

# Tobacco Cessation Counseling Strategies: Resources for CCOs and Health Care Providers

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## Introduction

Based on a review of currently available resources, this document includes leading resources for health care systems, coordinated care organizations (CCOs), health care providers and clinic staff to develop their approach to tobacco cessation efforts. It includes links to the best of evidence-based training documents, online trainings, toolkits, webinars and other resources, along with descriptions of how each resource can be used.

## CCOs and Treating Tobacco Dependence: Systems-Change Approach

Title	Author	Description	Target Audience	Format	CEUs and Cost	Link
<b>Treating Tobacco Dependence Manual: A Systems-Change Approach</b>	American Academy of Family Physicians	The U.S. Public Health Service calls on clinicians to change the clinical culture and clinical practice patterns to ensure that every patient who uses tobacco is identified, advised to quit, and offered evidence-based treatments. This manual provides solutions and suggestions for a systems-change approach to clinical practice.	Health care systems, CCOs and health care providers	PDF (24 pages)	Free resource	<a href="http://www.aafp.org/dam/AAFP/documents/patient_care/tobacco/practice-manual.pdf">www.aafp.org/dam/AAFP/documents/patient_care/tobacco/practice-manual.pdf</a>
<b>A Patient-Centered Tobacco Cessation Workflow for Healthcare Clinics</b>	University of Colorado Anschutz Medical Campus School of Medicine: Behavioral Health and Wellness Program	This workflow was created to provide practical strategies for implementing agency and clinic tobacco cessation services. The workflow is a general model which can be tailored to primary care, behavioral health, integrated care and hospital clinics, as well as other community health care settings.	Health care systems, CCOs and health care providers	PDF (17 pages)	Free resource	<a href="http://www.bhwellness.org/fact-sheets-reports/A%20Patient-Centered%20Tobacco%20Cessation%20Workflow%20for%20Healthcare%20Clinics.pdf">www.bhwellness.org/fact-sheets-reports/A%20Patient-Centered%20Tobacco%20Cessation%20Workflow%20for%20Healthcare%20Clinics.pdf</a>
<b>A Team Approach: Integrating Tobacco Dependence Treatment into Routine Clinical Practice</b>	University of California at San Francisco (UCSF): Smoking Cessation Leadership Center	This training webinar will teach how: <ul style="list-style-type: none"> <li>• Tobacco prevention and treatment aligns with chronic care and patient-centered medical home models.</li> <li>• To apply effective tobacco cessation strategies to populations most at risk for tobacco-related health disparities.</li> <li>• To employ office-based tools and resources for concurrently addressing tobacco and other addictions.</li> </ul>	Health care systems, CCOs, health care providers, quality improvement, front desk staff	Webinar (90 minutes)	Free webinar; \$35 to obtain 1.5 CMEs/CEUs	Free version: <a href="http://ucsf.app.box.com/s/224xyv53obi2vgiexe29yjpflewcnbnx">ucsf.app.box.com/s/224xyv53obi2vgiexe29yjpflewcnbnx</a> CME/CEUs version: <a href="http://smokingcessationleadership.ucsf.edu/webinar/team-approach-integrating-tobacco-dependence-treatment-routine-clinical-practice">smokingcessationleadership.ucsf.edu/webinar/team-approach-integrating-tobacco-dependence-treatment-routine-clinical-practice</a>

## Provider Guidelines

Title	Author	Description	Target Audience	Format	CEUs and Cost	Link
<b>Clinical Practice Guideline (2008 Update):</b> Treating Tobacco Use and Dependence	Agency for Healthcare Research and Quality	This comprehensive guideline contains strategies and recommendations to assist clinicians; tobacco dependence treatment specialists; and health care administrators, insurers and purchasers in delivering and supporting effective treatments for tobacco use and dependence. It covers effective, experimentally validated tobacco dependence treatments and practices, and is considered a gold standard because of the depth of its evidence base.	All health care providers	PDF (276 pages)	Free resource	<a href="http://bphc.hrsa.gov/buckets/treatingtobacco.pdf">bphc.hrsa.gov/buckets/treatingtobacco.pdf</a>
<b>Quick Reference Guide for Clinicians (2008 Update):</b> Treating Tobacco Use and Dependence	Agency for Healthcare Research and Quality	The Quick Reference Guide for Clinicians summarizes strategies from the comprehensive Clinical Practice Guideline. It is a hands-on document that clinicians can use to implement effective cessation strategies.	All health care providers	PDF (40 pages)	Free resource	<a href="http://www.ahrq.gov/sites/default/files/wysiwyg/professionals/clinicians-providers/guidelines-recommendations/tobacco/clinicians/references/quickref/tobaqrg.pdf">www.ahrq.gov/sites/default/files/wysiwyg/professionals/clinicians-providers/guidelines-recommendations/tobacco/clinicians/references/quickref/tobaqrg.pdf</a>

## Pharmacotherapy Guidelines

Title	Author	Description	Target Audience	Format	CEUs and Cost	Link
<b>Pharmacologic Product Guide:</b> FDA-Approved Medications for Smoking Cessation	UCSF Smoking Cessation Leadership Center: Rx for Change	Easy-to-use product guide of FDA-approved medications for smoking cessation	All health care providers	PDF (2 pages)	Free resource	<a href="http://smokingcessationleadership.ucsf.edu/sites/smokingcessationleadership.ucsf.edu/files/rxforchange_product_guide_2015.pdf">smokingcessationleadership.ucsf.edu/sites/smokingcessationleadership.ucsf.edu/files/rxforchange_product_guide_2015.pdf</a>
<b>Integrating Medications into Smoking Cessation Treatment:</b> The Basics	UCSF Smoking Cessation Leadership Center	This training webinar will: <ul style="list-style-type: none"> <li>List the seven medications with FDA-labeled indications for smoking cessation.</li> <li>Identify patient selection characteristics for smoking cessation medications.</li> </ul>	All health care providers	Webinar (90 minutes)	Free webinar; \$35 to obtain 1.5 CMEs/CEUs	Free version: <a href="http://ucsf.app.box.com/s/iagrat06fq4bvwrufidtvewutnkwb">ucsf.app.box.com/s/iagrat06fq4bvwrufidtvewutnkwb</a> CME/CEUs version: <a href="http://smokingcessationleadership.ucsf.edu/webinar/integrating-">smokingcessationleadership.ucsf.edu/webinar/integrating-</a>

