



## Behavioral Health & Wellness Program

University of Colorado Anschutz Medical Campus  
School of Medicine

# Rocky Mountain Tobacco Treatment Specialist (RMTTS) Program

## Program Guide

Behavioral Health & Wellness Program  
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, Department of Psychiatry. 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 a national certification.

## 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 virtually twice a year in May and October. BHWP is also able to contract with organizations to provide on-site or virtual TTS trainings nationwide.

## Program Costs

The program cost is \$1,200, which includes all materials, training, and examination.

## 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 faculty member.

# 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

## Faculty



**Chad Morris, PhD, NCTTP, NCNTT**, is a Professor at the University of Colorado, Department of Psychiatry, and Director of the Behavioral Health & Wellness Program (BHWP). Dr. Morris has led numerous 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 the nation and internationally. This work has specifically focused on increasing health equity as well as the work and wellbeing of the healthcare professionals who serve at-risk individuals. Dr. Morris created BHWP in 2006 and led the development of programming for training well over 10,000 professionals and peer specialists. He presents at many national

conferences and forums every year on a variety of topics, including evidence-based psychosocial and medications treatment of tobacco dependence and whole health, co-treatment models, collaborative treatment planning, peer specialist models, system redesign, and agency integration of nicotine use treatment. Dr. Morris has earned a National Certification in Nicotine and Tobacco Treatment (NCNTT) from NAADAC, the Association for Addictions Professionals.

**Cindy Morris, PsyD, NCTTP, NCNTT**, is a clinical psychologist and the Clinical Director of the Behavioral Health & Wellness Program at the University of Colorado School of Medicine, Department of Psychiatry. She has developed and implemented many training programs for administrators, healthcare professionals, 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 certified trainer and 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 Certification in Nicotine and Tobacco Treatment (NCNTT) by NAADAC, the Association for Addictions Professionals. She is also an active member of the Council for Tobacco Treatment Training Programs (CTTTP).



## Faculty



**Kathleen Moreira, BA, NCTTP, NCNTT**, is a Board-Certified Health & Wellness Coach (NBC-HWC) and a Clinical Associate with the Behavioral Health & Wellness Program (BHWP). She is a lead trainer and presenter with BHWP for the Rocky Mountain Tobacco Treatment Program, Motivational Interviewing, Well Body, and Work & Well-Being and collaborates on curriculum and program development. Kathleen is a member of the Motivational Interviewing Network of Trainers (MINT) and served as a Tobacco Treatment Specialist for 10 years in private, community, and hospital settings. At the University of Colorado Hospital, Kathleen implemented and expanded the Colorado Model for Inpatient Tobacco Treatment (COMITT) to provide individual tobacco treatment for inpatients and in outpatient clinics. She holds

a National Certification in Nicotine and Tobacco Treatment (NCNTT) from NAADAC, the Association for Addictions Professionals.

**Christine Garver-Apgar, PhD, NCTTP**, is Assistant Professor at the University of Colorado School of Medicine, Department of Psychiatry, and Director of Research and Evaluation at the Behavioral Health and Wellness Program (BHWP). She has over 20 years of experience in psychological research and has published peer-reviewed articles in areas including evolutionary behavioral science, endocrinology, social cognition, evolutionary and biometrical genetics, treatment for substance use, health disparities, and community-based behavior change interventions. She has developed and taught both graduate and undergraduate psychology courses such as statistics, research methods, and personality psychology, and she has developed multiple whole-health training curricula designed for healthcare administrators, providers, and peer-specialists working with underserved populations.

She has delivered over 70 invited guest lectures, scientific presentations, and community-based trainings for students, scientists, policy leaders, and healthcare professionals. She is a licensed Tobacco Treatment Specialist and has been an instructor for the Rocky Mountain Tobacco Treatment Specialist Training Program since the program's inception in 2015.



## Faculty



**Derek Noland, MPH, NCTTP**, is a Community Liaison at the Behavioral Health & Wellness Program. Among his primary responsibilities is the management of projects focused on promoting health systems change related to treating nicotine and tobacco use disorders and implementing nicotine-free policies. In this capacity Derek works with a variety of traditional and nontraditional healthcare providers across Colorado and nationwide, providing tailored technical assistance to support their initiatives. He also collaborates on the development of BHWP's tobacco training materials through study and research, and serves as a Lead Trainer at BHWP, having trained thousands of people nationwide on numerous tobacco-related topics. Prior to joining BHWP, Derek earned his MPH in Global Health Practice, focusing on chronic diseases. During this time, he began studying tobacco in Prague, Czech Republic, working with Charles University and the Czech Republic Ministry of Health to produce educational tobacco manuals for medical students and a government report on changing trends in the histological types of lung cancer.

**Jim Pavlik, MA, NCTTP, NCNTT**, is the Program and Policy Analyst at the Behavioral Health & Wellness Program. He has 18 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 31 local public health agencies across Colorado working in the areas of adult and adolescent cessation and facilitating health systems change.



## Faculty



**Robyn Hacker, PhD** is an Assistant Professor with the Behavioral Health & Wellness Program in the Department of Psychiatry at the University of Colorado Anschutz Medical Campus. She is a licensed psychologist, licensed addiction counselor, and certified EMDR consultant. Dr. Hacker's clinical and consultation work has focused on whole health well-being and the interaction of substance use disorders (SUD), including tobacco use disorder, co-occurring trauma, anxiety, and mood disorders. Her research has spanned criminal justice related topics, SUDs, and the integration of technology into treatment delivery and training. Dr. Hacker has expertise in the treatment of forensic populations and safety-sensitive professionals (e.g., health care providers, law enforcement, pilots).

## Policies

### Cancellation Policy

#### For those paying with a credit card:

All requests to cancel or reschedule attendance at a training must be submitted in writing. Registration fees paid by credit card can be refunded within 180 days of initial payment. **We are unable to issue refunds after 180 days from initial payment.** If cancellation is after 180 days but within 21 days of training start date, a credit towards attendance at a future training will be offered. Cancellations and rescheduling requests received after materials have shipped (approximately 10 days before training) 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.

#### For those paying through a check/organizational purchase order:

All requests to cancel or reschedule attendance at a training must be submitted in writing. Requests submitted at least 21 days prior to the training start date will be issued a full refund. Cancellation or rescheduling requests not received 21 days prior to training start date will be given credit toward attendance at a future training only (no refund) unless able to provide documentation proving inability to attend the training (e.g., a medical emergency). Cancellations and rescheduling requests received after materials are shipped (approximately 10 days before training) 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.

To submit a request, contact:

[bh.wellness@ucdenver.edu](mailto:bh.wellness@ucdenver.edu) OR  
Program Administrator  
Behavioral Health and Wellness Program  
MS F478, 1890 N Revere Court  
Aurora, CO 80045

## 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 to the above addresses. 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

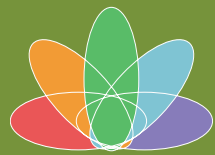
As part of the University of Colorado, the Behavioral Health & Wellness Program follows all laws authorized by the University's Board of Regents.

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>



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