Tobacco Treatment Specialist (TTS) Training Part 1 Introduction
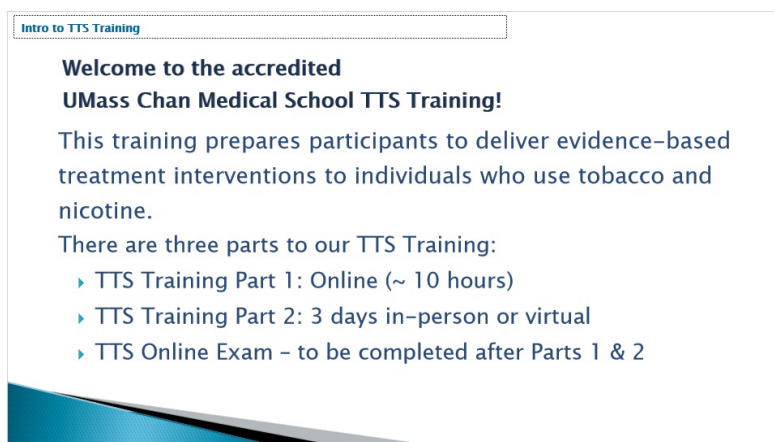
1.1 Tobacco Treatment Specialist (TTS) Training

Intro to TTS Training

UMass Chan MEDICAL SCHOOL | Center for Tobacco Treatment Research and Training

Tobacco Treatment Specialist (TTS) Training

Part One

Notes:

1.2 Welcome to the accredited

Intro to TTS Training

Welcome to the accredited
UMass Chan Medical School TTS Training!

This training prepares participants to deliver evidence-based treatment interventions to individuals who use tobacco and nicotine.

There are three parts to our TTS Training:
- TTS Training Part 1: Online (~ 10 hours)
- TTS Training Part 2: 3 days in-person or virtual
- TTS Online Exam – to be completed after Parts 1 & 2

Notes:

1.3 Requirements for Course Completion

Intro to TTS Training

Requirements for Course Completion

There are three requirements to complete this course:

1. TTS Training Part 1: Complete all online modules and assessments before attending TTS Training Part 2
2. TTS Training Part 2: Attend all three days of the in-person or virtual sessions
3. Successfully complete the online TTS Final Exam
   a) The exam consists of 100 multiple choice questions
   b) The exam will be available online after completing Training Part 1 & 2
   c) More details about the exam will be covered on the final day of TTS Part 2

Notes:

- You are beginning the first section of this course: TTS Part 1
- The assessments at the end of each module must be completed to finish the online course

1.4 TTS Training Part 1 – Learning Objectives

Intro to TTS Training

TTS Training Part 1 – Learning Objectives

▸ Describe the overall scope of the tobacco/nicotine problem, including its impact on the health of people who use tobacco as well as those who do not, disparities in prevalence rates, and the disproportionate toll of tobacco use among vulnerable populations.
▸ Understand the biological, psychological, and social/environment determinants of tobacco use disorder.
▸ Define effective modalities for treatment of tobacco use disorder.
▸ Describe evaluation techniques for tobacco use disorder treatment programs.
▸ Identify available resources to assist with your work.

Notes:

1.5 A Few Tips for Getting the Most out of TTS Part 1

A Few Tips for Getting the Most out of TTS Part 1

- We have found that participants who complete Part 1 are better prepared – and get more out of – the in-person or virtual Part 2.
- There are many links embedded in the slides so that you can learn more about a topic. We encourage you to explore these websites.
- To review the modules of Part 1: You can locate the completed modules and post-tests by going to the My CME tab on the top blue bar of your Cloud CME account. Click on the **Tests** tab then check the box next to **Show Completed Tests** to review.