Title	Author	Description	Target Audience	Format	CEUs and Cost	Link
		<ul style="list-style-type: none"> <li>Teach how to counsel a patient who smokes on the use of first-line medications including: dosing, instructions, potential adverse effects, contraindications and precautions.</li> <li>Discuss situations for which combinations of medications would be appropriate for smoking cessation.</li> </ul>				<a href="#">medications-smoking-cessation-treatment-basics</a>
<b>Beyond the Basics:</b> Pharmacotherapy for Smoking Cessation	UCSF Smoking Cessation Leadership Center	This training webinar will: <ul style="list-style-type: none"> <li>Identify patients who are candidates for combination therapy and, after considering patient-specific factors, design a treatment regimen (drugs, dosages, routes and duration of therapy).</li> <li>Identify patients who are candidates for high-dose pharmacotherapy and recommend a treatment regimen.</li> <li>Identify patients who are candidates for extended-duration pharmacotherapy and recommend a treatment plan.</li> <li>Determine situations for which use of nicotine replacement therapy prior to the quit date might be beneficial and recommend a treatment regimen.</li> </ul>	All health care providers	Webinar (90 minutes)	Free webinar; \$35 to obtain 1.5 CMEs/CEUs	Free version: <a href="https://ucsf.app.box.com/s/ah9uczml4oqfsferqn8715jbpu8l1fo3">ucsf.app.box.com/s/ah9uczml4oqfsferqn8715jbpu8l1fo3</a> CME/CEUs version: <a href="https://smokingcessationleadership.ucsf.edu/webinar/beyond-basics-pharmacotherapy-smoking-cessation">smokingcessationleadership.ucsf.edu/webinar/beyond-basics-pharmacotherapy-smoking-cessation</a>

## Easy-to-Use Provider 5A Tools

Title	Author	Description	Target Audience	Format	CEUs and Cost	Link
<b>Tobacco Cessation Counseling</b> <b>Guidesheet: Rx for Change</b>	UCSF Smoking Cessation Leadership Center: Rx for Change	This one-page guide outlines the 5As for tobacco cessation counseling	All health care providers	PDF (1 page)	Free resource	<a href="https://smokingcessationleadership.ucsf.edu/sites/smokingcessationleadership.ucsf.edu/files/A1%20GUIDE.pdf">smokingcessationleadership.ucsf.edu/sites/smokingcessationleadership.ucsf.edu/files/A1%20GUIDE.pdf</a>
<b>Helping Smokers Quit: A Guide for Clinicians</b>	Agency for Healthcare Research and Quality	This concise guide outlines the 5As and clinical use of medications for tobacco dependence treatment.	All health care providers	PDF (8 pages)	Free resource	<a href="http://www.ctri.wisc.edu/documents/clinhlpsmksqt.pdf">www.ctri.wisc.edu/documents/clinhlpsmksqt.pdf</a>

## Provider Training Programs

Title	Author	Description	Target Audience	Format	CEUs and Cost	Link
<b>Rx for Change</b>	UCSF Schools of Pharmacy and Medicine	<p>A comprehensive, turn-key tobacco cessation training program that equips health professional students and practicing clinicians, of all disciplines, with evidence-based knowledge and skills for assisting patients with quitting. Based on the U.S. Public Health Service Clinical Practice Guideline for Treating Tobacco Use and Dependence and reviewed externally by key experts, the training advocates tailored behavioral counseling interventions in conjunction with pharmacotherapy. All forms of tobacco are addressed and the materials focus on counseling all patients, regardless of their readiness to quit.</p> <p>Versions include 5As (comprehensive counseling), Ask-Advise-Refer (brief counseling), psychiatry, cardiology, mental health peer counselors, respiratory care, and surgical care.</p>	All health care providers	In-person training modules	<p>UCSF openly shares the Rx for Change materials with others at no cost; however, all persons who receive any component of the Rx for Change program must complete an online registration process, which includes acceptance of an end-user licensing agreement.</p> <p>Rx for Change can be used only for non-commercial teaching and research purposes and cannot be used for profit.</p>	<a href="http://rxforchange.ucsf.edu">rxforchange.ucsf.edu</a>

## Provider Toolkit

Title	Author	Description	Target Audience	Format	CEUs and Cost	Link
<b>Dimensions:</b> Tobacco-Free Toolkits for Health Care Providers	University of Colorado Anschutz Medical Campus School of Medicine: Behavioral Health and Wellness Program	The toolkit contains a variety of information and step-by-step instructions about: <ul style="list-style-type: none"> <li>• Education about tobacco use;</li> <li>• Skills for engaging individuals in tobacco cessation discussions;</li> <li>• Efficient methods for assessing people’s readiness to quit; and</li> <li>• Information and research on treatments.</li> </ul>	All health care providers, administrators, and health care organizations	PDF toolkit (67 pages)	Free resource	<a href="http://www.bhwellness.org/toolkits/Tobacco-Free-Toolkit.pdf">www.bhwellness.org/toolkits/Tobacco-Free-Toolkit.pdf</a>

