

DIMENSIONS: Tobacco Free Advanced Techniques Program

The mission of the Behavioral Health & Wellness Program (BHWP) is to improve quality of life by facilitating evidence-based health behavior change for communities, organizations, and individuals. Our wellness philosophy emphasizes leading a meaningful and fulfilling life through conscious and self-directed behaviors, focused upon living at one's fullest potential.

Program Overview

The DIMENSIONS: Tobacco Free Advanced Techniques Program is designed to teach providers and peers the necessary skills to help individuals live tobacco-free. Tobacco use remains the leading cause of preventable morbidity and mortality in the United States. It causes many health problems, including cancer, heart disease, and Chronic Obstructive Pulmonary Disease (COPD). There are 480,000 deaths each year in the United States attributed to tobacco use. Although much progress has been made toward decreasing the number of individuals who use tobacco, 20% of U.S. adults still use some form of tobacco. The DIMENSIONS: Tobacco Free Advanced Techniques Program was created to engage and motivate individuals to make healthy lifestyle choices, including living tobacco-free.

Creating and maintaining the physical health and wellness each individual wants is a lifelong journey. This program is designed to assist individuals to envision and achieve their personal Tobacco Free goals. This innovative program provides training in effective community education as well as tobacco cessation services for individuals and groups. The DIMENSIONS: Tobacco Free Advanced Techniques Program is meant to complement other peer and/or provider services, such as the DIMENSIONS: Well Body Advanced Techniques Program for whole health.

Priority Populations

Tobacco cessation is a key component of health promotion for everyone. However, some groups are particularly at-risk for tobacco use and related health concerns. This may be because they have lived, worked, and received healthcare services in environments that encouraged tobacco use, or they may have other health conditions associated with increased tobacco use. Many of these at-risk populations are underserved and do not receive needed tobacco cessation counseling and medications. Services tailored to these priority populations are vital to address their unique needs. The DIMENSIONS: Tobacco Free Advanced Techniques Program provides tailored information designed to meet the needs of the general population as well as many priority populations, including persons with behavioral health conditions, persons with criminal justice involvement, low-income populations, pregnant and perinatal mothers, and young adults, among others.

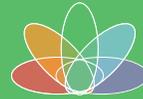
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Program Structure

Through the DIMENSIONS: Tobacco Free Advanced Techniques Program training, participants learn how to successfully negotiate the treatment of tobacco cessation in different healthcare settings. DIMENSIONS program facilitators use motivational engagement strategies, community referrals, educational activities, and peer- or provider-led Tobacco Free groups to promote positive behavior change in individuals interested in tobacco cessation.

Motivational Intervention. Trainees will be instructed on how to use and implement our motivational intervention. Our motivational intervention for tobacco cessation is a 30-minute, semi-structured interview intended to motivate people to engage in tobacco cessation or to begin thinking about reducing their current level of tobacco use. Trainees will learn how to move individuals through the stages of change and how to work with individuals who are not necessarily ready to change.

Community Referrals. Trainees learn how to utilize existing resources in order to fulfill the needs of clients interested in stopping their tobacco use. This is especially important for organizations that do not have the resources to provide a comprehensive range of tobacco cessation services. By referring to other community organizations or state quitlines, the trainees will be able to assist their clients in navigating barriers to living tobacco-free.

Education and Awareness Building. Trainees learn how to become tobacco cessation and wellness experts within their organizations. A large part of their role as the program facilitator is to educate not only clients, but also providers and staff on the issues of tobacco dependence, related health effects, and the challenges people face when attempting to reduce or quit tobacco use. The trainees' goals are to not only educate, but to elevate the importance of tobacco cessation services within their organizations.

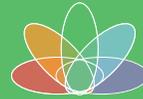
Tobacco Free Groups. Program participants are trained in the DIMENSIONS: Tobacco Free Group curriculum to run at their organization. The DIMENSIONS: Tobacco Free Group Facilitator Manual provides all the resources, handouts, and lesson plans to run a six-week tobacco cessation group. The role of the group is to build awareness about the importance of healthy lifestyles and to create a positive social network. Through wellness education, group discussion, and activities, group facilitators teach participants strategies for stress management and behavior change. Most importantly, the group provides participants a supportive environment to facilitate their tobacco-free journey.

Materials Provided

DIMENSIONS: Tobacco Free Program Advanced Techniques Manual – contains all of the information presented in this training, including PowerPoint slides, training notes, and references. With this manual, trainees will be able to train other individuals at their organization to be Tobacco Free Program facilitators.

DIMENSIONS: Tobacco Free Program Group Facilitator Manual – contains all of the information needed to run on-site DIMENSIONS: Tobacco Free Groups including notes for each session, handouts, and tips for group facilitators.

Electronic versions of program materials – contains PDF versions of the PowerPoint presentation, the above manuals, and any handouts provided at the training.



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Training Modules

Module 1: Tobacco Fundamentals (within specific populations)

Module 1 is determined by a training site's needs. Depending on whether the training site predominantly serves persons with behavioral health conditions or persons in the criminal justice system, or if the site serves a broader population, we have a training that is tailored to your specific needs.

Module 2: Understanding Tobacco Addiction

Module 2 covers the different methods of tobacco use, the physiological and biological basis of tobacco addiction, the harmful effects of tobacco use, and how to treat tobacco users by addressing both the addiction and the habit.

Module 3: Tobacco Cessation Strategies

Module 3 provides helpful information on tobacco cessation strategies, including tobacco cessation medications and nicotine replacement therapy options as well as behavioral interventions. It highlights the importance of counseling and support during the quitting process and the need to address the addiction to nicotine as well as work on changing the behaviors associated with tobacco use.

Module 4: Motivational Intervention for Tobacco Cessation

Module 4 reviews the stages of change and presents the DIMENSIONS: Tobacco Free Motivational Intervention. The DIMENSIONS: Tobacco Free Motivational Intervention is a structured interview to assess an individual's readiness to change, the cost of tobacco use, and carbon monoxide levels. It also provides an opportunity to set achievable Tobacco Free goals, increase motivation to live tobacco-free, and learn strategies for behavior change.

Module 5: Tobacco Free Group

Module 5 reviews the Tobacco Free Group and provides step-by-step instructions about how to run the groups at the trainee's organization. Tobacco Free Group sessions include:

Session A: Envisioning A Tobacco Free Life – The activities in this session are designed to help group participants visualize their tobacco-free life.

Session B: A Tobacco Free Plan – The activities in this session are designed to help group participants explore their values and preferences.

Session C: Mindful Tobacco Free Behaviors – The activities in this session are designed to increase group participants' awareness of cravings and create mindful ways to manage them.

Session D: A Tobacco Free Journey – The activities in this session are designed to help group participants recognize their strengths and identify the resources they have or will need for their Tobacco Free journey.

Session E: Living Tobacco Free – The activities in this session are designed to help group participants recognize the interconnection between, thoughts, feelings, behaviors and living tobacco-free.

Session F: Maintaining A Tobacco Free Life – The activities in this session are designed to prevent (re)lapses by planning ahead and manage (re)lapses by getting back on track as soon as possible.