



## Behavioral Health & Wellness Program

University of Colorado Anschutz Medical Campus  
School of Medicine

# Rocky Mountain Tobacco Treatment Specialist (RMTTS) Program

## Program Guide

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University of Colorado | School of Medicine

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# About the RMTTS Program

Healthcare professionals and advocates are on the frontlines when it comes to tobacco cessation. With 480,000 preventable deaths annually from tobacco use in the U.S., interdisciplinary providers and advocates play an important role in reducing unnecessary death and disability related to tobacco use. [The Rocky Mountain Tobacco Treatment Specialist \(RMTTS\) Program](#) was developed to train healthcare workers and community and public health professionals to become tobacco cessation champions for their organizations and communities. This program offers the highest quality tobacco treatment specialist program based on the latest evidence-based tobacco cessation research and treatment strategies.

The RMTTS Program is offered by the [Behavioral Health and Wellness Program \(BHWP\)](#) at the University of Colorado, School of Medicine. It provides a comprehensive, focused, and convenient process by which individuals master core competencies as defined by the Association for the [Treatment of Tobacco Use and Dependence \(ATTUD\)](#). The RMTTS Program is an ATTUD accredited training program for individuals interested in applying for the National Certificate in Tobacco Treatment Practice (NCTTP).

## About BHWP

The Behavioral Health and Wellness Program is committed to improving quality of life by facilitating evidence-based health behavior change for communities, organizations, and individuals. BHWP has been engaged in tobacco cessation treatment, training, research, consultation, and technical assistance since 2006. We have worked in over 40 states, promoting and fostering sustainable tobacco cessation initiatives. Over the years, this breadth of expertise has created a multi-disciplinary team of tobacco and health behavior change experts, uniquely positioning BHWP to offer the first ATTUD-accredited training program in the Rocky Mountain Region and one of the few programs in the Western United States.

## What is a Tobacco Treatment Specialist?

In response to the growing demand for an established set of standards to guide provision of treatment for tobacco dependency using best evidence for effective treatment, ATTUD developed a set of [Core Competencies](#) in 2005 for training and for the credentialing of tobacco treatment providers. ATTUD and the Council of Tobacco Treatment Training Programs defines a Tobacco Treatment Specialist (TTS) as: 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, including other healthcare professionals, administrators, and researchers, among others.

# Program Overview

The RMTTS Program consists of an interactive, 4-day training experience focused on providing the necessary knowledge, clinical skills, and evidence-based treatment strategies to effectively treat tobacco dependence. This program facilitates mastery of the ATTUD Core Competencies Skill Sets. The first three days consist of 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, multiple-choice quiz of material covered the previous day. On the fourth day, participants will complete a two-part exam, consisting of a comprehensive multiple choice/short answer component and a case study component designed to assess trainees' understanding of treatment strategies in a "real world" context. Graduates will leave this training program confident in their abilities to effectively treat tobacco dependence.

## Training Dates

The course is offered twice a year in May and October in the Denver Metro area in Colorado. BHWP is also able to contract with other organizations to provide on-site TTS trainings nationwide.

## Program Costs

The program is \$1,200, which includes training, and examination. Lunch is also provided.

## Continuing Education Hours

BHWP is certified to offer continuing education hours from the following organizations:

- 20.75 contact hours from the American Association for Respiratory Care (AARC)
- 20.00 entry-level and 2.5 advanced-level continuing education contact hours (CECH) from the National Commission for Health Education Credentialing (NCHEC)
- 20.50 continuing education hours from the Association for Addiction Professionals (NAADAC)

### Who Should Participate in This Program?

This program is designed to build on your existing tobacco cessation knowledge and treatment skills. It has been carefully constructed to meet the needs of professionals involved in the treatment of tobacco dependence across a range of disciplines and in a variety of healthcare and community service settings. This includes, but is not limited to:

- Addictions Counselors
- Community Educators
- Dentists
- Health Academics
- Health Educators
- Health Policy Experts
- Health System Administrators
- Mental Health Professionals
- Nurses
- Nurse Practitioners
- Patient Navigators
- Peer Advocates
- Pharmacists
- Physicians
- Physicians Assistants
- Psychiatrists
- Psychologists
- Respiratory Therapists
- Social Workers

# Curriculum

This four-day program is comprised of ten separate training modules and is generally structured to mirror the chronological process a practitioner might encounter as they work with tobacco-dependent individuals.

