

## **Tobacco Dependence Treatment Training Resources**

Revised 11/25/20

There are a variety of training resources available for practitioners who want to engage with their customers to support quitting tobacco and to offer treatment for tobacco dependence.

1. NAMI Kansas has released a one-hour online training on *Navigating the Reimbursement Maze* which can be found on the TRAIN platform by searching for Tobacco Dependence Treatment: Coverage, Billing, and Reimbursement or course number 1085269. Get started at <https://www.train.org/ks>. See the [information card](#) at the link provided for more information.
2. Kansas Tobacco Cessation Help (KaTCH) is scheduled to be released by KDHE. KaTCH is a two-hour online training based on national clinical practice guidelines for treating tobacco use and dependence. The training is divided into 7 modules and will be approved for continuing education. KaTCH replaces the *Brief Tobacco Intervention* (BTI) online training which had been available through December 2019.
3. “Help Your Patients Quit Smoking”, a KDHE webinar collaboration with Wesley Family Practice:  
<https://register.gotowebinar.com/recording/3112151572449748998>
4. *Tobacco Treatment Specialist* (TTS) Training
  - a. [KUMed](#) has been providing TTS training since 2017 which has reached an estimated 150 individuals using the [University of Massachusetts](#) curriculum. In the summer of 2020, KUMed piloted its own online TTS training. Once accreditation is granted, they expect to open registration in 2021 for new classes.
  - b. The [University of Kentucky](#) has an online TTS training which they offer 3 times per year.
  - c. The [Council for Tobacco Treatment Training Programs](#) lists all accredited programs across the country.

- d. [Jeannette Garcia](#), a consultant based in Kansas, is a provider of the University of Massachusetts TTS training. She can provide the TTS training on site for agencies which are interested.
5. Shorter, customized training events can be arranged through the staff at KUMed. See their flyer – [Talks & Trainings on Tobacco Treatment](#) which provides all of the details.
6. [Ask, Advise, Refer to Quit Don't Switch](#) - One-hour tobacco brief intervention training for healthcare professionals. This training is accredited for continuing education and/or contact hours from select organizations through December 31, 2020.
7. SAMHSA's Quick Guide for Program Directors and Clinicians on [Implementing Tobacco Cessation Treatment for Individuals with Serious Mental Illness](#).
8. [Rx for Change](#) – There is a suite of trainings for different groups, including a 2-hour training for behavioral health providers.
9. [New York State Smokers Quitline](#) - A free and brief online training (slides only, no audio) with quiz at end
10. [Tobacco Use and Dependence: An Updated Review of Treatments](#) – Free training from the University of Wisconsin consisting of a manual to print out and a quiz. [General Tobacco-Cessation Treatment with Free CME Credits](#)
11. [Addressing Tobacco Dependence in the Behavioral Health System: Training in the "Bucket Approach"](#) – Free training from the University of Wisconsin consisting of video with slides. This is a lengthier training with including several modules with quizzes at the end of each, with free continuing education credits.
12. [Connecting with Patients for Tobacco Free Living](#). This training in three modules is provided by the Mayo Clinic. It is geared to physicians and includes Continuing Medical Education credits. There is a \$75 fee.

13. Breathe Easy Live Well (BELW) is a 15-week curriculum to facilitate smoking cessation in behavioral health settings. This toolkit addresses overall wellness while emphasizing tobacco use. Persons recovering from mental illness are vulnerable to cancers and cardiovascular diseases, not just due to tobacco use, but also because the symptoms of their illnesses and the metabolic side effects of many medications compound the health risks that tobacco use exacerbates. Follow the links provided to access the [Participant Manual](#) and the [Facilitator's Guide](#). Breakthrough Episcopal Social Services offers a periodic Train-the-Trainer class for organizations interested in offering BELW. For more information contact Heidi Moore at [HMoore@breakthroughwichita.org](mailto:HMoore@breakthroughwichita.org).
14. [Freedom from Smoking](#) is an online course offered by the American Lung Association.
15. [Learning About Healthy Living](#) is a 20 session group treatment approach designed for all types of smokers with different mental health problems. The goal of the intervention is to increase individual's awareness about the risks of tobacco use, treatment options, enhance motivation to address tobacco, and to begin by making other healthy life choices.