 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, 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 pre- and post test assessment, attend the program, and complete the program evaluation and CE credit request form at the conclusion of the program. A letter certifying attendance and credit verification will be mailed/emailed 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 [cd679@rwjms.rutgers.edu](mailto:cd679@rwjms.rutgers.edu) or call our main office at 732-235-4341

## AGENDA-Day 1

8:30 am	Registration	
8:45 am	Welcome & Opening Remarks	Jill Williams, MD
9:00 am	Prevalence of Tobacco Use & Mental Illness Comorbidity	Jill Williams, MD
11:00 am	Break	Jill Williams, MD
11:15 am	Understanding Tobacco Addiction-Neurobiology of Tobacco Use & Mental Illness	Jill M. Williams, MD
12:00 pm	LUNCH	
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	Jill Williams, MD
3:30pm	Using Peers to Address Tobacco: CHOICES	Patricia Dooley, LPC
4:30pm	Adjourn	

## AGENDA-Day 2

8:30 am	Registration & 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
11:30 am	Tobacco Control 101- E Cigs & other Tobacco, Taxes and Policy	Jill Williams, MD
12:00 pm	LUNCH Optional Video: Smoke Alarm	
1:00 pm	Pharmacological Treatments: Part 2- Tailoring Pharmacology for Smokers with mental Illness	Jill Williams, MD
2:00 pm	Treatment Planning Discussion & Exercises;	Jill Williams, MD Nina Cooperman, PsyD Jose Cruz, MBA,LCSW,CTTS
4:00-4:30 pm	Complete Evaluation, Post-test and Continuing Education Credit Request Form	RETURN ALL FORMS TO DIVISION COORDINATOR AT END OF TRAINING

**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.