

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

**APPLICATION NUMBER: TTS 2008\_5\_0003**

**PROGRAM INFORMATION & OVERVIEW**

Date of this Application	May 20, 2008
Full Name of Training Program	TEACH: Training Enhancement in Applied Cessation Counselling and Health
Organizational / Institutional Sponsor	Centre for Addiction and Mental Health; University of Toronto, Faculty of Medicine Department of Continuing Education
Street Address	175 College Street West, 3 <sup>rd</sup> Floor
City, State, Zip (or equivalent)	Toronto, Ontario M5T 1P7
Country	Canada
Website Address / URL	www.teachproject.ca
Contact Name	Marilyn Herie, PhD, RSW
Telephone	(416) 535-8501 x1600
Fax	(416) 599-3802
Email Address	teach@camh.net
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 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	2
Number of Tobacco Treatment Specialists (TTS) trained to date	704
Is the training curriculum based upon a set of evidenced-based guidelines?	<input checked="" type="checkbox"/> Yes, cite: Ontario Medical Association Position Papers: Tobacco Issues <a href="https://www.oma.org/Health/Tobacco/Index.asp">https://www.oma.org/Health/Tobacco/Index.asp</a>  Registered Nurses Association of Ontario, Nursing Best Practice Guidelines: <i>Integrating Smoking Cessation into Daily Nursing Practice</i> <a href="http://www.rnao.org/Page.asp?PageID=924&amp;ContentID=802">http://www.rnao.org/Page.asp?PageID=924&amp;ContentID=802</a>  US Department of Health and Human Services: <i>Treating Tobacco Use and Dependence Clinical Practice Guidelines</i> <a href="http://www.surgeongeneral.gov/tobacco/#clinician">http://www.surgeongeneral.gov/tobacco/#clinician</a>  <input type="checkbox"/> No, please explain:



Tobacco-free for a specified period?	<input type="checkbox"/> Yes, for how long: <input checked="" type="checkbox"/> No
Other requirements	
<b>CERTIFICATION</b>	
Is Certification offered?	<input checked="" type="checkbox"/> Yes, by the training program or sponsor institution (University of Toronto, Faculty of Medicine) <input type="checkbox"/> Yes, by an external board  Describe certification process: Completion of interactive online prerequisite course (submission of certificates of completion of three online modules), attendance in 3-day classroom-based Core Course (completion of three Learning Assessments), attendance in one 2-day Specialty Course (Completion of three Learning Assessments). University of Toronto accreditation involves a peer-review of curriculum materials, requirement of 25% interactive learning and interprofessional education focus, and formative and summative course evaluations.  <input type="checkbox"/> No certification available
Duration of Certification Award	Ongoing – no formal recertification required in Canada at this time
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	See above
Credential requirements	See above
Experience requirements	Must be employed in a health or allied health practitioner role; with capacity to offer specialized cessation counselling
Examination requirement (check all that apply)	<input checked="" type="checkbox"/> On-site <input type="checkbox"/> Off-site  <input checked="" type="checkbox"/> On-line <input checked="" type="checkbox"/> Paper test <input type="checkbox"/> Other, describe:  <input type="checkbox"/> None
Other requirements	
Number of TTS certified to date	314

**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><b><u>Tobacco Dependence Knowledge &amp; Education</u></b> 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: Overview lecture, discussion, Q and A, case examples, and interactive use of "i-clickers" in 3-day Core Course ("A Comprehensive Course on Smoking Cessation: Essential Strategies and Skills") with Canadian and international data on smoking prevalence, evidence-based cessation strategies, myths and misconceptions about cessation and health effects of tobacco, and impacts on specific populations with high tobacco prevalence (i.e., people with other addictions and/or mental health issues; youth, women, Aboriginal Peoples, LGBTTTIQ people; incarcerated individuals).</p> <p><input type="checkbox"/> Not addressed</p>
<p><b><u>Counseling Skills</u></b> 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: Discussion, demonstration and practice of Motivational Interviewing techniques for engaging and assisting individuals in the precontemplation and contemplation stages of change to explore and resolve ambivalence about tobacco cessation. Core motivational skills (using the "OARS" acronym – Open-ended questions, statements of Affirmations, Reflective Listening and Summary statements) are addressed, along with specific approaches to dealing with ambivalent and/or resistant clients. An overview and opportunity to practice group counselling/facilitation skills is also included in the Core course.</p> <p><input type="checkbox"/> Not addressed</p>
<p><b><u>Assessment Interview</u></b> 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: A case example, role play exercise, discussion and debriefing are used to illustrate areas to address in a comprehensive tobacco assessment, along with key clinical tools and assessment instruments. Samples of clinical tools are provided on a CD-ROM that accompanies the Participant Manual for the Core Course.</p> <p><input type="checkbox"/> Not addressed</p>

