

# Treating Tobacco Together

EDUCATION AND TRAINING OPPORTUNITIES

FOR HEALTH PROFESSIONALS ACROSS MAINE

2019 - 2020

CTIMAINE.ORG

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.

Visit our website for more information on trainings, continuing education credits and registration visit: [CTIMaine.org](http://CTIMaine.org)

These trainings are for all healthcare, behavioral health, health education and public health professionals, and other tobacco prevention and control stakeholders.

## Tobacco Intervention: Basic Skills Training

Join other health professionals in this one-day training to learn more about nicotine addiction and how to integrate brief, evidence-based tobacco treatment interventions into current practice. The Basic Skills Training is open to all health professionals, prevention professionals, and community members who are interested in learning more about the burden of tobacco and strategies for treatment.

### The curriculum includes:

- Tobacco Prevalence, Products & Burden
- ENDS and Vaping
- Motivational Interviewing
- Brief Interventions
- Tobacco Treatment Medications
- Quit Planning

### Training Dates & Locations:

September 17, 2019	Hilton Garden Inn, Bangor
October 1, 2019	Hampton Inn, Waterville
January 7, 2020	DoubleTree by Hilton, South Portland
March 3, 2020	Hilton Garden Inn, Auburn
June 9, 2020	Hilton Garden Inn, Presque Isle

**Time:** 8:00 am – 4:00 pm

**Registration Fee:** \$50 (Includes continental breakfast and lunch)

*A limited number of scholarships are available.*

*Please contact [TobaccoTRNG@MaineHealth.org](mailto:TobaccoTRNG@MaineHealth.org) for more information.*

## Annual Tobacco Treatment and Prevention Conference

This annual conference brings nationally recognized speakers and local experts together to discuss a wide array of tobacco treatment and prevention topics, new research, and innovative approaches to tobacco control. It also provides an opportunity to network with other tobacco treatment professionals from across the state. Attendance at the conference is required for those interested in the National Certificate in Tobacco Treatment Practice.

**Dates & Location:** May 4 – 6, 2020

Hilton Garden Inn, Freeport

**Online registration opens February 2020**

## Tobacco Intervention: Basic Skills Training for Target Audiences

### Opportunities for Change: Addressing Tobacco and Nicotine Use in Behavioral Health Settings

Join other behavioral health professionals and CTI's Training and Education team for a half-day training to learn more about the health burden of tobacco and nicotine on individuals with behavioral health conditions, real and perceived barriers to providing treatment in mental health and substance use settings, and opportunities for treatment. Moreover, learn how to enhance your existing skills to utilize low barrier strategies that can significantly support patients in reducing their use or quitting use of various type of products.

#### Training Dates & Locations:

November 14, 2019 Maple Hill Farm, Hallowell

February 4, 2020 MaineHealth, Portland

**Time:** 7:30 am – 12:00 pm  
**Registration Fee:** \$25 (Includes breakfast and a midday snack)

### Addressing Nicotine and Tobacco Use Through Prevention, Policy and Treatment Initiatives

Join other professionals and CTI's Training and Education team for a half-day training. Learn more about the burden of tobacco and nicotine on communities across the state, tobacco-related disparities, and opportunities for interventions. Discuss ways that policy development and tobacco treatment support each other, including how to effectively promote and support tobacco-free campus policies.

#### Training Date & Location:

March 31, 2020 MaineHealth, Portland

**Time:** 7:30 am – 12:00 pm  
**Registration Fee:** \$25 (Includes breakfast and a midday snack)

Please note the Basic Skills Trainings for Target Audiences do not count towards the National Certificate in Tobacco Treatment Practice. Please contact TobaccoTRNG@MaineHealth.org with questions.

### *Interested in becoming a Nationally Certified Tobacco Treatment Specialist?*

The Education and Training Program at the MaineHealth Center for Tobacco Independence is accredited through the Council for Tobacco Treatment Training Programs (CTTP) to prepare health professionals to become Nationally Certified Tobacco Treatment Specialists.

Learn more: [CTIMaine.org/NCTTP](http://CTIMaine.org/NCTTP)

## Continuing Education Trainings

Every year CTI's Training and Education Program offers innovative trainings on special topics for those interested in continuing education in the field of tobacco. Please see the following listing for information for this year's special topic.

### The Why and How of Trauma-Informed Care: A Life Course Approach to Understanding the Trajectory of Tobacco Use

*Dr. Shanta Dube, Associate Professor; Georgia State University School of Public Health*

**Date & Location:** October 23, 2019 The Samoset Resort, Rockport

**Time:** 8:00 am – 3:00 pm  
**Registration Fee:** \$50 (Includes continental breakfast and lunch)

This year we are offering the second Continuing Education Training as a post conference workshop at the annual conference. The topic will be announced in November and registration will open in February of 2020. Visit [CTIMaine.org](http://CTIMaine.org) for additional information and details.

## Tobacco Intervention: Intensive Skills Training

This two-day skills-focused training will build on knowledge gained in the Tobacco Intervention: Basic Skills Training.

#### Participants will:

- Explore the value of a comprehensive tobacco use assessment
- Learn to develop effective treatment plans
- Discuss considerations for medication management
- Review relapse prevention strategies

Participants will also spend time building on common counseling skills used in intensive tobacco treatment such as motivational interviewing and cognitive behavioral therapy.

#### Dates & Locations:

December 4 & 5, 2019 Hampton Inn, Waterville

April 15 & 16, 2020 AC Hotel, Portland

**Time:** 7:30 am – 4:30 pm  
**Registration Fee:** \$100 (Includes continental breakfast and lunch)

**Prerequisite:** Completion of the Tobacco Intervention: Basic Skills Training