



# RUTGERS

Robert Wood Johnson  
Medical School

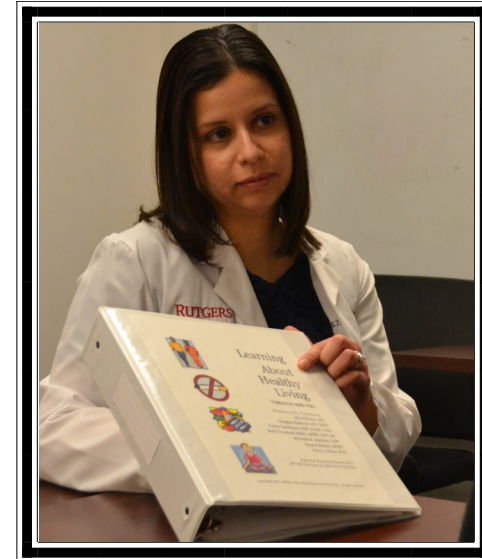
[http://rwjms.rutgers.edu/departments\\_institutes/  
psychiatry/divisions/addiction/index.html](http://rwjms.rutgers.edu/departments_institutes/psychiatry/divisions/addiction/index.html)

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**Rutgers Robert Wood Johnson Medical School  
Division of Addiction Psychiatry**

This Course Includes CME & CEU Credits



## **Treating Tobacco Dependence in Behavioral Health Settings**

Rutgers Robert Wood Johnson Medical School  
Division of Addiction Psychiatry  
317 George Street  
New Brunswick, NJ 08901



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**November 1 & 2, 2018**

**New Brunswick, NJ**

# Treating Tobacco Dependence in Behavioral Health Settings

**Smoking rates in individuals with 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.

## Learning Objectives

1. Describe the prevalence and consequences of tobacco use and behavioral health conditions (mental illness and addiction).
2. Explain the neurobiology of smoking and behavioral health conditions.
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, Fagerstrom 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

**Target audience is physicians, nurses, substance abuse counselors, mental health counselors, psychologists, social workers, certified tobacco treatment specialists and other healthcare professionals.**

## Accreditation



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™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Nurses:** This activity is awarded 12.5 contact hours. (60 minute CH).

**Certified Counselors:** Rutgers University Behavioral Health Care (UBHC) Center for Continuing Education and Rutgers Robert Wood Johnson Medical School Addiction Psychiatry Division are cosponsors of this program. This co-sponsorship has been approved by NBCC. Rutgers (UBHC) Center for Continuing Education is an NBCC Approved Continuing Education Provider, ACEP no. 6198. The ACEP solely is responsible for this program, including awarding of NBCC credit. 12.5 Clock Hours



**Psychologists:** Rutgers University Behavioral Health Care is approved by the American Psychological Association to sponsor Continuing Education/ Professional Contact Hours for psychologists. Rutgers University Behavioral Health Care maintains responsibility for the program and its content. Instructional Level: Introductory. (12.5 CE Credits).

**Certified Alcohol and Drug Counselors:** This course will count for 12.5 recertification credits Addiction Professionals Certification Board Inc.



**Social Workers (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-6.4 and recognized by The New Jersey Board of Social Work Examiners. This program is approved for 15.0 general continuing education hours.

**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. Rutgers University Behavioral Health Care maintains responsibility for the program. ASWB Approval Period: August 10<sup>th</sup>, 2015 to August 10<sup>th</sup>, 2018. Social workers should contact their regulatory board to determine course approval. Social workers participating in this course will receive 12.5 continuing education clock hours.



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. There is no commercial support for this activity.

## Registration

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

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 form at the conclusion of the program. A letter certifying attendance and credit verification will be mailed/emailed to participants within 4 weeks.

**Registration Cost: \$300**

To register online, please visit

**<https://njtobaccofree.rwjms.rutgers.edu/index.php>**

**To register by phone, call: 732-235-4341**

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

## Course Location

Rutgers RWJMS  
Liberty Plaza, Training Room B  
335 George Street  
New Brunswick, NJ 08901



*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.*

## Course Faculty & Staff



**Jill M. Williams, MD**

Professor of Psychiatry  
Director, Addiction Psychiatry Division  
Rutgers Robert Wood Johnson Medical School  
New Brunswick, New Jersey



**Marc L. Steinberg, PhD**

Associate Professor of Psychiatry  
Rutgers Robert Wood Johnson Medical School



**Nina Cooperman, PsyD**

Associate Professor of Psychiatry  
Rutgers Robert Wood Johnson Medical School



**Patricia Dooley, MA, LPC, CTTS**

Mental Health Clinician  
Rutgers Robert Wood Johnson Medical School

For additional information, or to register, please visit:

**<https://njtobaccofree.rwjms.rutgers.edu/index.php>**

## Course Agenda

### DAY 1

8:30 AM REGISTRATION  
8:45 AM Welcome  
9:00 AM Prevalence of Tobacco  
Use & Mental Illness  
Comorbidity  
11:00 AM BREAK  
11:15 AM Understanding Tobacco  
Addiction-Neurobiology of  
Tobacco Use & Mental Illness  
12:00 PM LUNCH BREAK  
1:00 PM Clinical Level Change-  
Incorporating Assessment of  
Tobacco Dependence into  
Current Psychiatric  
Evaluations & Treatment  
Plans  
2:00 PM Pharmacologic Treatments  
Part 1  
3:30 PM Using Peers to Address  
Tobacco: CHOICES Program  
4:30 PM DAY 1 ADJOURN

### DAY 2

8:30 AM REGISTRATION &  
REFRESHMENT-Q&A DAY 1  
9:00 AM Using Motivational  
Interviewing in Tobacco  
Dependence Treatment  
10:30 AM BREAK  
10:45 AM Psychological Treatment:  
Individual & Group Treatment  
For Tobacco; Setting Quit  
Date  
12:00 PM LUNCH BREAK  
OPTIONAL VIDEO: SMOKE  
ALARM  
1:00 PM Tobacco Control 101-E-cigs &  
Other Tobacco, Taxes and  
Policy  
2:00 PM Pharmacologic Treatments  
Part 2:  
Tailoring Pharmacology for  
Smokers with Mental Illness  
4:00 PM Complete Post Test  
Complete Evaluation  
Complete Credit Form  
4:30 PM ADJOURN