## Provider Toolkit Supplement: Pregnant Women

Title	Author	Description	Target Audience	Format	CEUs and Cost	Link
<b>Dimensions</b> <b>Priority Population Supplement:</b> Pregnant and Postpartum Women	University of Colorado Anschutz Medical Campus School of Medicine: Behavioral Health and Wellness Program	This supplemental toolkit provides information and guidance for health care professionals who want to provide evidence-based interventions and treatment for tobacco cessation to the pregnant and postpartum population. This population has unique characteristics and needs to consider when addressing tobacco use and cessation.	All health care providers working with pregnant and postpartum women	PDF toolkit (24 pages)	Free resource	<a href="http://www.bhwellness.org/toolkits/TF-Toolkit-Supp-Pregnant-Postpartum.pdf">www.bhwellness.org/toolkits/TF-Toolkit-Supp-Pregnant-Postpartum.pdf</a>
<b>Tobacco Cessation for Pregnant Women and Mothers:</b> What Clinicians Should Know	UCSF Smoking Cessation Leadership Center	This training webinar will: <ul style="list-style-type: none"> <li>• Describe tobacco use among U.S. reproductive age and pregnant women, and maternal and infant outcomes</li> <li>• Demonstrate understanding of tobacco use screening and counseling of reproductive age, pregnant and postpartum women, and the integration into routine care</li> <li>• Discuss FDA-approved pharmacotherapy and use by pregnant or lactating women</li> <li>• Identify key resources</li> </ul>	All health care providers working with pregnant and postpartum women	Webinar (90 minutes)	Free webinar; \$35 to obtain 1.5 CMEs/CEUs	Free version: <a href="http://ucsf.app.box.com/s/1l2goki0lk3lnwzraggkpxn7ufudh3e5">ucsf.app.box.com/s/1l2goki0lk3lnwzraggkpxn7ufudh3e5</a> CME/CEUs version: <a href="http://smokingcessationleadership.ucsf.edu/webinar/tobacco-cessation-pregnant-women-and-mothers-what-clinicians-should-know">smokingcessationleadership.ucsf.edu/webinar/tobacco-cessation-pregnant-women-and-mothers-what-clinicians-should-know</a>

## Provider Toolkit Supplement: Low Income

Title	Author	Description	Target Audience	Format	CEUs and Cost	Link
<b>Dimensions</b> <b>Priority</b> <b>Population</b> <b>Supplement:</b> Low Income	University of Colorado Anschutz Medical Campus School of Medicine: Behavioral Health and Wellness Program	This supplemental toolkit provides education on low-burden methods for assisting clients who face economic barriers in leading tobacco-free lifestyles. Additionally, the toolkit provides information on other challenges this population faces and how health care providers can counter the misinformation that promotes further tobacco use.	All health care providers	PDF toolkit (22 pages)	Free resource	<a href="http://www.bhwellness.org/toolkits/TF-Toolkit-Supp-Low-Income.pdf">www.bhwellness.org/toolkits/TF-Toolkit-Supp-Low-Income.pdf</a>

## Provider Toolkit Supplement: Youth (11-18) and Young Adults (18-25)

Title	Author	Description	Target Audience	Format	CEUs and Cost	Link
<b>Dimensions</b> <b>Priority</b> <b>Population</b> <b>Supplement:</b> Youth (11-18)	University of Colorado Anschutz Medical Campus School of Medicine: Behavioral Health and Wellness Program	This supplemental toolkit provides guidance for health care providers, educators and parents who want to support tobacco cessation and prevention for youth. Youth have unique characteristics and needs to consider when addressing tobacco use and cessation.	All health care providers	PDF toolkit (26 pages)	Free resource	<a href="http://www.bhwellness.org/toolkits/TF-Toolkit-Supp-Youth.pdf">www.bhwellness.org/toolkits/TF-Toolkit-Supp-Youth.pdf</a>
<b>Dimensions</b> <b>Priority</b> <b>Population</b> <b>Supplement:</b> Young Adults (18-25)	University of Colorado Anschutz Medical Campus School of Medicine: Behavioral Health and Wellness Program	This supplemental toolkit provides guidance for health care providers who want to provide evidence-based treatment for tobacco cessation to young adults. Tobacco cessation for the young adult population is very similar to evidence-based strategies for the general population. However, young adults have unique characteristics and needs to consider when providing treatment.	All health care providers	PDF toolkit (16 pages)	Free resource	<a href="http://www.bhwellness.org/toolkits/TF-Toolkit-Supp-Young-Adult.pdf">www.bhwellness.org/toolkits/TF-Toolkit-Supp-Young-Adult.pdf</a>



## Behavioral Health

Title	Author	Description	Target Audience	Format	CEUs and Cost	Link
<b>Dimensions Priority Population Supplement:</b> Behavioral Health	University of Colorado Anschutz Medical Campus School of Medicine: Behavioral Health and Wellness Program	This supplemental behavioral health guide provides information on: <ul style="list-style-type: none"> <li>• Tobacco use and health</li> <li>• Why individuals with behavioral health conditions use tobacco</li> <li>• Assessment and planning for change</li> <li>• Tobacco cessation treatment</li> <li>• Specific findings regarding tobacco cessation medications and behavioral health conditions</li> </ul>	All health care providers	PDF (19 pages)	Free resource	<a href="http://www.bhwellness.org/toolkits/TF-Toolkit-Supp-Behavioral-Health.pdf">www.bhwellness.org/toolkits/TF-Toolkit-Supp-Behavioral-Health.pdf</a>
<b>Smoking Cessation for Persons with Mental Illness:</b> A Toolkit for Mental Health Providers	University of Colorado Denver, Department of Psychiatry: Behavioral Health and Wellness Program	The toolkit contains a variety of information and step-by-step instruction about: <ul style="list-style-type: none"> <li>• Low burden means of assessing readiness to quit</li> <li>• Possible treatments</li> <li>• Strategies for reducing relapse</li> <li>• Referral to community resources</li> </ul>	Mental health providers, primary care providers, administrators	PDF toolkit (57 pages)	Free resource	<a href="http://www.integration.samhsa.gov/Smoking_Cessation_for_Persons_with_MI.pdf">www.integration.samhsa.gov/Smoking_Cessation_for_Persons_with_MI.pdf</a>
<b>Always a Priority:</b> Helping Smokers with Mental Health Conditions Quit	UCSF Smoking Cessation Leadership Center and CDC's Tips From Former Smokers Campaign	This training webinar will: <ul style="list-style-type: none"> <li>• Review epidemiology of tobacco use among individuals with a mental illness or addiction</li> <li>• Discuss the variety of consequences experienced by tobacco users, in addition to health consequences, and the impact on recovery from a mental illness or addiction</li> <li>• Interpret personal narrative recovery stories as a way to disseminate information to an at-risk community, and increase awareness and peer-to-peer understanding</li> </ul>	All health care providers	Webinar (90 minutes)	Free webinar; \$35 to obtain 1.5 CMEs/CEUs	Free version: <a href="http://ucsf.app.box.com/s/bhm72hdg25uw25jp21th26c2uxlt1pry">ucsf.app.box.com/s/bhm72hdg25uw25jp21th26c2uxlt1pry</a> CMEs/CEUs version: <a href="http://smokingcessationleadership.ucsf.edu/webinar/always-priority-helping-smokers-mental-health-conditions-quit-co-hosted-cdcs-tips-former">smokingcessationleadership.ucsf.edu/webinar/always-priority-helping-smokers-mental-health-conditions-quit-co-hosted-cdcs-tips-former</a>