## Course Outline – Day 1

### Module 1: Tobacco Fundamentals

This module serves as an introduction to current knowledge of tobacco use, the scope of the problem, health impact, and the causes and consequences of tobacco use.

Learning Objectives:

1. Describe the impact of tobacco use and U.S. trends
2. Explain health consequences of tobacco use and the benefits of quitting
3. Provide information on tobacco products
4. Describe the physical and behavioral aspects of tobacco dependence
5. Introduce evidence-based tobacco cessation treatment strategies

### Module 2: Priority Populations

Identifying and characterizing the specific treatment needs of priority populations with tobacco dependence allows practitioners to have greater impact with patients. This module will teach participants how tobacco use and dependence varies between sub-populations of individuals, and how to develop evidence-based treatment strategies for certain priority populations.

Learning Objectives:

1. Describe tobacco industry targeting
2. Review prevalence and patterns of tobacco use for priority populations
3. Discuss treatment strategies specific to each population
4. Discuss culturally competent counseling

### Module 3: Motivational Interviewing

Motivational interviewing is a collaborative conversation style for strengthening a person's own motivation and commitment to change. This module will give participants instruction on using the MI approach to motivate individuals to change.

Learning Objectives:

1. Explore ways to enhance behavior change by using the motivational interviewing approach
2. Learn strategies to use MI to treat tobacco dependence
3. Demonstrate use of strategies to enhance commitment to change

### Module 4: Assessment Interview

Conducting an effective assessment interview is a critical first step in helping individuals overcome tobacco dependence. This module will give participants concrete steps to obtain comprehensive and accurate data needed for treatment planning.

Learning Objectives:

1. Identify ways to begin work with individuals who may or may not be ready to change their tobacco use behaviors
2. Learn strategies to effectively complete a thorough assessment interview
3. Develop skills to obtain information, assess tobacco use, build rapport and engage in consultation and make referrals using a typical intake assessment
4. Review diagnostic criteria for tobacco-related disorders

## Course Outline – Day 2

### Module 5: Pharmacotherapy

This module provides information on the physiology of tobacco dependence as well as a comprehensive array of pharmacological treatment strategies to mediate the effects of withdrawal symptoms of tobacco cessation.

Learning Objectives:

1. Describe the biology of tobacco dependence
2. Describe the symptoms and duration of nicotine withdrawal
3. Provide information on all approved medications, combination therapy, and considerations for specific groups

### Module 6: Cognitive & Behavioral Interventions

This module provides a comprehensive array of treatment approaches for treating the psychological and behavioral components of tobacco dependence. Participants will receive training on how to effectively apply counseling theories and strategies to facilitate an individual's commitment to change.

Learning Objectives:

1. Review counseling interventions recommended by the Public Health Service in the Clinical Practice Guideline
2. Learn processes and practices for cognitive and behavioral as well as group interventions

### Module 7: Treatment Planning

This module is designed to instruct participants on how to use information obtained during the assessment interview to create an appropriate, effective, and individualized treatment plan.

Learning Objectives:

1. Create individualized treatment plans based on information gathered through the assessment interview
2. Demonstrate ability to complete a collaborative treatment plan using evidence-based strategies

## Course Outline – Day 3

### Module 8: Relapse Prevention

Providing ongoing support for tobacco-dependent persons involves strategies for coping with relapse. This module will instruct participants on methods to reduce relapse and provide modified treatment plans.

Learning Objectives:

1. Learn about relapse prevention
2. Discuss strategies/skills to reduce relapse
3. Identify appropriate referrals
4. Review treatment strategies for someone who has relapsed

### Skills Integration: Practice Session

Training participants have the opportunity to practice implementation of knowledge and skills using case vignettes.

Learning Objectives:

1. Practice skills presented in the RMTTS Program
2. Experience the assessment interview, treatment planning, counseling, and relapse prevention from different perspectives
3. Receive and provide feedback to facilitate learning and integration of information

### Module 9: Documentation, Evaluation, and Professional Resources

Documenting tobacco use and keeping comprehensive, organized records of individual progress is important for individual treatment as well as program evaluation.