<p style="text-align: center;"><b><u>Treatment Planning</u></b></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: Participants are asked to discuss and problem-solve implications of assessment data for treatment planning using relevant case studies, as well as real-life cases from Learners in the session. Discussion and overview of evidence-based cessation treatment approaches, including CBT (group and individual counselling), motivational interviewing, pharmacotherapies and population-specific approaches.</p> <p><input type="checkbox"/> Not addressed</p>
<p style="text-align: center;"><b><u>Pharmacotherapy</u></b></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: Overview, discussion, Q and A and case examples to illustrate appropriate on- and off-label use of Nicotine Replacement Therapies and other pharmacotherapies, including drug interactions, best practice recommendations (e.g., Ontario Medical Association, Registered Nurses Association of Ontario, Centre for Addiction and Mental Health Medical Directive), and applications with specific populations and treatment contexts – including inpatient settings.</p> <p><input type="checkbox"/> Not addressed</p>
<p style="text-align: center;"><b><u>Relapse Prevention</u></b></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: Participants receive a structured CBT cessation “toolkit” including relapse prevention tools and techniques. This includes exercises to help clients identify tobacco use triggers, set quit date, develop a coping plan, monitor effectiveness of plan, monitor self-efficacy and readiness to change, and involve outside supports.</p> <p><input type="checkbox"/> Not addressed</p>

<p><b><u>Diversity &amp; Specific Health Issues</u></b>          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: In addition to the Core Course component focusing on specific populations (refer to section "Tobacco Dependence Knowledge", above), the TEACH Certificate Program includes a menu of 2-day Specialty Courses focused on diverse, vulnerable populations. Specialty Courses developed to date include:</p> <ul style="list-style-type: none"> <li>a) Tobacco Interventions for Patients with Mental Health and/or Addictive Disorders</li> <li>b) Helping Pregnant Smokers Stop Smoking: An Interactive Case-Based Course</li> <li>c) Rainbow Tobacco Interventions: Smoking Cessation for Lesbian, Gay, Bisexual, Transsexual, Transgendered and Queer (LGBTTO) Communities</li> <li>d) Smoking Cessation for Individuals with Eating Disorders (Anorexia Nervosa and Bulimia Nervosa)</li> <li>e) Smoking Cessation for Individuals with Eating Disorders (Binge Eating Disorder with Obesity)</li> <li>f) Implementing a Systematic Approach to Tobacco Dependence Treatment for Hospitalized Smokers: The Ottawa Model</li> <li>g) Youth and Tobacco Use: Issues and Interventions.</li> </ul> <p><input type="checkbox"/> Not addressed</p>
<p><b><u>Documentation &amp; Evaluation</u></b>          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: Participants receive a comprehensive CD-ROM with clinical forms and tools designed to track clients' progress in treatment, document treatment sessions and record outcomes and interventions used. These are addressed in various sections of the Core Course. In addition, one of the ongoing Community of Practice Skill Building Sessions focused on Program Evaluation for organizations trained by TEACH who are implementing tobacco cessation treatment programs.</p> <p><input type="checkbox"/> Not addressed</p>
<p><b><u>Professional Resources</u></b>          Utilize resources available for client support and for professional education or consultation</p>	<p><input checked="" type="checkbox"/> This competency is addressed as follows: All TEACH courses emphasize interprofessional education and collaboration (IPE and IPC). The wide variety of disciplines, organizations and geographic regions represented at TEACH courses models the interprofessional treatment approach advocated. Developing treatment plans using case conferences and consultations, involvement of family members and other supports, and additional resources for participants are discussed and provided.</p> <p><input type="checkbox"/> Not addressed</p>

<p style="text-align: center;"><b><u>Law &amp; Ethics</u></b></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: Ethical issues related to off-label prescribing of cessation medications, duty to treat, smoke-free policies and legal findings re: patients' "rights" to use tobacco are discussed throughout the course. Case examples are used to highlight ethical dilemmas, addressed through Q and A and discussion with a panel of expert faculty during the Core Course.</p> <p><input type="checkbox"/> Not addressed</p>
<p style="text-align: center;"><b><u>Professional Development</u></b></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: On the final afternoon of Core and Specialty Courses, participants are asked to set concrete practice objectives in their final Learning Assessment. Approximately one month after the course ends, participants receive written, personalized feedback on these practice objectives, including how they compared with other learners in their training cohort. In addition, ongoing Community of Practice activities (outlined above) emphasize continuous collaborative learning. Core Course participants are also followed up at 3 and 6 months post-training to assess actual implementation of learning objectives, number of clients seen, knowledge exchange activities with colleagues/communities, and barriers to practice change.</p> <p><input type="checkbox"/> Not addressed</p>
<b>ADDITIONAL CONSIDERATIONS</b>	
<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: An important aspect of TEACH training is to debunk many of the "myths" regarding cessation approaches not supported by credible research evidence.</p>
<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>

## 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.

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TTS Training Program Director:	Dr. Marilyn Herie, PhD, RSW
Today's Date:	May 20, 2008
Telephone Number:	(416) 535-8501 x7434
Fax Number:	(416) 599-3802
Email Address:	marilyn_herie@camh.net

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.

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Department Chair / Institutional Executive:	Dr. Peter Selby, MBBS, CCFP, MHSc, ASAM
Today's Date:	May 20, 2008
Telephone Number:	(416) 535-8501 x6859
Fax Number:	(416) 599-3802
Email Address:	peter_selby@camh.net

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.

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