Title	Author	Description	Target Audience	Format	CEUs and Cost	Link
<b>Intensive Tobacco Dependence Intervention with Persons Challenged by Mental Illness: Manual for Nurses</b>	University of Rochester School of Nursing Tobacco Dependence Intervention Program	This is a tobacco dependence intervention manual written by nurses for nurses. It complements the 2009 update of Smoking Cessation for Persons with Mental Illnesses: A Toolkit for Mental Health Providers.	Nurses	PDF toolkit (49 pages)	Free resource	<a href="http://www.apna.org/files/public/TobaccoDependenceManualforNurses.pdf">www.apna.org/files/public/TobaccoDependenceManualforNurses.pdf</a>

### Additional Population-Specific Resources

Title	Author	Description	Target Audience	Format	CEUs and Cost	Link
<b>Reducing Tobacco Use among African Americans and Youth: What's Menthol Got To Do With It?</b>	UCSF Smoking Cessation Leadership Center	This training webinar will: <ul style="list-style-type: none"> <li>• Explain the African Americanization of menthol cigarettes in the United States</li> <li>• Understand youth use of menthol cigarettes</li> <li>• Identify the chemical impact of menthol in cigarette smoke and e-cigarette aerosol</li> <li>• Describe the fightback against menthol tobacco products</li> </ul>	All health care providers	Webinar (90 minutes)	Free webinar; \$35 to obtain 1.5 CMEs/CEUs	Free version: <a href="http://ucsf.app.box.com/s/qvghaqrcliy07welzb27ia567kz4qsrgg">ucsf.app.box.com/s/qvghaqrcliy07welzb27ia567kz4qsrgg</a> CMEs/CEUs version: <a href="http://smokingcessationleadership.ucsf.edu/webinar/reducing-tobacco-use-among-african-americans-and-youth-whats-menthol-got-do-it">smokingcessationleadership.ucsf.edu/webinar/reducing-tobacco-use-among-african-americans-and-youth-whats-menthol-got-do-it</a>
<b>Tobacco Use in the LGBT Community: Preconceptions, Challenges &amp; Experiences</b>	UCSF Smoking Cessation Leadership Center	This training webinar will: <ul style="list-style-type: none"> <li>• Describe the evidence on the LGBT smoking disparity</li> <li>• Identify four main reasons this disparity exists</li> <li>• Explain preconceptions and challenges the LGBT population experiences related to smoking cessation</li> <li>• List at least three strategies to engage more LGBT people in tobacco cessation efforts</li> </ul>	All health care providers	Webinar (90 minutes)	Free webinar; \$35 to obtain 1.5 CMEs/CEUs	Free version: <a href="http://ucsf.app.box.com/s/tdajabug9dudgvhpf8jg2cfg0czaet8n">ucsf.app.box.com/s/tdajabug9dudgvhpf8jg2cfg0czaet8n</a> CMEs/CEUs version: <a href="http://smokingcessationleadership.ucsf.edu/webinar/tobacco-use-lgbt-community-preconceptions-challenges-experiences">smokingcessationleadership.ucsf.edu/webinar/tobacco-use-lgbt-community-preconceptions-challenges-experiences</a>

Title	Author	Description	Target Audience	Format	CEUs and Cost	Link
<b>Commercial Tobacco Use and American Indian/Alaska Native People:</b> Implementing Proven or Promising Interventions	UCSF Smoking Cessation Leadership Center	<p>This training webinar will:</p> <ul style="list-style-type: none"> <li>Describe the difference between traditional tobacco and commercial tobacco</li> <li>Identify methods to demonstrate respect for tribal sovereignty and develop approaches to foster inclusive partnerships using sound public health practices</li> <li>Describe tobacco use practices and rates in Alaska</li> <li>Explain how the Alaska Native Medical Center integrates tobacco cessation into their health system</li> </ul>	All health care providers	Webinar (90 minutes)	Free webinar; \$35 to obtain 1.5 CMEs/CEUs	<p>Free version: <a href="https://ucsf.app.box.com/s/bnvi6r4pwyj3u91uf7v2peqrfrcpu71c">ucsf.app.box.com/s/bnvi6r4pwyj3u91uf7v2peqrfrcpu71c</a></p> <p>CMEs/CEUs version: <a href="https://smokingcessationleadership.ucsf.edu/webinar/commercial-tobacco-use-and-american-indianalaska-native-people-implementing-proven-or">smokingcessationleadership.ucsf.edu/webinar/commercial-tobacco-use-and-american-indianalaska-native-people-implementing-proven-or</a></p>
<b>What's Smoking Got to Do with It?</b> Improving the Health of Priority Populations by Treating Tobacco Use	UCSF Smoking Cessation Leadership Center	<p>Smoking and tobacco health disparities disproportionately impact health priority populations evidenced in higher morbidity and mortality. Attending to other “major” or “primary” conditions without treating tobacco use can compromise long-term treatment effectiveness (e.g., drug therapies) or subject clients to greater problems related to untreated smoking. Health care providers need to provide screening, prevention and treatment for tobacco use in these populations.</p> <p>This training webinar will:</p> <ul style="list-style-type: none"> <li>Discuss reasons professionals may not attend to smoking in health priority populations and the consequences of not attending to smoking</li> </ul>	All health care providers	Webinar (60 minutes)	Free webinar; \$35 to obtain 1.5 CMEs/CEUs	<p>Free version: <a href="https://ucsf.app.box.com/s/hj3wq53a7k26naczg6tyr1sdc0ztdzm">ucsf.app.box.com/s/hj3wq53a7k26naczg6tyr1sdc0ztdzm</a></p> <p>CMEs/CEUs version: <a href="https://smokingcessationleadership.ucsf.edu/webinar/what-s-smoking-got-do-it-improving-health-priority-populations-treating-tobacco-use">smokingcessationleadership.ucsf.edu/webinar/what-s-smoking-got-do-it-improving-health-priority-populations-treating-tobacco-use</a></p>