Learning Objectives:

1. Learn how to maintain accurate records and implement protocols to track follow-up
2. Learn about standardized methods for measuring outcomes
3. Learn about accepted coding practices and reimbursement for treatments
4. Identify community resources for referral
5. Provide resources for individuals
6. Professional resources

## Course Outline – Day 3 (cont.)

### Module 10: Ethical Practice and Professional Development

Keeping abreast of ethical practices and the latest developments in tobacco dependence treatment strategies keeps professionals at the forefront of their field. This module is designed to introduce participants to resources for continued professional development and consistent, ethical practice.

Learning Objectives:

1. Identify ethical practices in tobacco treatment
2. Review guiding principles for ethical practice
3. Explore ways to maintain professional standards of practice, including informed consent and confidentiality, cultural competence and professional boundaries

## RMTTS Program

### Training Objectives:

- Demonstrate proficiency in the 11 core competencies established by the Association for the Treatment of Tobacco Use and Dependence.
- Provide training in all evidence-based tobacco cessation interventions and treatments, both pharmacological and counseling, including behavior change strategies and cognitive behavioral therapy.
- Establish knowledge and skills to successfully treat any individual for tobacco dependence and to work effectively as a TTS.

## Examination

Participants will complete a multi-phase examination throughout the course designed to assess participant knowledge and retention of course content. For successful course completion, participants must score a cumulative 80% or greater on the combination of the three exam components. The entire examination process takes place onsite as part of the 4-day program; there is no take-home exam component. The examination will have the following format:

### Part I. Multiple-Choice Quizzes (30 points)

Two 15-item assessments conducted in the mornings of Day 2 and Day 3. Tests retention of course material covered the preceding day.

### Part II. Comprehensive Final Exam (100 points)

A multiple choice and fill-in-the-blank exam covering all of the course material presented over the 3-day training.

### Part III. Oral Examination (50 points)

Participants will present on a hypothetical clinical case. The oral examination will ask trainees to identify: 1) assessment questions to obtain a clearer understanding of tobacco use and tobacco use history, 2) potential motivations to stop tobacco use, 3) other contributing factors to consider given the individual's unique presentation, and 4) an individualized treatment plan, including recommendations for tobacco cessation medication, counseling and consultations/referrals. Participants will present the Oral Examination to one or two faculty members.



# Training Agenda

## Day One

### 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
  - Race/ethnicity
  - Income
  - Age
  - Women
  - Behavioral health
  - Other populations
- 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 Intake Assessment Form
- *Practice session*

## Day Two

### 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 cont. (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

### Break (15 minutes)

### Module 7 – Treatment Planning (1.75 hours)

- Treatment plan goals
- SMART goals
- RMTTS Treatment Plan Form
- *Practice session*



# Training Agenda

## Day Three

### Quiz 2 (30 minutes)

- Pharmacotherapy
- Cognitive & Behavioral Interventions
- Treatment Planning

### Module 8 – Relapse Prevention (1 hour)

- Strategies to reduce relapse
- Referrals
- Treatment strategies
- *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

### RMTTS 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 between 10:00am–3:00pm. You will sign up the first day of training for a time.

## RMTTS Program

### Training Schedule:

**Days 1 - 3:** 8:00a–5:00p

*Lunch from noon-1:00p*

**Day 4:** 8:00a–3:00p

## Certification Process

### **The National Certificate in Tobacco Treatment Practice (NCTTP)**

The Association for Addiction Professionals (NAADAC), in collaboration with The Association for the Treatment of Tobacco Use and Dependence (ATTUD), has established a National Certificate in Tobacco Treatment Practice (NCTTP).

The NCTTP will replace the varied certification programs that currently exist. Therefore, the Behavioral Health and Wellness Program (BHWP) does not issue Tobacco Treatment Specialist certifications or renewals for the Rocky Mountain Tobacco Treatment Specialist (RMTTS) Training Program. We encourage anyone who has successfully completed the RMTTS Training Program to apply for the National Certificate in Tobacco Treatment Practice. You can find applications and further details about the national certificate at: <https://www.naadac.org/NCTTP>.

