



## Faculty

The Basic Skills Training is developed by the Center For Tobacco Independence on behalf of the Partnership For A Tobacco-Free Maine. The faculty conducting the program are leaders in the state with extensive experience providing treatment for tobacco dependence.

## Who Should Attend

This training is for all professionals in a position to deliver brief messages to patients, students, or clients about tobacco treatment. This includes any health care provider, counselor, educator, public health professional, hospital worker, or community advocate who has an opportunity to interact with Maine residents who use tobacco, of any age.

## Continuing Education Credits and Certificates

Upon approval, Continuing Education Credits will be available for: Physicians, Social Workers, Dentists, Dental Hygienists, Respiratory Therapists and Alcohol and Drug Counselors.

Also, this continuing nursing activity was approved by ANA-MAINE, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Maine Medical Center is accredited by the Maine Medical Association to provide continuing medical education for physicians.

*PTM sponsors an annual Intensive Tobacco Treatment Training and Conference in the spring for professionals who are interested in delivering more intensive tobacco treatment. This advanced training is required for those applying for State certification as a Tobacco Treatment Specialist. Completion of the **Tobacco Intervention: Basic Skills Training** is a requirement for attendance at the Intensive Tobacco Treatment Training.*

*For more information about the State Tobacco Treatment Specialist Certification, contact the American Lung Association of Maine at 1-800-499-5864 or at [www.maineung.org](http://www.maineung.org).*

*For more information about the Intensive Tobacco Treatment Training, contact the Center For Tobacco Independence at 207-662-7122.*

MaineHealth — Center For Tobacco Independence  
110 Free Street  
Portland, Maine 04101



**DATES**

September 21, 2011 – Helen's Restaurant, Machias  
October 4, 2011 – Presque Isle Inn, Presque Isle  
October 14, 2011 – Fireside Inn and Suites  
(Behavioral health focus),  
Portland  
November 2, 2011 – Hilton Garden Inn, Auburn  
March 13, 2012 – Spectacular Events, Bangor  
April 2, 2012 – Holiday Inn By the Bay, Portland



John E. Mulvaney, Governor  
Brenda M. Norrey, Commissioner

Appropriation #014-10A-9922-022-4199

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This notice is available in alternate formats, upon request.



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# TOBACCO . Intervention

## BASIC Skills Training

**Full day  
training!**

*This training is a prerequisite for the annual  
Intensive Tobacco Treatment Training in the spring.*



Healthy Maine Partnerships  
Maine Center for Disease Control and Prevention



# agenda

## Tobacco Intervention Basic Skills Training

8:00 - 8:30	Registration (continental breakfast provided)
8:30 - 12:00	Presentation and Discussion
12:00 - 1:00	Lunch (provided)
1:00 - 3:30	Presentation and Discussion
3:30	Conference Concludes (CEU certificates awarded)

### Standard Curriculum Includes:

- What's the Harm?
- Tobacco Dependence
- Medication Therapy
- Tobacco and Metabolism
- Behavior Change Theory
- Encouraging Change (an introduction to motivational interviewing)
- How to Conduct Brief Interventions

\*Note: The Portland training on 10/14/2011 will have a special focus on working with tobacco users with co-occurring behavioral health disorders.

# how to work better, not harder.

*“I am better prepared. I know what I am talking about, and I am more confident.”*

- **I don't have enough time...**  
Learn an effective and simple tobacco treatment approach that can be incorporated into your workday.
- **I'm not sure what to do beyond advising quitting...**  
Come away with valuable information about strategies that are truly effective and medications that improve outcomes.
- **My patients don't seem to want to change...**  
If approached in a compassionate manner, most smokers want to change. Gain information about the stages of change and learn about fostering change and tapping into patients' intrinsic motivation.

**For more information, call the Center For Tobacco Independence at 207-662-7122.**

# registration

Registration fee is **\$60.00** (includes continental breakfast and lunch). To assure the highest quality instruction, class size will be limited. Please register early.

Name: \_\_\_\_\_ Degree(s): \_\_\_\_\_

Position/Title: \_\_\_\_\_

Organization/Agency: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ County: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

### Please complete the following

#### 1. Which of the following best describes your specialty? (check all that apply)

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Physician                   | <input type="checkbox"/> Substance Abuse Counselor     | <input type="checkbox"/> Occupational Therapist |
| <input type="checkbox"/> Nurse Practitioner, PA, CMW | <input type="checkbox"/> Licensed Mental Health Worker | <input type="checkbox"/> Dietician              |
| <input type="checkbox"/> Registered Nurse            | <input type="checkbox"/> Mental Health Worker          | <input type="checkbox"/> Health Educator        |
| <input type="checkbox"/> Respiratory Therapist       | <input type="checkbox"/> Social Worker                 | <input type="checkbox"/> Other _____            |

#### 2. Please select which of the following describes your worksite. (check all that apply)

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Hospital/Inpatient Facility      | <input type="checkbox"/> School/College           | <input type="checkbox"/> Substance Abuse Treatment Program |
| <input type="checkbox"/> Medical Clinic or Practice       | <input type="checkbox"/> Community Agency         | <input type="checkbox"/> Other _____                       |
| <input type="checkbox"/> Mental Health Clinic or Practice | <input type="checkbox"/> Health Education Program |  |
| <input type="checkbox"/> Dental Clinic or Practice        |   |  |

#### 3. Please select the location you will attend:

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> September 21, 2011, Machias   | <input type="checkbox"/> October 14, 2011, Portland | <input type="checkbox"/> March 13, 2012, Bangor  |
| <input type="checkbox"/> October 4, 2011, Presque Isle | <input type="checkbox"/> November 2, 2011, Auburn   | <input type="checkbox"/> April 2, 2012, Portland |

### Ways to register

Mail this form to: Meeting Coordinator, Center For Tobacco Independence  
110 Free Street • Portland, ME 04101

Fax this form to: 207-662-7135 Email registration information to: [hendrr@mainehealth.org](mailto:hendrr@mainehealth.org)

Call to register at: 207-662-7122 or register online at [tobaccofreemaine.org](http://tobaccofreemaine.org)

You will receive a confirmation and directions to the conference via email or by letter once we receive your information. If you do not hear from us, please call us at 207-662-5224 to be sure we have received your registration materials.

### Payment method options

- Check: Make payable to **MaineHealth®**.  VISA  MASTERCARD

CC#: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Cancellation Policy: Cancellations are accepted up to 72 hours prior to the conference for a full refund. For additional registration information, please call the Center For Tobacco Independence at 207-662-7122 or email Becky Hendrix at [hendrr@mainehealth.org](mailto:hendrr@mainehealth.org).

*“I cannot say enough about the quality of the instruction, and they made it fun. It is a tremendous program.”*