Title	Author	Description	Target Audience	Format	CEUs and Cost	Link
		<ul style="list-style-type: none"> <li>Identify and discuss evidence-based practices effective with health priority populations</li> <li>Specify that behavioral health professionals routinely screen their clients, and treat or refer them to treatment</li> </ul>				

## Motivational Interviewing

Title	Author	Description	Target Audience	Format	CEUs and Cost	Link
<b>Conversations for Change Video Series</b>	University of Colorado Anschutz Medical Campus School of Medicine: Behavioral Health and Wellness Program	<p>This video series is designed to be viewed in order and as part of a facilitated educational process. The information contained in each video builds upon the previous material. For individuals using these videos without a facilitator or in a training setting, there are accompanying worksheets to support your learning in the following:</p> <ul style="list-style-type: none"> <li>The 5As and tobacco cessation</li> <li>Motivational interviewing for tobacco cessation</li> <li>A demonstration of motivational interviewing for tobacco cessation</li> </ul>	All health care providers	Three videos (15-30 minutes each); Three sequential worksheets (1 page each)	Free resource	<a href="http://www.bhwellness.org/resources/videos">www.bhwellness.org/resources/videos</a>
<b>An Introduction to Motivational Interviewing: Focus on Tobacco Use and Dependence</b>	UCSF Smoking Cessation Leadership Center	<p>This training webinar will:</p> <ul style="list-style-type: none"> <li>Describe how the “spirit” or underlying perspective of motivational interviewing can be applied to smokers</li> <li>Explain how to speak with smokers who may not be ready to quit</li> <li>Describe how to elicit “change talk” from tobacco users</li> </ul>	All health care providers	Webinar (90 minutes)	Free webinar; \$35 to obtain 1.5 CMEs/CEUs	<p>Free version: <a href="http://ucsf.app.box.com/s/etj15cfquiejzdw0dv5iexz79knyia2j">ucsf.app.box.com/s/etj15cfquiejzdw0dv5iexz79knyia2j</a></p> <p>CMEs/CEUs version: <a href="http://smokingcessationleadership.ucsf.edu/webinar/co-hosted-american-academy-family-physicians-introduction-motivational-interviewing-focus">smokingcessationleadership.ucsf.edu/webinar/co-hosted-american-academy-family-physicians-introduction-motivational-interviewing-focus</a></p>

Title	Author	Description	Target Audience	Format	CEUs and Cost	Link
<b>Mr. Smith's Smoking Evolution</b>	Damara Gutnick, MD	Dr. Damara Gutnick is a primary care physician and member of the Motivational Interviewing Network of Trainers. In this video she shares a personal story of her interactions with Mr. Smith – a heavy smoker who she has cared for over 15 years. Despite Dr. Gutnick's multiple attempts to motivate Mr. Smith to quit smoking, he was never interested until Dr. Gutnick incorporated motivational interviewing and brief action planning into her clinical encounter. These techniques were successful in motivating Mr. Smith to make a specific action plan around his smoking.	Physicians	YouTube video (10 minutes)	Free resource	<a href="http://www.youtube.com/watch?v=0z65EppMfHk">www.youtube.com/watch?v=0z65EppMfHk</a>
<b>A Tour of Motivational Interviewing: An Interprofessional Road Map for Behavior Change</b>	University of Missouri Kansas City School of Nursing and Health Studies' Mid-America: Addiction Technology Transfer Center	This 4-hour, self-paced online course takes the learner on a tour of the essential skills used to strengthen an individual's motivation for behavior change.	All health care providers	Online course (4 hours, self-paced)	Free, but must register for the course. CMEs are available for 4 hours of NAADAC, NBCC or NASW Continuing Education credit.	<a href="http://www.tourofmi.com/">www.tourofmi.com/</a>
<b>Motivational Interviewing Network of Trainers (MINT)</b>	MINT	Extensive website for those seeking information on motivational interviewing.	All health care providers	Website with videos, slides, books and presentations	Free resources and resources at cost	<a href="http://www.motivationalinterviewing.org">www.motivationalinterviewing.org</a>
<b>Building Motivational Interviewing Skills: A Practitioner Workbook</b>	David Rosengren	Developing expertise in motivational interviewing (MI) takes practice, which is exactly the point of this engaging, user-friendly workbook. The volume is packed with real-world examples from a range of clinical settings, as well as sample	All health care providers	PDF workbook (300-pages)	\$35 to \$50 from Amazon or other online store	<a href="http://www.amazon.com/Building-Motivational-Interviewing-Skills-Practitioner/dp/1606232991">www.amazon.com/Building-Motivational-Interviewing-Skills-Practitioner/dp/1606232991</a>

Title	Author	Description	Target Audience	Format	CEUs and Cost	Link
		interactions and hands-on learning activities. The author is an experienced MI researcher, clinician and trainer who facilitates learning with quizzes, experiential exercises and reproducible worksheets. The reader learns step by step how to practice core MI skills: raising the importance of behavior change, fostering the client's confidence, resolving ambivalence, solidifying commitment to change and negotiating.				

## Dental

Title	Author	Description	Target Audience	Format	CEUs and Cost	Link
<b>Treating Tobacco Use and Dependence:</b> A Toolkit for Dental Office Teams	Delta Dental; Wisconsin Dental Association; University of Wisconsin Center for Tobacco Research and Intervention	This packet is designed to assist dental offices with integrating the brief intervention recommended by the guideline into standard office procedures and successfully intervene with patients who use tobacco. It provides tools and resources to help you help your patients quit.	Dental providers, administrators, dental office staff	PDF Toolkit (67 pages)	Free resource	<a href="http://www.adaptoregon.org/wp-content/uploads/toolkit.pdf">www.adaptoregon.org/wp-content/uploads/toolkit.pdf</a>