The NCTTP is the first step of the process created by ATTUD and NAADAC in partnership with the Council for Tobacco Treatment Training Programs (CTTTP) to create formal, national recognition for tobacco treatment specialists. The next phase of this initiative is estimated to launch in October 2019.

## Faculty



**Dr. Chad Morris** is a Professor at the University of Colorado Denver, Department of Psychiatry, and Director of the Behavioral Health & Wellness Program (BHWP) and interdisciplinary Wellness Leadership Institute. Dr. Morris has led a number of initiatives to study and implement effective organizational, psychosocial, and pharmacologic wellness strategies across the age range. He has provided clinical, public policy and program evaluation consultation across more than 30 states and internationally, specifically focused on health disparity populations. His extensive expertise in the field of tobacco cessation for at-risk populations and tobacco-free policies for community health facilities led him to found the Behavioral Health and Wellness Program in 2006. Under Dr.

Morris' direction, the BHWP developed trainings to assist both healthcare providers and peer specialists in providing tobacco cessation services. To date, these programs have directly trained over 5,000 individuals. He presents at numerous national conferences every year on a variety of topics, including evidence-based psychosocial and medications treatment of tobacco dependence and whole health, co-occurring addictions, treatment planning, system redesign and agency integration of tobacco cessation services. Dr. Morris serves on a number of boards and committees, including the North American Quitline Consortium board.

**Dr. Cindy Morris** is a clinical psychologist and the Clinical Director of the Behavioral Health & Wellness Program at the University of Colorado School of Medicine. She administers the Wellness Leadership Institute and has developed and implemented many training programs for administrators, healthcare providers, and peer specialists focused on health behavior change for whole health, work & well-being, and tobacco cessation. Dr. Morris also works with organizations to create systems that support the overall health of the organization, its employees, and the people they serve. She is a member of the Motivational Interviewing Network of Trainers (MINT), an international organization committed to promoting high-quality Motivational Interviewing practice and training. Dr. Morris has been awarded the National Certificate in Tobacco Treatment Practice (NCTTP). She is also an active member of the Council for Tobacco Treatment Training Programs (CTTTP).



## Faculty



**Kathleen Garrett, MA, TTS-C** is a member of the international Motivational Interviewing (MI) Network of Trainers, a Research Senior Instructor in the Colorado School of Public Health, and a Clinical Associate in the Behavioral Health and Wellness Program. Her research interests include applied models of behavior change, motivational interviewing, and coping mechanisms across a wide range of chronic illnesses. She assisted in the development and launch of the University of Colorado COMITT hospital based tobacco cessation program where, for several years she also worked as a Certified Tobacco Treatment Specialist. Kathie has recently served as a Co-PI on a community-based proof-of-concept pilot study of a navigator delivered tobacco cessation service for parents of children in a Head Start Program, and she is a Co-Leader on a community-academic partnership project designed to assess smoking patterns, chronic life stressors, and coping skills in a low SES population in Aurora, Colorado. Kathie collaborates with the BHWP team on research, programmatic and curriculum development and is a trainer in the Rocky Mountain Tobacco Treatment Specialist program, and the Dimensions Tobacco Free, Well Body, and MI for Health Behavior Change training programs.

**Dr. Christine Garver-Apgar** is the Research and Evaluation Director at the Behavioral Health & Wellness Program and Assistant Professor in the Department of Psychiatry at the University of Colorado, School of Medicine. She has spent over 15 years conducting research related to behavioral science, including evolutionary psychology, behavioral genetics, substance use, and behavior change. Since joining BHWP, Dr. Garver-Apgar has helped develop and oversee evaluations of evidence-based tobacco cessation programs implemented within community agencies, integrated care clinics, hospitals, and correctional facilities. She also helped develop the RMTTS program and has served as an RMTTS instructor for the past three years. She has created and delivered numerous trainings and webinars on tobacco-related topics including nicotine addiction, pharmacotherapy, tobacco cessation during pregnancy and postpartum, and childhood adversity as a risk factor for nicotine addiction. Dr. Garver-Apgar is currently interested in how chronic stress impacts tobacco cessation outcomes and how interventions can better serve populations at risk for experiencing stressful environments.



