
Tobacco Dependence Treatment Programs and Specialist Training

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Adapting Tobacco Dependence Treatment Programs for Clients with MI/SUD

- Start with comprehensive assessment
 - Demographic characteristics
 - Tobacco use history
 - Current/history of quit attempts
 - Social support
 - Current life situations
 - Current health history (including medications)
 - Screening for mental health or substance use disorders.

Screening Questions

- Have you ever received counseling, treatment or medication for a mental health emotional or behavioral problem?
- Have you every received counseling, treatment or medication for alcohol or other drug problems?
- Questions about how you have been feeling in the last 4 weeks:
 - Sad? Nervous? Restless? Hopeless? Everything was an effort? Worthless?
- How many times have you seen a health professional about any of these feelings?

Health Conditions on Assessment

- Includes:
 - Depression
 - Anxiety
 - Schizophrenia
 - Bipolar Disorder
 - Alcohol Problems
 - Drug Problems

Assessments for Substance Use Disorders

- **CAGE**: **C**ut down; **A**ngry; **G**uilt; **E**ye-opener (Mayfield 1974; Ewing 1984; Rouse 1970)
- **CRAFFT**: **C**ar, **R**elax, **A**lone, **F**riends, **F**amily, **T**rouble (Knight, Sherritt, Shrier, Harris and Chang 2002)
- **MAST-G**: Michigan **A**lcoholism **S**creening **T**est **G**eriatric (Blow et al 1992)
- **5 P's**: **P**eers; **P**arents; **P**artner; **P**ast; **P**regnancy/**P**resent (Ewing 1990)

Treatment Planning

- Tailored to stability of mental illness and/or recovery.
 - Not stable, seek treatment for MI/SUD first to stabilize. May be concurrent in treatment facilities.
 - Coordinate care with primary prescriber(s) and all those involved in other aspects of client's treatment.
 - Knowledge of health plan and other benefit coverage important.
 - Quitline referrals if appropriate. May provide pharmacotherapy.

Treatment Planning

- Establishment and use of support system
- Application of 12 Step recovery principles (or others) to nicotine recovery
- Relapse prevention strategies that attend to all recovery processes
- Bio-psycho-social approach to treatment planning: beyond NRT

Treatment Programs

- Approach geared to functionality
 - Less/little impairment, typical treatment program
 - More impaired, need more flexibility.
 - Flexible quit day
 - Preparation; harm reduction
 - Smaller, more concrete steps.
 - Increased duration of treatment and follow-up.
 - In general, importance of monitoring and follow-up with this population

Integrating clients with and without MI/SUD in group programs

- Clients are often familiar with how to change behavior – learn skills for managing daily life. Can apply to strengths to quitting smoking.
- Clients are often familiar with group process, can be an asset in groups.
- Clients may feel misunderstood; other group members don't share same issues or are uncomfortable with people with MI.
- May need individual sessions outside of group.
- If possible, screen candidates.

Specialist Training: What is needed?

- Good background knowledge and sense of special health and addiction issues for tobacco users with MI/SUD
- Strong assessment skills
- Case management, referral, knowledge of resources
- Sense of what TTS' role is and is not
- Ability to match treatment with client needs
- Basic record-keeping, documentation skills
- Counseling skills, especially motivational interviewing approaches
- Evidence-based practices and pharmacotherapy

ATTUD Competencies

www.attud.org

ATTUD

Association for the Treatment of
Tobacco Use and Dependence

ATTUD Core Competencies

-from www.attud.org

- Tobacco Dependence Knowledge and Education
- Counseling Skills
- Assessment Interview
- Treatment Planning
- Pharmacotherapy

ATTUD Competencies (2)

- Relapse Prevention
- Diversity and Special Health Issues
- Documentation and Evaluation
- Professional Resources
- Laws and Ethics
- Professional Development

Tobacco Treatment Specialist (TTS) Training Programs

- Currently offered in many states: MA, NJ, MO, for example
- Mayo Clinic, Rochester MN
- TTS Certification after completion of program and coursework may require pre-determined numbers of treatment hours, passing an exam, case review
- NCTOH, SRNT, Tobacco Dependence Program of NJ, others offer continuing education and/or training opportunities

Questions?

Bringing Everyone Along

www.tcln.org/bea

Next call: May 19