## Pharmacy

Title	Author	Description	Target Audience	Format	CEUs and Cost	Link
<b>Tobacco Cessation Counseling:</b> A Protocol for Pharmacists	American Society of Health-Systems Pharmacists and the National Pharmacy Partnership for Tobacco Cessation	An online tobacco cessation training for pharmacists.	Pharmacists	Slide presentation (89 slides)	Free resource	<a href="http://media.ashp.org/tobacco/#slide=32">media.ashp.org/tobacco/#slide=32</a>

## Tobacco Treatment Specialist (TTS): Online and Certificate Programs

Title	Author	Description	Target Audience	Format	CEUs and Cost	Link
<b>Center for Tobacco Treatment Research and Training: Basic Skills Online</b>	University of Massachusetts Medical School	<p>This self-paced, online course is designed for health workers who want to be well-grounded in the theory and practice of working with clients who are tobacco dependent. It provides an introduction to the basic concepts needed by professionals who are working with tobacco users. Online modules include:</p> <ul style="list-style-type: none"> <li>• The tobacco problem</li> <li>• Health consequences of smoking</li> <li>• Understanding tobacco use disorder</li> <li>• Principles of behavior change</li> <li>• Talking with clients about tobacco use</li> <li>• Using pharmacotherapy to help your clients quit tobacco</li> <li>• Intake, assessment and treatment planning</li> <li>• Creating an environment supportive of tobacco treatment services</li> <li>• Tobacco control resources and tobacco treatment specialist certification information</li> </ul>	All health care providers	Online course (9 modules, self-paced)	\$150 per person for 12 CEUs	<a href="http://www.umassmed.edu/tobacco/training/basicskills_online/">www.umassmed.edu/tobacco/training/basicskills_online/</a>
<b>Center for Tobacco Treatment Research and Training: Tobacco Treatment Specialist Core Training</b>	University of Massachusetts Medical School	The Tobacco Treatment Specialist Core Training is an intensive 4-day, evidence-based training program designed for persons who deliver moderate to intensive tobacco treatment services within a health care or community setting. The curriculum is designed to address a set of core competencies for tobacco treatment specialists first defined by the Massachusetts Certification Steering	All health care providers	In-person training course (4 days)	<p>\$1,000 per person</p> <p>This program is accredited by the Council for Tobacco Treatment Training Programs. TTS Certification is an optional process that includes completing both training courses (online and in person), a written exam,</p>	<a href="http://www.umassmed.edu/tobacco/training/ttscore/tts_goals/">www.umassmed.edu/tobacco/training/ttscore/tts_goals/</a>

Title	Author	Description	Target Audience	Format	CEUs and Cost	Link
		<p>Committee in 1998, and further defined by the Association for the Treatment of Tobacco Use and Dependence. Training topics include:</p> <ul style="list-style-type: none"> <li>• Determinants of nicotine dependence</li> <li>• Guidelines for systems and professionals</li> <li>• Introduction to motivational interviewing</li> <li>• Pharmacotherapy</li> <li>• Cognitive and behavioral treatment strategies</li> <li>• Intake, assessment and treatment planning</li> </ul>			documentation of practice hours and a case study.	
<b>The Mayo Clinic Tobacco Treatment Specialist Certification Training Program</b>	The Mayo Clinic	<p>An intensive, five-day course focusing on the skills needed to effectively treat tobacco dependence. Faculty will be Mayo Clinic Nicotine Dependence Center physicians, psychologists, counseling and education staff, and other Mayo Clinic faculty. A partial list of topics includes: neuropharmacology of nicotine, optimization of pharmacologic management, conducting a basic counseling session, motivational interviewing and other counseling approaches, and application of treatment of tobacco dependence to people with co-morbid conditions.</p>	All health care providers	In-person training course (5 days)	<p>\$1,250 per person</p> <p>This program is accredited by the Council for Tobacco Treatment Training Programs. Certification requires completing a training course, written exams and service hours.</p>	<a href="http://www.mayo.edu/research/centers-programs/nicotine-dependence-center/education-program/tobacco-treatment-specialist-certification/tobacco-treatment-specialist-certification">www.mayo.edu/research/centers-programs/nicotine-dependence-center/education-program/tobacco-treatment-specialist-certification/tobacco-treatment-specialist-certification</a>
<b>Rocky Mountain Tobacco Treatment Specialist Certification (RMTTS-C) Program</b>	University of Colorado Anschutz Medical Campus School of Medicine	<p>The RMTTS-C Program consists of an interactive, 4-day training focused on providing the necessary knowledge, clinical skills and evidence-based treatment strategies to effectively treat tobacco dependence. This programs facilitates trainee mastery of the ATTUD Core</p>	All health care providers	In-person training course (4 days)	<p>\$1,200 per person</p> <p>This program is accredited by the Council for Tobacco Treatment Training Programs. Certification requires completing the training</p>	<a href="http://www.bhwellness.org/programs/rmtts-c/overview/">www.bhwellness.org/programs/rmtts-c/overview/</a>



Title	Author	Description	Target Audience	Format	CEUs and Cost	Link
		<p>Competencies Skill Sets and includes focused instruction along with interactive and hands-on learning activities, group discussion and role-play. During the second and third mornings, participants will complete a short, 30-minute examination of material covered the previous day. On the fourth day, participants will complete a two-part exam designed to assess trainees' understanding of treatment strategies. Graduates will leave this training program confident in their abilities to effectively treat tobacco dependence.</p> <p>Training topics include:</p> <ul style="list-style-type: none"> <li>• Tobacco fundamentals</li> <li>• Priority populations</li> <li>• Motivational interviewing</li> <li>• Assessment interview</li> <li>• Pharmacotherapy</li> <li>• Cognitive and behavioral interventions</li> <li>• Treatment planning</li> <li>• Relapse prevention</li> <li>• Documentation, evaluation and professional resources</li> <li>• Ethical practices and professional development</li> </ul>			course, written and oral exams and service hours.	

