

**ATTUD APPLICATION FORM FOR WEBSITE LISTING (PHASE 1):
TOBACCO TREATMENT SPECIALIST (TTS) TRAINING PROGRAM**

APPLICATION NUMBER: TTS 2008_5_23_0002 (UPDATED SEPTEMBER 4, 2009)

PROGRAM INFORMATION & OVERVIEW

Date of this Application	September 4, 2009
Full Name of Training Program	Tobacco Treatment Specialist Training
Organizational / Institutional Sponsor	Alaska Native Tribal Health Consortium
Street Address	4000 Ambassador Drive, C-DCHS
City, State, Zip (or equivalent)	Anchorage, Alaska 99508
Country	USA
Website Address / URL	http://www.anthc.org/chs/wp/tobacco/
Contact Name	Allen Moma
Telephone	(907) 729-3958
Fax	(907) 729-2924
Email Address	ramoma@anthc.org
Sources of Funding (check all that apply)	<input type="checkbox"/> Federal grants <input type="checkbox"/> State grants / appropriations / tobacco control programs <input checked="" type="checkbox"/> Fee for services <input type="checkbox"/> Other in-house funding <input type="checkbox"/> Pharmaceutical industry contracts <input type="checkbox"/> Foundation funding (non-governmental organizations) <input type="checkbox"/> Other, please describe:
Years Training Program has been in Existence	3
Number of Tobacco Treatment Specialists (TTS) trained to date	107
Is the training curriculum based upon a set of evidenced-based guidelines?	<input checked="" type="checkbox"/> Yes, cite: U.S. Public Health Service Clinical Practice Guideline for Treating Tobacco Use and Dependence, ATTUD Standards, and the University of Massachusetts Medical School Tobacco Treatment Specialist Training Curriculum. The curriculum has been modified throughout to be culturally relevant for Alaska Native and American Indian populations. <input type="checkbox"/> No, please explain:
Registration	Resident rate: \$500.00 Non-Resident rate: \$500.00

Experience requirements	N/A
Tobacco-free for a specified period?	<input checked="" type="checkbox"/> Yes, for how long: 6 months <input type="checkbox"/> No
Other requirements	Must have recommendation from supervisor to attend.

CERTIFICATION

Is Certification offered?	<input checked="" type="checkbox"/> Yes, by the training program or sponsor institution <input type="checkbox"/> Yes, by an external board Describe certification process: Trainee must attend all five days of training, have had over 480 service hours focused on tobacco dependence treatment as part of direct patient/client care OR for those with a graduate degree completion of 240 service hours focused on tobacco dependence treatment as part of direct patient/client care. Trainee must take the pre-test and pass the post-test with a score of 70% or higher to qualify for certification. Certification is granted for two-year period of time. Renewal of the Certification will require documentation of 24 CEU/CME credits granted by an accredited organization (75% must be specific to treatment of tobacco use and dependence). Documentation of CEU/CME credits must be submitted at least one month prior to the expiration date. <input type="checkbox"/> No certification available
Duration of Certification Award	Two years.
Is Certification available to non-residents?	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Cost	<input checked="" type="checkbox"/> Included as part of Training Registration Fee <input type="checkbox"/> Initial Certification fee charged: \$ <input type="checkbox"/> Re-Certification fee charged: \$
Educational requirements	Must pass Post-test with a score of 70% or higher.
Credential requirements	N/A
Experience requirements	Completion of 480 service hours focused on tobacco dependence treatment as part of direct patient/client care OR for those with a graduate degree completion of 240 services hours focused on tobacco dependence treatment as part of direct patient/client care.
Examination requirement (check all that apply)	<input checked="" type="checkbox"/> On-site <input type="checkbox"/> Off-site <input type="checkbox"/> On-line <input checked="" type="checkbox"/> Paper test <input type="checkbox"/> Other, describe: <input type="checkbox"/> None
Other requirements	Attend all 5-days.

