

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

APPLICATION NUMBER: TTS 2008_4_18_0001

PROGRAM INFORMATION & OVERVIEW

Date of this Application	April 9 2008 (updated June 9, 2010)
Full Name of Training Program	Tobacco Dependence Treatment Specialist Training
Organizational / Institutional Sponsor	Tobacco Dependence Program University of Medicine and Dentistry of New Jersey
Street Address	Clinical Academic Building 125 Paterson Street, Suite 2300
City, State, Zip (or equivalent)	New Brunswick, New Jersey 08903
Country	USA
Website Address / URL	www.tobaccoprogram.org
Contact Name	Michael B. Steinberg
Telephone	732-235-8219
Fax	732-235-7144
Email Address	steinbmb@umdnj.edu
Sources of Funding (check all that apply)	<input type="checkbox"/> Federal grants <input checked="" type="checkbox"/> State grants / appropriations / tobacco control programs <input checked="" type="checkbox"/> Fee for services <input checked="" type="checkbox"/> Other in-house funding <input type="checkbox"/> Pharmaceutical industry contracts <input checked="" type="checkbox"/> Foundation funding (non-governmental organizations) <input type="checkbox"/> Other, please describe:
Years Training Program has been in Existence	1990- began providing professionals training on treating tobacco dependence and policy as the Addressing Tobacco Project, currently known as the Tobacco Dependence Program 2000-1 st 8-day intensive training for TTS 2002-5-day intensive training
Number of Tobacco Treatment Specialists (TTS) trained to date	Over 1,100
Is the training curriculum based upon a set of evidenced-based guidelines?	<input checked="" type="checkbox"/> Yes, cite: PHS Guidelines, ATTUD Standards for Core Competencies for Tobacco Treatment Specialists <input type="checkbox"/> No, please explain:
Registration	\$975 (limited discount scholarships available)

Credential requirements	To become a "Certified Tobacco Treatment Specialist" Certificate of Completion of 5-Day TDTS Training Must attend all in-person educational hours, pass course exam, complete homework/case review. Masters Degree or above in Human Services field with one year of full time counseling or health care experience. Bachelors in Human Services with two years of full time counseling or health care experience. CADC/LCADC/nursing or other recognized health related qualification, with four years of full time counseling or health care experience.
Experience requirements	Health care professionals, public health educators, licensed counselors, tobacco treatment providers Those without a formal degree will be screened for admission.
Tobacco-free for a specified period?	<input checked="" type="checkbox"/> Yes, for how long: The Tobacco Dependence Program recommends 6 months tobacco-free, although this is not required to take the training. <input type="checkbox"/> No
Other requirements	Participants are required to make a commitment to attend every day, on time and complete all evaluations, as well as pre and post test. Due to ongoing waiting list for this training, partial attendance is not acceptable.

CERTIFICATION

Is Certification offered?	<input type="checkbox"/> Yes, by the training program or sponsor institution <input checked="" type="checkbox"/> Yes, by an external board Describe certification process: Describe certification process: Complete 42 hour training through UMDNJ, TDP; Apply to the Certification Board, Inc.; meet educational requirements; supervisor submits paperwork documenting direct patient care work and reference; signed statement of understanding and ethical standards; fee \$225. <input type="checkbox"/> No certification available
Duration of Certification Award	2 years; recertification 18 hours of continuing education and \$225 fee.
Is Certification available to non-residents?	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Cost	<input type="checkbox"/> Included as part of Training Registration Fee <input checked="" type="checkbox"/> Initial Certification fee charged: \$225 <input checked="" type="checkbox"/> Re-Certification fee charged: \$225
Educational requirements	42 hours of training through UMDNJ, SPH, TDP
Credential requirements	Masters Degree or above in Human Services field with one year of full time counseling or health care experience. Bachelors in Human Services with two years of full time counseling or health care experience. CADC/LCADC/nursing or other recognized health related qualification, with four years of full time counseling or health care experience.
Experience requirements	See above.

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	All participants must complete homework/case study to receive Certificate of Completion.
Number of TTS certified to date	118