## The Smoking Cessation Leadership Center and Behavioral Health and Wellness Program: Excellent Evidence-Based Resources

Title	Author	Description	Target Audience	Format	CEUs and Cost	Link
<b>Smoking Cessation Leadership Center (SCLC)</b>	UCSF Smoking Cessation Leadership Center	<p>The SCLC aims to increase smoking cessation rates and increase the number of health professionals who help smokers quit. Of the 44.5 million current smokers in the U.S., 70% say they would like to quit. But without assistance, less than 5% are able to stop smoking. They need help from a health professional, whose advice is a powerful motivator. The center provides free technical assistance and resources to help providers and others do a better job at helping smokers live tobacco free.</p> <p>Additional webinars on a variety of issues and population specific interventions can be found on the SCLC website.</p> <ul style="list-style-type: none"> <li>• Young adults</li> <li>• Homeless</li> <li>• LGBT</li> <li>• Pregnant women</li> <li>• Incarcerated</li> <li>• Dementia</li> <li>• Schizophrenia</li> <li>• Bi-polar</li> <li>• Women</li> <li>• Third-hand smoke</li> <li>• Addictions</li> <li>• E-cigarettes</li> <li>• Tobacco-Free Policy</li> <li>• Pharmacotherapy</li> </ul>	All health care providers	Webinars, presentation slides, toolkits, curricula, online training materials, fact sheets and reports	Free webinars; \$35 to obtain CMEs/CEUs	<a href="http://smokingcessationleadership.ucsf.edu">smokingcessationleadership.ucsf.edu</a>

Title	Author	Description	Target Audience	Format	CEUs and Cost	Link
<b>Behavioral Health and Wellness Program (BHWP)</b>	University of Colorado Anschutz Medical Campus School of Medicine	BHWP was created to address the overwhelming need for tobacco cessation treatment for persons with behavioral health conditions. Over the years, they have become a multi-disciplinary center of excellence for public policy, research, training and clinical care. Although initially specializing in tobacco cessation treatment, training and technical assistance, they have evolved to include education and training on increasing overall health and wellness across the lifespan. They work with communities, health care facilities, and public health and government agencies to promote health and wellness. They also offer training and consultation to health care providers, administrators and peer advocates.	Behavioral health providers	Videos, webinars and resource documents	Free resources. Able to contract to arrange full in-person training programs.	<a href="http://www.bhwellness.org">www.bhwellness.org</a>

## Appendix A: Resources by Target Audience

Resource Title	Health Care Systems & CCOs	Physical Health Care Provider	Behavioral Health Provider	Dental Provider	Pharmacist	Care Team	QI Staff	Clinic Office Staff	Patient Population	Format	Cost	CEUs
<a href="#">Treating Tobacco Dependence Manual: A Systems-Change Approach</a> (page 3)	X	X							All	PDF	Free	No
<a href="#">A Patient-Centered Tobacco Cessation Workflow for Healthcare Clinics</a> (page 3)	X	X				X		X	All	PDF	Free	No
<a href="#">A Team Approach: Integrating Tobacco Dependence Treatment into Routine Clinical Practice</a> (page 3)	X	X					X	X	All	Webinar	Free; CEU Cost	Yes
<a href="#">Clinical Practice Guideline (2008 Update): Treating Tobacco Use and Dependence</a> (page 4)		X				X			All	PDF	Free	No
<a href="#">Quick Reference Guide for Clinicians (2008 Update): Treating Tobacco Use and Dependence</a> (page 4)		X				X			All	PDF	Free	No
<a href="#">Pharmacologic Product Guide: FDA Approved Medications for Smoking Cessation</a> (page 4)		X				X			All	PDF	Free	No
<a href="#">Integrating Medications into Smoking Cessation Treatment: The Basics</a> (page 4)		X				X			All	Webinar	Free; CEU Cost	Yes
<a href="#">Beyond the Basics: Pharmacotherapy for Smoking Cessation</a> (page 5)		X				X			All	Webinar	Free; CEU Cost	Yes
<a href="#">Tobacco Cessation Counseling Guidesheet: Rx for Change</a> (page 6)		X				X			All	PDF	Free	No
<a href="#">Helping Smokers Quit: A Guide for Clinicians</a> (page 6)		X				X			All	PDF	Free	No
<a href="#">Rx for Change</a> (page 6)		X				X			All	Training Materials	Free	No
<a href="#">Dimensions: Tobacco-Free Toolkits for Health Care Providers</a> (page 7)	X	X				X			All	PDF Toolkit	Free	No
<a href="#">Dimensions Priority Population Supplement: Pregnant and Postpartum Women</a> (page 7)		X				X			Pregnant Women	PDF Toolkit	Free	No
<a href="#">Tobacco Cessation for Pregnant Women and Mothers: What Clinicians Should Know</a> (page 7)		X				X			Pregnant Women	Webinar	Free; CEU Cost	Yes
<a href="#">Dimensions Priority Population Supplement: Low Income</a> (page 8)		X				X			Low Income	PDF Toolkit	Free	No

Resource Title	Health Care Systems & CCOs	Physical Health Care Provider	Behavioral Health Provider	Dental Provider	Pharmacist	Care Team	QI Staff	Clinic Office Staff	Patient Population	Format	Cost	CEUs
<a href="#">Dimensions Priority Population Supplement: Young Adults (page 8)</a>		X				X			Young Adult	PDF Toolkit	Free	No
<a href="#">Dimensions Priority Population Supplement: Youth (page 8)</a>		X				X			Youth	PDF Toolkit	Free	No
<a href="#">Dimensions Priority Population Supplement: Behavioral Health (page 9)</a>		X	X			X			Mental Health Diagnoses	PDF	Free	No
<a href="#">Smoking Cessation for Persons with Mental Illness: A Toolkit for Mental Health Providers (page 9)</a>	X	X	X						Mental Health Diagnoses	PDF Toolkit	Free	No
<a href="#">Always a Priority: Helping Smokers with Mental Health Conditions Quit (page 9)</a>		X	X						Mental Health Diagnoses	Webinar	Free; CEU Cost	Yes
<a href="#">Intensive Tobacco Dependence Intervention with Persons Challenged by Mental Illness: Manual for Nurses (page 10)</a>						X			Mental Health Diagnoses	PDF	Free	No
<a href="#">Reducing Tobacco Use among African Americans and Youth: What's Menthol Got To Do With It? (page 10)</a>		X				X			African American; Youth	Webinar	Free; CEU Cost	Yes
<a href="#">Tobacco Use in the LGBT Community: Preconceptions, Challenges &amp; Experiences (page 10)</a>		X				X			LGBT	Webinar	Free; CEU Cost	Yes
<a href="#">Commercial Tobacco Use and American Indian/Alaska Native People: Implementing Proven or Promising Interventions (page 11)</a>		X				X			American Indian / Alaskan Native	Webinar	Free; CEU Cost	Yes
<a href="#">What's Smoking Got to Do with It? Improving the Health of Priority Populations by Treating Tobacco Use (page 11)</a>		X				X			Health Priority Populations	Webinar	Free; CEU Cost	Yes
<a href="#">Conversations for Change Video Series (page 12)</a>		X				X			All	Videos; Work Sheets	Free	No

