Intake, Assessment and Treatment Planning

A. Module Description

To understand and treat your clients who use tobacco, a comprehensive evaluation of their smoking history and smoking behavior is essential. This is a multi-level process that begins with the first encounter with the client and continues throughout the treatment program. This session will address how to initiate this process in order to establish a foundation for an effective working relationship. It will review the questioning skills needed to assess key factors of the client’s smoking and quitting history, level of addiction, medical, psychological, environmental, and social factors which may support or inhibit quitting smoking. This session will also provide the learner with materials and the skills needed to work with the client to customize a treatment plan based on the comprehensive assessment. In addition, it will address the importance of ongoing assessment and evaluation of the client’s response to the interventions, the aftercare plan, and referrals to other resources to offer reinforcement to help the client maintain a smoke-free lifestyle.

B. Goal of the module

To apply knowledge of counseling theory and practice, nicotine dependence, and other psychosocial factors to assess clients who use tobacco to determine effective strategies for quitting tobacco use and to tailor the intervention to help clients achieve long-term abstinence.

C. Learning objectives

1. Describe the key components of a comprehensive intake process including: demographics, tobacco use, quitting, and medical/psychiatric history, dependence, social, cultural, environmental factors
2. Demonstrate how to use a carbon monoxide monitor.
3. Identify strengths and potential barriers to treatment.
4. Conduct interviews in a manner which advances stage of change and promotes self-efficacy
5. Review the information gathered during an initial assessment in order to develop an appropriate treatment plan.

D. Outline

1. Components of a comprehensive intake
   a. Demographics
   b. Nicotine dependence/smoking history
      i. DSM-IV, FTND, HONC, and FTND for Smokeless
      ii. CO measurements
   c. Quitting history
   d. Social/environmental/cultural factors
   e. Medical/ history
   f. Substance Use Disorder/Mental Illness
      i. CAGE and other substance use screening tools
1. Working with clients with active substance use
2. Assessing stability in recovery
   ii. CES-D, screening questions for depression and anxiety
   g. Beliefs/self efficacy/stage of change
2. Conducting an interview
   a. Expressing empathy
   b. Building motivation
3. Developing a treatment plan
   a. Using assessment information
   b. Addressing all phases of treatment