## Faculty



**Derek Noland MPH** is a Community Liaison at the Behavioral Health & Wellness Program. He is primarily involved in projects focused on health systems change related to treating tobacco dependence. His chief responsibilities include assisting organizations that serve behavioral health populations to implement tobacco treatment services. Additionally, he assists with the provision of tobacco technical assistance to fourteen local public health agencies throughout Colorado, and supports work related to tobacco treatment systems change across the state of Florida and in the Maricopa County, Arizona criminal justice system. Derek also supports the development of BHWP's tobacco training materials through study and research, and as a Lead Trainer at BHWP, has trained hundreds of people nationwide about tobacco. Prior to joining BHWP, Derek earned his MPH in Global Health Practice,

focusing on chronic diseases. During this time, he began studying tobacco as an intern in Prague, Czech Republic, working with Charles University and the Czech Republic Ministry of Health to produce tobacco manuals for medical students and a government report on changing trends in the histological types of lung cancer.

**Jim Pavlik MA** is the Program and Policy Analyst at the Behavioral Health & Wellness Program. He has almost 15 years of experience in community advocacy, immigration policy, and international drug control policy. He is currently one of BHWP's lead trainers and presenters. In addition to training clinicians on BHWP behavioral interventions curricula, he has presented on the connection between smoking and obesity to statewide tobacco control agents and on the cognitive barriers low-SES populations face in accessing tobacco quitlines. Jim has been the lead on several BHWP learning collaboratives, facilitating the integration of tobacco cessation services and supports into existing workflows. Among these projects have been the Wellness Recovery Learning Community (residential substance abuse facilities), the Build-a-Clinic Learning Community (primary care), and the National Behavioral Health Network's Communities of Practice (community behavioral health centers). He is currently BHWP's State Tobacco Education Prevention Partnership TA lead, providing tobacco-related technical assistance to fourteen local public health agencies across Colorado working in the areas of adult cessation and facilitating health systems change.



# Policies

## Cancellation Policy

All requests to cancel or reschedule attendance at a training must be submitted in writing. Requests submitted within 21 days or more of the training start date will not incur a cancellation fee or rescheduling fee and will be issued a full refund. Cancellation or rescheduling requests received between 7 and 20 business days prior to the training start date will be given credit toward attendance at a future training (no refund) unless able to provide documentation proving inability to attend the training (medical emergency, canceled flight, etc.). Cancellations and rescheduling requests received less than 7 business days before training start date and “no-shows” will not be given a refund, nor credit toward a later program, unless able to provide documentation proving inability to attend the training (medical emergency, canceled flight, etc.).

## Grievance Policy

Should a trainee have a complaint regarding the course or assessment process, they should report it immediately to the training coordinator in writing through either email or postal mail.

Please send correspondence to:

[Bh.wellness@ucdenver.edu](mailto:Bh.wellness@ucdenver.edu) OR  
Behavioral Health & Wellness Program  
Attn: Program Administrator  
1784 Racine Street  
Mailstop F478  
Aurora, CO 80045

Within one week of receiving the correspondence, the training coordinator will contact the trainee with an update on the status of their complaint.

## Non-Discrimination Policy

As part of the University of Colorado, the Behavioral Health & Wellness Program follows all laws authorized by the University’s Board of Regents.

Pursuant to Article 10, Laws of the University of Colorado Board of Regents, the university does not discriminate on the basis of race, color, national origin, sex, age, disability, creed, religion, sexual orientation or veteran status in admission and access to, and treatment and employment in, its educational programs and activities. The university takes action to increase ethnic, cultural and gender diversity, to employ qualified disabled individuals and to provide equal opportunity to all students and employees.

A statement of Article 10 may be found online at <https://www.cu.edu/regents/laws-and-policies/regent-laws/article-10-nondiscrimination>

The Behavioral Health and Wellness Program's Rocky Mountain Tobacco Treatment Specialist (RMTTS) Program was developed to train healthcare workers and community and public health professionals to become tobacco cessation champions for their organizations and communities. This program offers the highest quality tobacco treatment specialist program based on the latest evidence-based tobacco cessation research and treatment strategies. Contact the Behavioral Health and Wellness Program at [bh.wellness@ucdenver.edu](mailto:bh.wellness@ucdenver.edu) for more information.



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