Resource Title	Health Care Systems & CCOs	Physical Health Care Provider	Behavioral Health Provider	Dental Provider	Pharmacist	Care Team	QI Staff	Clinic Office Staff	Patient Population	Format	Cost	CEUs
<a href="#">An Introduction to Motivational Interviewing: Focus on Tobacco Use and Dependence</a> (page 12)		X				X			All	Webinar	Free; CEU Cost	Yes
<a href="#">Mr. Smith's Smoking Evolution</a> (page 13)		X							All	Video	Free	No
<a href="#">A Tour of Motivational Interviewing: An Interprofessional Road Map for Behavior Change</a> (page 13)		X				X			All	Online Course	Free	Yes
<a href="#">Motivational Interviewing Network of Trainers</a> (page 13)		X				X			All	Videos; Slides; Books	Free	No
<a href="#">Building Motivational Interviewing Skills: A Practitioner Workbook</a> (page 13)		X				X			All	PDF Workbook	\$38	No
<a href="#">Treating Tobacco Use and Dependence: A Toolkit for Dental Office Teams</a> (page 14)				X				X	All	PDF Toolkit	Free	No
<a href="#">Tobacco Cessation Counseling: A Protocol for Pharmacists</a> (page 14)					X				All	Slides	Free	No
<a href="#">Center for Tobacco Treatment Research and Training: Basic Skills Online</a> (page 15)		X				X			All	Online Course	\$150	Yes
<a href="#">Center for Tobacco Treatment Research and Training: Tobacco Treatment Specialist Core Training</a> (page 15)		X				X			All	In-person Training	\$1,000	No
<a href="#">The Mayo Clinic Tobacco Treatment Specialist Certification Training Program</a> (page 16)		X				X			All	In-person Training	\$1,250	No
<a href="#">Rocky Mountain Tobacco Treatment Specialist Certification Program</a> (page 16)		X				X			All	In-person Training	\$1,200	No
<a href="#">Smoking Cessation Leadership Center</a> (page 18)		X				X			All	Webinars; Toolkits; Training; Curricula; Fact Sheets; Reports	Free; CEU Cost	Yes
<a href="#">Behavioral Health and Wellness Program</a> (page 19)			X						All	Videos; Webinars; PDFs	Free	No

## Appendix B: Resources with Focuses on Specific Patient Populations

Title	African American	American Indian / Alaskan Native	Homeless	LGBT	Low Income	Mental Health Diagnoses	Pregnant Women	Youth or Young Adult	Target Audience	Format	Cost	CEUs
<a href="#">Rx for Change</a> (page 6)						X			All Health Care Providers	Training Materials	Free	No
<a href="#">Dimensions Priority Population Supplement: Pregnant and Postpartum Women</a> (page 7)							X		All Health Care Providers	PDF Toolkit	Free	No
<a href="#">Tobacco Cessation for Pregnant Women and Mothers: What Clinicians Should Know</a> (page 7)							X		All Health Care Providers	Webinar	Free; CEU Cost	Yes
<a href="#">Dimensions Priority Population Supplement: Low Income</a> (page 8)					X				All Health Care Providers	PDF Toolkit	Free	No
<a href="#">Dimensions Priority Population Supplement: Young Adults</a> (page 8)								X	All Health Care Providers	PDF Toolkit	Free	No
<a href="#">Dimensions Priority Population Supplement: Youth</a> (page 8)								X	All Health Care Providers	PDF Toolkit	Free	No
<a href="#">Dimensions Priority Population Supplement: Behavioral Health</a> (page 9)						X			All Health Care Providers	PDF	Free	No
<a href="#">Smoking Cessation for Persons with Mental Illness: A Toolkit for Mental Health Providers</a> (page 9)						X			Behavioral Health Providers; Primary Care	PDF Toolkit	Free	No
<a href="#">Always a Priority: Helping Smokers with Mental Health Conditions Quit</a> (page 9)						X			Primary Care; Behavioral Health Providers	Webinar	Free; CEU Cost	Yes
<a href="#">Intensive Tobacco Dependence Intervention with Persons Challenged by Mental Illness: Manual for Nurses</a> (page 10)						X			Nurses	PDF	Free	No

Title	African American	American Indian / Alaskan Native	Homeless	LGBT	Low Income	Mental Health Diagnoses	Pregnant Women	Youth or Young Adult	Target Audience	Format	Cost	CEUs
<a href="#">Reducing Tobacco Use among African Americans and Youth: What's Menthol Got To Do With It? (page 10)</a>	X							X	All Health Care Providers	Webinar	Free; CEU Cost	Yes
<a href="#">Tobacco Use in the LGBT Community: Preconceptions, Challenges &amp; Experiences (page 10)</a>				X					All Health Care Providers	Webinar	Free; CEU Cost	Yes
<a href="#">Commercial Tobacco Use and American Indian/Alaska Native People: Implementing Proven or Promising Interventions (page 11)</a>		X							All Health Care Providers	Webinar	Free; CEU Cost	Yes
<a href="#">What's Smoking Got to Do with It? Improving the Health of Priority Populations by Treating Tobacco Use (page 11)</a>	X	X		X	X	X	X	X	All Health Care Providers	Webinar	Free; CEU Cost	Yes
<a href="#">Smoking Cessation Leadership Center (page 18)</a>	X	X	X	X	X	X	X	X	All Health Care Providers	Webinars ; Toolkits; Slides; Curricula; Online Training; Fact Sheets; Reports	Free; CEU Cost	Yes
<a href="#">Behavioral Health and Wellness Program (page 19)</a>						X			Behavioral Health Providers	Videos; Webinar; PDFs	Free	No