

Tobacco Treatment Specialist Certification

Frequently Asked Questions

✦ **What is a Certified Tobacco Treatment Specialist (TTS)?**

Certified Tobacco Treatment Specialists are professionals who are specially trained to provide treatment for individuals seeking to stop using tobacco and nicotine.

✦ **What does a Tobacco Treatment Specialist do?**

- Tobacco Treatment Specialists understand the science behind tobacco addiction, nicotine withdrawal symptoms, and effective treatments for tobacco use. They provide clear and accurate information about the causes and consequences of tobacco use.
- Tobacco Treatment Specialists develop individualized treatment plans using comprehensive, evidence-based assessments and treatment strategies. They work with a variety of populations including those with health issues and use specific, well-accepted methods for tracking individual progress, record keeping, program documentation, outcome measurement, and reporting.
- Tobacco Treatment Specialists also serve as educational resources for organizations, healthcare providers, and the general public regarding tobacco use treatment issues.

✦ **What are the benefits of becoming a certified Tobacco Treatment Specialist?**

- Comprehensive skillset.
- Career advancement opportunities.
- Network with other professionals.
- Join an elite group of tobacco treatment champions.
- Understand the basics of nicotine dependence.
- Provide accurate health education.
- Provide motivation to individuals who use tobacco to quit.
- Learn how to develop evidence-based treatment plans.
- Provide effective follow-up and train others to provide tobacco treatment.

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What are the steps to becoming certified?

- Provide a certificate of successful completion of a Tobacco Treatment Specialist training program that is accredited by the Council for Tobacco Treatment Training Programs (CTTTP).
- Decide from which organization you would like to receive your certification.
- Follow eligibility requirements for that organization to receive final certification.

Where does the MaineHealth Center for Tobacco Independence come in?

The MaineHealth Center for Tobacco Independence Training and Education Program is a nationally accredited provider of the core training requirements through the Council of Tobacco Treatment Training Programs. *These training requirements are necessary to pursue Tobacco Treatment Specialist certification.*

What are my training options through CTI to complete the certification training requirements?

“Classic Pathway”

Essential Skills Training
Intensive Skills Training
Annual Conference

OR

“Accelerated Pathway”

Tobacco Treatment
Specialist Program

What are my certification options?

There are two organizations from which you may choose to become certified. They are:

- National Certification in Nicotine and Tobacco Treatment (NCNTT)
 - Offered by the National Association for Alcoholism and Drug Abuse Counselors (NAADAC)
- Certified Professional by the American Heart Association – Tobacco Treatment (CPAHA)
 - Offered by the American Heart Association in Collaboration with the Association for the Treatment of Tobacco Use and Dependence (AHA & ATTUD)