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1.6 We will be discussing commercial

We will be discussing commercial tobacco, not traditional use of tobacco

- When discussing tobacco and nicotine use in this training we will be focusing on commercial tobacco.
- **Traditional tobacco** is and has been used in sacred ways by American Indians for centuries. It is tobacco and/or other plant mixtures grown or harvested and used for ceremonial or medicinal purposes.
- **Commercial tobacco** is mass-produced for profit by companies with addictive nicotine for recreational use. It contains chemical additives and is linked with death and disease.
- To learn more about traditional tobacco use, visit "Keep It Sacred" at **https:// keepitsacred.itcmi.org/**

KEEP IT SACRED
NATIONAL NATIVE NETWORK

Notes:

1.7 Untitled Slide

UMASS CHAN LAND ACKNOWLEDGMENT

"UMass Chan Medical School acknowledges that its campus is located on lands that were once part of the original homeland of the Nipmuc people. We denounce the violence that stripped these original stewards of lands that were their ancestral home and denied their descendants the opportunity for an authentic connection to it. In making this acknowledgement, we announce our intention to listen to and follow the lead of our Indigenous neighbors and work together to create new legacies of equity and respect."

UMass Chan
MEDICAL SCHOOL

Notes:

1.8 A Note on Language . . .

Intro to TTS Training

A Note on Language . . .

▸ Throughout this course we will be using the term "tobacco treatment" instead of "cessation" – we provide treatment; cessation is something that a person who uses tobacco may do.

▸ We aim to use person-first language; for example, a "person who uses tobacco" versus "tobacco user" with a goal to destimagatize substance use.

▸ When providing statistics that report on gender, race, or ethnicity we will use the term used by the citation for describing the data.

Notes:

1.9 Role of the Tobacco Treatment Specialist

Notes:

Key Points:
- Each of these topics will be covered

Background:
Trainers must become very familiar with all the forms and documents related to the ATTUD Competencies, training final exam protocol, and TTS credential.
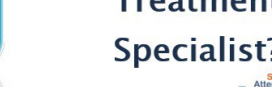

1.10 What is a Tobacco Treatment Specialist?

Notes:

1.11 Tobacco Treatment Specialists . . .

Tobacco Treatment Specialists . . .

Understand the science behind tobacco addiction, nicotine withdrawal symptoms, and effective treatments

Provide effective treatment for all forms of nicotinenicotine use

Work with a wide variety of populations including those with tobacco-related disparities and specific health issues

Provide clear and accurate information about the causes & consequences of tobacco use

Serve as educational resources for organizations, healthcare providers, and the general public regarding tobacco use treatment issues

Use specific, well-accepted methods for tracking progress, record keeping, program documentation, outcome measurement, and reporting

Develop individualized treatment plans using comprehensive, evidence-based assignments and treatment strategies using

1.12 Our Accredited TTS Training Curriculum is Based upon the 11 Core Competencies for Tobacco Treatment Specialists
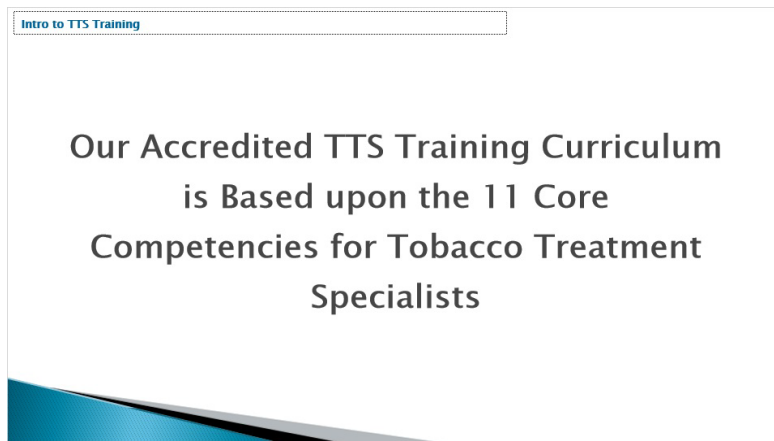
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1.13 TTS: 11 Core Competencies

Intro to TTS Training

TTS: 11 Core Competencies

1. Tobacco Dependence Knowledge and Education

Provide clear and accurate information about tobacco use, strategies for quitting, the scope of the health impact on the population, the causes and consequences of tobacco use

2. Counseling Skills

Demonstrate effective application of counseling theories and strategies to establish a collaborative relationship, and to facilitate client involvement in treatment and commitment to change

To learn more, go to: https://www.attud.org/assets/docs/Standards.pdf

Notes:

Key Points:
- This training program has been designed to address all of these competencies
- Details of each competency can be found on the ATTUD website listed on the slide and **also in the handouts section.**
- The competencies were first described by UMass and the Massachusetts Tobacco Control Program. ATTUD refined and endorsed these in 2005.
- Role as a TTS may include educating others in your organization about evidence-based interventions, including pharmacotherapy, and organizational systems to support those interventions.