Number of TTS certified to date	9 during 2008, 6 during 2007, 3 during 2006
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ENDORSEMENT OF ATTUD COMPETENCIES

The Association for the Treatment of Tobacco Use and Dependence (ATTUD) has developed a list of core competencies. ATTUD recommends that all Tobacco Treatment Specialist Trainings offer instruction in these core areas. Brief descriptions of these competencies follow. For a more comprehensive description of the core competencies, go to: <http://www.attud.org/tts.php>

Please limit your response for each competency to a maximum of 125 words.

Definition: A Tobacco Treatment Specialist is a professional who possesses the skills, knowledge and training to provide effective, evidence-based interventions for tobacco dependence across a range of intensities. The TTS may have various professional affiliations and may work in a variety of settings including but not limited to hospitals, community health centers, HMOs, medical and dental practices, educational settings, social service agencies, tobacco treatment centers, telephone quitlines, drug abuse treatment programs and mental health centers. The TTS may engage not only in providing treatment but also in educating others (health care professionals, administrators, scientists, smokers, nonsmokers) about tobacco dependence treatments.

Which of the following are addressed by your training program?

<p><u>Tobacco Dependence Knowledge & Education</u> Provide clear and accurate information about tobacco use, strategies for quitting, the scope of the health impact on the population, the causes and consequences of tobacco use</p>	<p><input checked="" type="checkbox"/> This competency is addressed as follows: This course will provide an introduction to the epidemiology of tobacco including prevalence, use patterns, and morbidity and mortality in the United States and Alaska.</p> <p>Treatment will be presented on a continuum of intensity of clinical contact, from self-help (no contact) to minimal advice to intensive counseling. Tobacco treatment strategies will be presented within a framework that includes preparation, cessation and maintenance phases. Healthy lifestyle changes that support quitting smoking will be discussed. This course will provide the requisite knowledge and skills to allow tobacco treatment specialists to assist tobacco users to quit and remain abstinent, and will include an emphasis on tailoring treatments to tobacco users' readiness for change, level of nicotine dependence and psychiatric co-morbidity. Issues relating to pharmacotherapy will be discussed.</p> <p><input type="checkbox"/> Not addressed</p>
<p><u>Counseling Skills</u> Demonstrate effective application of counseling theories and strategies to establish a collaborative relationship and to facilitate client involvement in treatment and commitment to change</p>	<p><input checked="" type="checkbox"/> This competency is addressed as follows: Motivational Interviewing provides an effective alternative to coercion, confrontation, and exhortation as a means of promoting behavior change and treatment compliance in the nicotine-dependent individual. The principles and strategies of Motivational Interviewing provide the backbone for this course, organizing a broad knowledge base and skill set pertaining to counseling the individual with nicotine dependence.</p> <p><input type="checkbox"/> Not addressed</p>

