

# Treating Tobacco Together

**2019 - 2020**

**WEBINAR SCHEDULE**

**REGISTER FOR WEBINAR TRAININGS AT  
[CTIMAINE.ORG/WEBINARS](http://CTIMAINE.ORG/WEBINARS)**

## **3-PART WEBINAR SERIES**

### **ENDS - Local and National Perspectives on Prevention and Treatment**

Spanning the course of three months, this series will discuss prevention opportunities, treatment considerations, and available resources related to Electronic Nicotine Delivery Systems (ENDS), often referred to as e-cigarettes or vaping devices. Through three presentations across November, December, and January, hear stories from leading experts and professionals from Maine as they navigate the changing world of tobacco products.

Please stay tuned to **CTIMaine.org** as we finalize speakers and dates!

# Adverse Childhood Experiences (ACEs), Tobacco Use, and Trauma-Informed Treatment Approaches

Explore the topic of childhood adversity and trauma and their association with tobacco use disorder, including how the issue is affecting Maine.

**Date:** Wednesday, September 25, 2019

**Time:** 12:00 pm – 1:00 pm

## What Can I Say? Crucial Conversations from the Maine Tobacco HelpLine

Hear HelpLine counselors respond to participant statements to help increase confidence and skills in working with people with tobacco use disorders.

**Date:** Wednesday, October 16, 2019

**Time:** 12:00 pm – 1:00 pm

## Taking Care of Yourself: Utilizing Self Care Strategies to Address Stress and Burnout

Explore ways that individuals working in the field of tobacco treatment can make it a priority to “walk the walk” and model self-care. We will discuss strategies for effectively using supervision to support the successful delivery of evidenced-based tobacco interventions.

**Date:** Wednesday, November 20, 2019

**Time:** 12:00 pm – 1:00 pm

## Not Your Father’s (or Mother’s) HelpLine! An Update on Exciting Changes to the Maine Tobacco HelpLine

Learn about the innovative, barrier-free technologies and processes that have been added to the Maine Tobacco HelpLine services to assist Maine residents in being tobacco-free.

**Date:** Tuesday, January 14, 2020

**Time:** 12:00 pm – 1:00 pm

## Tobacco Use Disorder and Serious Mental Illness: Considerations and Opportunities for Treatment

Explore the burden of tobacco use among individuals with serious mental illnesses, including the tobacco industry’s influence, culture of treatment of tobacco use disorder, and misconceptions about treatment.

**Date:** Thursday, February 20, 2020

**Time:** 12:00 pm – 1:00 pm

## Smoking is “Ruff” on Pets and Children: Dangers of Secondhand Smoke

Learn the dangers and potential health problems associated with cigarette smoke and e-cigarette aerosol on kids and animals, and encourage participants to engage in quit efforts for both themselves and/or patients.

**Date:** Thursday, March 12, 2020

**Time:** 12:00 pm – 1:00 pm

## Use of Tobacco & Nicotine Products in Maine: Identifying Opportunities for Action

Review data on past and current tobacco and nicotine use, and quitting behavior in Maine to help the audience identify opportunities for taking action to reduce the burden of tobacco dependence in Maine.

**Date:** Thursday, April 23, 2020

**Time:** 12:00 pm – 1:00 pm

Webinars viewed live are approved for AMA PRA Category 1 Credit™. Maine Medical Center is accredited by the Maine Medical Association’s Committee on Continuing Medical Education (CME) for physicians. Continuing education credits are not available for recorded webinars.

**Webinars are recorded and available for later viewing at [CTIMaine.org/Webinars](https://CTIMaine.org/Webinars)**

MaineHealth  
Center for Tobacco  
Independence



Trainings are developed by the MaineHealth Center for Tobacco Independence and funded by the Maine Center for Disease Control and Prevention, Department of Health and Human Services.