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>	<input checked="" type="checkbox"/> This competency is addressed as follows: History of Tobacco Public Health Perspective -The Tobacco Epidemic -Prevalence and Patterns of Tobacco Use -Surgeon General's Report -Master Settlement Agreement Guidelines for Treating Tobacco Dependence -US Public health Service Guidelines -5 A's -Comprehensive Tobacco Control Program -Role of Treatment -Levels of Care Smoking Cessation Literature -Understanding the Literature -Utilizing the internet to research the literature -Evidence based treatment strategies Tobacco Products -Cigarettes, Cigars, Smokeless, Bidis, Kreteks Diseases Caused by Tobacco Use Environmental Tobacco Smoke Tobacco Industry Marketing -Targeting the general population and special populations <input type="checkbox"/> Not addressed
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<p style="text-align: center;"><u>Counseling Skills</u></p> <p>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:</p> <p>Understanding Tobacco Addiction</p> <ul style="list-style-type: none"> -DSM Diagnosis -Addiction Terminology & Brain Neurobiology -Understanding the Unique Experience of the Smoker -Contents of a Cigarette <p>Biology of Tobacco Addiction</p> <ul style="list-style-type: none"> -Neurotransmitters and Reward Circuitry -Effects of brain -Withdrawal and Impact on Smokers Mood/Behavior <p>Counseling Skills & Key Strategies</p> <ul style="list-style-type: none"> -Effective Counseling Skills -MI, Cognitive Therapy and supportive counseling -Dealing with Ambivalence -Identifying Stages of Readiness of Change and appropriate treatment -Phases of Treatment <p>Key Strategies in Treatment</p> <ul style="list-style-type: none"> -Decisional Balance -Addressing Triggers and Cues, Coping Skills -Setting a Quit Date -Treatment scheduling and efficacy -Referrals <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>Assessment</p> <ul style="list-style-type: none"> -Purpose of Assessment -History Gathering for planning treatment -Review of various assessment tools (Fagerstrom, HONC, Intake and Assessment Forms for Adults and Adolescents) -CO Monitoring <p>Clinical Assessment Role Play</p> <ul style="list-style-type: none"> -Participants witness a role play by skilled clinician -Participants practice assessments <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>Treatment Planning</p> <ul style="list-style-type: none"> -Identifying the Problems/Disorders -Bio, Psycho, Social, Spiritual Considerations -Determining appropriate pharmacotherapy considerations -Identifying unique patient needs -Identifying treatment modalities, providers, course of treatment -Goals and Target Dates -Discharge Planning and Relapse Prevention <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: NRT – Nicotine Replacement Therapy -Rationale for Use -Overview of Medications -Proper Instructions of Use for Client -Tips to counselors on working with MD's Other Non-Nicotine pharmacotherapy -Rationale for Use -Overview of Medications -Proper Instructions of Use for client -Tips to counselors on working with MD's Frequently Asked Questions About Medications</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: Relapse Prevention - Strategies to avoid relapse - Recognition and addressing trigger situations</p> <p><input type="checkbox"/> Not addressed</p>
<p style="text-align: center;"><u>Diversity & Specific Health Issues</u></p> <p>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: Cultural Diversity -Techniques for outreach and identifying key stakeholders in your community for referral -Considerations when working with various Cultural/Ethnic groups -Special populations (i.e. youth, addictions, mental health, pregnant woman) Case Reviews/Doctor's Panel -Review of medications and treatment considerations for various special populations</p> <p><input type="checkbox"/> Not addressed</p>
<p style="text-align: center;"><u>Documentation & Evaluation</u></p> <p>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: Program Development, Billing, Marketing, Evaluation -Patient follow-up -Clinic evaluation and data base -Coding and billing procedures -Direct Marketing and Community Outreach</p> <p><input type="checkbox"/> Not addressed</p>
<p style="text-align: center;"><u>Professional Resources</u></p> <p>Utilize resources available for client support and for professional education or consultation</p>	<p><input checked="" type="checkbox"/> This competency is addressed as follows: Quitline, Quitnet, Nicotine Anonymous Website Resources Suppliers of Clinical Resources, Books, Videos, etc. Professional Organizations</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: Review of CTCS Code of Ethics</p> <p><input type="checkbox"/> Not addressed</p>

<p>Professional Development 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: Networking Serving as a resource in your organization Encourage ATTUD Membership Other Professional Organizations/List serves Continuing Education</p> <p><input type="checkbox"/> Not addressed</p>
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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 type="checkbox"/> Hypnosis, describe: <input type="checkbox"/> Acupuncture, describe: <input type="checkbox"/> Low-laser light therapy, describe: <input type="checkbox"/> Anticholinergic injection (e.g., scopolamine) , describe: <input type="checkbox"/> Vitamin therapy, describe: <input type="checkbox"/> Use of reduced harm tobacco products, describe: <input type="checkbox"/> Other, describe:</p> <p>The TDP training does not endorse any other treatment considerations other than those that are evidence-based. However, a brief, general overview of other alternative/complementary treatments and items marketed to smokers are provided to participants so they can be prepared to address these issues in the treatment setting. Participants are taught how to read the literature and evaluate their claims for accuracy.</p>
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<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.</p>	<p>Is your program affiliated with the tobacco industry in any manner? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No Please explain any arrangements in detail:</p> <p>Does your program accept any funding or is it supported in any way by tobacco industry funding? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No Please explain any arrangements in detail:</p>
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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:	Michael B. Steinberg, MD, MPH Medical Director
Today's Date:	June 9, 2010
Telephone Number:	732-235-8219
Fax Number:	732-235-7144
Email Address:	steinbmb@umdnj.edu

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:	Michael B. Steinberg, MD, MPH
Today's Date:	June 9, 2010
Telephone Number:	732-235-8219
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Email Address:	steinbmb@umdnj.edu

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