<p style="text-align: center;"><u>Assessment Interview</u></p> <p>Conduct an assessment interview to obtain comprehensive and accurate data needed for treatment planning</p>	<p><input checked="" type="checkbox"/> This competency is addressed as follows:</p> <p>To understand and treat your smoking clients, you must do a comprehensive evaluation of their smoking history and smoking behavior. This is a multi-level process that begins with your first encounter with the client and continues throughout your treatment program. This session will address how to initiate this process in order to establish a foundation for an effective working relationship. It will review the questioning skills needed to assess key factors of your client's smoking and quitting history, level of addiction, psychological, environmental, and social factors which may support or inhibit quitting smoking.</p> <p><input type="checkbox"/> Not addressed</p>
<p style="text-align: center;"><u>Treatment Planning</u></p> <p>Demonstrate the ability to develop an individualized treatment plan using evidence-based treatment strategies</p>	<p><input checked="" type="checkbox"/> This competency is addressed as follows:</p> <p>This session will also provide the learner with materials and the skills needed to work with the client to customize a treatment plan based on the comprehensive assessment. In addition, it will address the importance of ongoing assessment and evaluation of the client's response to the interventions, the aftercare plan, and referrals to other resources to offer reinforcement to help the client maintain a tobacco-free lifestyle.</p> <p><input type="checkbox"/> Not addressed</p>
<p style="text-align: center;"><u>Pharmacotherapy</u></p> <p>Provide clear and accurate information about evidence-based pharmacotherapy options available and their therapeutic use</p>	<p><input checked="" type="checkbox"/> This competency is addressed as follows:</p> <p>This course will provide the knowledge base for understanding the biological and pharmacologic basis of nicotine dependence. This will include understanding of basic brain processes that regulate expression drug dependence in general, as well as nicotine. The pharmacologic actions of nicotine will be reviewed, including its reinforcing psychoactive properties, and its pharmacokinetic properties that contribute to its abuse potential. The syndrome of nicotine dependence will be described, and its relationship to dependence on other drugs. The course will also review the epidemiology of, and processes related to, the development of nicotine dependence. Finally, the course will culminate in a description of popular treatments for nicotine dependence, including nicotine replacement therapies, focusing on how these compounds work, and how they may best be used.</p> <p><input type="checkbox"/> Not addressed</p>
<p style="text-align: center;"><u>Relapse Prevention</u></p> <p>Offer methods to reduce relapse and provide ongoing support for tobacco-dependent persons</p>	<p><input checked="" type="checkbox"/> This competency is addressed as follows:</p> <p>This session will address the importance of ongoing assessment and evaluation of the client's response to the interventions, the aftercare plan, and referrals to other resources to offer reinforcement to help the client maintain a smoke-free lifestyle.</p> <p><input type="checkbox"/> Not addressed</p>

<p><u>Diversity & Specific Health Issues</u> Demonstrate competence in working with population subgroups and those who have specific health issues</p>	<p><input checked="" type="checkbox"/> This competency is addressed as follows:</p> <p>Special Medical Conditions This course will discuss anticipated effects of four different forms of nicotine replacement therapy relative to the known acute effects of tobacco use in patients with CAD, COPD, PUD, DM, and pregnancy.</p> <p>Mental Health and Substance Abuse This course will provide a knowledge base for understanding the nature of associations between current and lifetime co-morbid psychiatric and substance abuse disorders and smoking prevalence, efforts to quit smoking, and response to various forms of treatment.</p> <p>Alaska Native and American Indian Modifications are woven throughout the training to ensure cultural relevancy for Alaska Native and American Indian clients. This includes Native tobacco use types and patterns (including spit tobacco), provision of AI/AN tobacco education materials, AI/AN expert guest lecturers, and an AI/AN-specific MI manual.</p> <p><input type="checkbox"/> Not addressed</p>
<p><u>Documentation & Evaluation</u> Describe and use methods for tracking individual progress, record keeping, program documentation, outcome measurement and reporting</p>	<p><input checked="" type="checkbox"/> This competency is addressed as follows:</p> <p>Documentation is retained at ANTHC for certification tracking purposes. A database is utilized to track individual certification criteria to ensure trainees who become certified remain compliant.</p> <p>The importance of communicating with other health care professionals through complete and accurate clinical notes in order to provide the most effective treatment for clients is discussed.</p> <p>Program evaluation techniques and methods are also addressed including intent to treat quit rates, responder quit rates, demographics, enrollment numbers, providers screening rates, and provider feedback. Tools already developed are explained and offered for programs within Alaska.</p> <p><input type="checkbox"/> Not addressed</p>
<p><u>Professional Resources</u> Utilize resources available for client support and for professional education or consultation</p>	<p><input checked="" type="checkbox"/> This competency is addressed as follows:</p> <p>Participants are provided with contacts for professional organizations that support cessation services development and training, or offer services for cessation clients including available tribal health corporations offering evidence based tobacco cessation programs, The Alaska Tobacco Quitline, ATTUD, the Alaska Tobacco Control Alliance, and Nicotine Anonymous.</p> <p><input type="checkbox"/> Not addressed</p>