Note: TTS in organizations may find resistance in using their knowledge and/or being seen as a resource about tobacco dependence treatment. For example, TTS have been met with resistance in suggesting pharmacotherapy to clients or advocating for changes in data collection and evaluation. If you have time, ask participants to reflect on challenges they may have had, and ask others how they have successfully overcome those challenges.

1.14 TTS: 11 Core Competencies

Intro to TTS Training

TTS: 11 Core Competencies

3. Assessment Interview

Conduct an assessment interview to obtain comprehensive and accurate data needed for treatment planning

4. Treatment Planning

Demonstrate the ability to develop an individualized treatment plan using evidence-based treatment strategies

5. Pharmacotherapy

Provide clear and accurate information about pharmacotherapy options available and their therapeutic use.

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1.15 TTS: 11 Core Competencies

Intro to TTS Training

TTS: 11 Core Competencies

6. Relapse Prevention

Offer methods to reduce relapse and provide ongoing support for tobacco-dependent persons

7. Diversity and Specific Health Issues

Demonstrate competence in working with population subgroups and those who have specific health issues

8. Documentation and Evaluation

Describe and use methods for tracking individual progress, record keeping, program documentation, outcome measurement and reporting

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1.16 TTS: 11 Core Competencies

TTS: 11 Core Competencies

9. Professional Resources
Utilize resources available for client support and for professional education or consultation

10. Law and Ethics
Consistently use a code of ethics and adhere to government regulations specific to the health care or work site setting

11. Professional Development
Assume responsibility for continued professional development and contributing to the development of others

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1.17 TTS Code of Ethics

TTS Code of Ethics

A tobacco treatment specialist will strive to maintain the highest level of professional competence and professional and personal conduct and will:

- Respect the privacy, dignity and culture of all individuals and ensure fair and equitable treatment of all individuals.
- Provide people with all relevant and accurate information and resources so they may make their choices freely and intelligently.
- Observe principles of informed consent and confidentiality of individuals.

Notes:

1.18 TTS Code of Ethics

TTS Code of Ethics

- Be truthful in dealings with the public, never misrepresenting or exaggerating potential benefits or services.
- Avoid activities which may be or may be perceived to be a conflict of interest or unethical in nature.
- Maintain the highest level of competence through continued study and training.

Notes:

Key Points:
- Review each point briefly.

1.19 TTS Code of Ethics

TTS Code of Ethics

- Accurately represent capabilities, education, training and experience, and act within the boundaries of professional competence, recognizing one's limitations and seeking help or providing appropriate referrals when confronted with issues of mental illness or psychosocial problems that the TTS may not be trained to handle.

What ethical dilemmas have you or a colleague faced?
What are some ways you could handle them?

Notes:

Key Points:
- After reviewing, ask if participants have any examples of ethical dilemmas they have faced and how they were handled.
- Suggestions for discussion:
  - Your client has begun to ask personal questions of you and asks to follow you on your personal social media accounts.
  - You disagree with the care given to your client by another provider, and you tell your client why the provider is wrong.
  - Your client tells you that she is being treated by a licensed therapist for a behavioral health disorder, but she would prefer to work with you on those issues because you "seem to understand." You do not have training as a counselor/therapist.

1.20 Audio

Intro to TTS Training

Audio

This course does not have specific audio files.

There are apps that can be used for audio (narration). These include:
Windows:
1. https://www.thewindowsclub.com/best-free-pdf-voice-readers-for-windows-10
2. https://www.microsoft.com/en-us/p/readaloud/

Mac: On a mac, you can highlight text in Preview, then click Edit -> Speech -> Start Speaking. The computer will read aloud whatever was selected. This is pretty universal on many Mac Apps.

Notes:

1.21 Next Step

Intro to TTS Training

Next Step

You're ready to start Module 1: Overview of the Tobacco Problem

Course homepage

Notes: