Day One (8am – 5pm)

Introduction (30 minutes)
- Welcome/introduction
- Review training agenda
- Program overview

Module 1 – Tobacco Fundamentals (1.5 hours)
- Impact of tobacco use and U.S. trends
- Health consequences of tobacco use
- Tobacco and nicotine products
- Tobacco dependence
- Factors contributing to tobacco use

Break (15 minutes)

Module 2 – Priority Populations (1.5 hours)
- Tobacco industry targeting
- Prevalence and patterns of use:
  - Sex & gender
  - Youth, young adults, & older adults
  - Low socioeconomic status
  - Race/ethnicity
  - Behavioral health
- Culturally competent care
- Special considerations

Lunch Break (1 hour)

Module 3 – Motivational Interviewing (2.5 hours)
- MI & Tobacco Treatment
- Four processes in MI
- MI demonstration
- Practice session

Break (15 minutes)

Module 4 – Assessment Interview (1.5 hours)
- Stages of change
- 5A’s and 2A’s and R
- Intake assessment goals
- Diagnostic criteria for tobacco disorders
- RMTTS Training Program Intake Assessment Form
- Practice session

Day Two (8am – 5pm)

Quiz 1 (30 minutes)
- Tobacco Fundamentals
- Priority Populations
- Motivational Interviewing
- Assessment Interview

Module 5 – Pharmacotherapy (1 hour)
- Biology of tobacco dependence
- Practice session

Break (15 minutes)

Module 5 – Pharmacotherapy (2.25 hours)
- Cessation pharmacotherapy
- Special considerations
- Practice session

Lunch Break (1 hour)

Module 6 – Cognitive & Behavioral Interventions (2 hours)
- Models of behavior change
- Strategies to enhance commitment to change
- ABC’s group activity
- Group interventions
- Group discussion

Break (15 minutes)

Module 7 – Treatment Planning (1.75 hours)
- Treatment plan goals
- SMART goals
- RMTTS Training Program Treatment Plan Form
- Practice session
Day Three (8am – 5pm)

**Quiz 2 (30 minutes)**
- Pharmacotherapy
- Cognitive & Behavioral Interventions
- Treatment Planning

**Module 8 – Relapse Prevention (1 hour)**
- Strategies to reduce relapse
- Referrals
- Treatment strategies
- Group discussion
- Practice session

**Break (15 minutes)**

**Skills Integration (2.25 hours)**
- Assessment Interview
- Treatment Planning
- Pharmacotherapy & Counseling
- Relapse Prevention

**Lunch Break (1 hour)**

**Module 9 – Documentation & Evaluation and Professional Resources (1.75 hours)**
- Maintaining accurate records
- Coding practices
- Measuring outcomes
- Healthcare reform, coding services and reimbursement
- Identifying resources for referral
- Resources for continuing education
- Researching tobacco dependence

**Break (15 minutes)**

**Module 10 – Ethical Practice and Professional Development (2 hours)**
- Ethical practices in tobacco treatment
- Confidentiality
- Cultural competence
- Cultural self-assessment activity
- Healthy boundaries
- Practice session

Day Four (8am – 3pm)

**RMTTS Training Program Final Exam (1.5 hours)**

**Oral Exam Prep (30 minutes)**

**Oral Examination (30 minutes)**

*The oral examination will take a maximum of 20 minutes and is scheduled over a five-hour period on Day Four (10:00am–3:00pm). You will sign up the first day of training for a time.*