<p style="text-align: center;"><u>Law & Ethics</u></p> <p>Consistently use a code of ethics and adhere to government regulations specific to the health care or work site setting</p>	<p><input checked="" type="checkbox"/> This competency is addressed as follows:</p> <p>A tobacco treatment specialist will maintain the highest level of professional and personal conduct and will:</p> <p>Respect the privacy, dignity, culture, and ensure fair and equitable treatment of all individuals.</p> <p>Provide people with relevant and accurate information and resources so they may make their choices freely and intelligently.</p> <p>Observe principles of informed consent and confidentiality of individuals.</p> <p>Be truthful in dealings with the public, never misrepresenting or exaggerating potential benefits or services.</p> <p>Avoid activities which may be or may be perceived to be a conflict of interest or unethical in nature.</p> <p>Accurately represent capabilities, education, training, experience, and act within the boundaries of professional competence, recognizing one's limitations and providing appropriate referrals when confronted with issues that the TTS may not be trained to handle.</p> <p><input type="checkbox"/> Not addressed</p>
<p style="text-align: center;"><u>Professional Development</u></p> <p>Assume responsibility for continued professional development and contributing to the development of others</p>	<p><input checked="" type="checkbox"/> This competency is addressed as follows:</p> <p>Certification is granted for two-year period of time. Renewal of the Certification will require documentation of 24 CEU/CME credits granted by an accredited organization (75% must be specific to treatment of tobacco use and dependence) over those two years.</p> <p>It is the responsibility of the individual to submit the required documentation of CEU/CME credits at least one month prior to the expiration date.</p> <p><input type="checkbox"/> Not addressed</p>
ADDITIONAL CONSIDERATIONS	
<p>ATTUD endorses training to and use of evidence-based treatments. Most guidelines and experts do not consider the following to be examples of evidence-based procedures: hypnosis, acupuncture, low laser light therapy, anticholinergic injections, vitamin therapy, and the use of reduced harm tobacco products.</p> <p>Given the above, do you consider your program to be evidence-based?</p>	<p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Please provide any additional commentary you would like ATTUD to consider:</p> <p>Alternative non evidence based treatments are addressed briefly for background purposes only.</p>

It is the opinion of ATTUD that any affiliation with or funding from the tobacco industry compromises training efforts related to the treatment of tobacco dependence.

Is your program affiliated with the tobacco industry in any manner?

Yes

No

Please explain any arrangements in detail:

Does your program accept any funding or is it supported in any way by tobacco industry funding?

Yes

No

Please explain any arrangements in detail:

ADMINISTRATIVE ASSURANCE

This application is hereby submitted to the **Association for the Treatment of Tobacco Use and Dependence** (ATTUD). We attest to the following:

1. All information provided in the associated application form is complete and accurate, to the best of my knowledge.
2. Our program has been in operation for at least one year.
3. Our program is currently active.
4. We agree to notify ATTUD with any significant changes to the information provided above.
5. We understand that if approved, our program information will be viewable on the ATTUD website and downloadable as a PDF file.

TTS Training Program Director:	Allen Moma
Today's Date:	September 4, 2009
Telephone Number:	(907) 729-3958
Fax Number:	(907) 729-2924
Email Address:	ramoma@anthc.org

By checking this box, and having provided my contact information directly above, I acknowledge (a) my agreement with the statements above, and (b) this action represents the equivalent of a written signature.

Department Chair / Institutional Executive:	Gary Ferguson, ND
Today's Date:	September 4, 2009
Telephone Number:	(907) 729-3641
Fax Number:	(907) 729-3652
Email Address:	gferguson2@anmc.org

By checking this box, and having provided my contact information directly above, I acknowledge (a) my agreement with the statements above, and (b) this action represents the equivalent of a written signature.
