

Tobacco Dependence Screening and Treatment in Behavioral Health Settings

Counseling for Tobacco-Use Disorders

OBJECTIVES

As a result of this training, participants will be able to:

- Develop and understanding of why counseling services related to tobacco use should be provided to individuals in behavioral health treatment
- Describe how a client's stage of change with regard to tobacco use will impact the treatment strategies that a counselor employs in treating tobacco
- Identify the basic skills of motivational interviewing and apply them to the treatment of tobacco use
- Develop the knowledge, skills and abilities necessary to develop a tobacco quit plan
- Identify relapse prevention strategies and apply them to the treatment of tobacco use

AGENDA

- Welcome, Introductions, Goal and Objectives
- Counselors Role in the Integration of Tobacco Use Disorder Treatment into Behavioral Health Settings
- Trans Theoretical Model (TTM) and Counseling Strategies
- Counseling Skills Practice: Strategies for Engaging Clients in Pre-contemplation and Contemplation
- Creating a Quit Plan and Preventing Relapse: Providing Services to Clients in Preparation, Action and Maintenance
- Case Studies: Putting It All Together
- Closing

WELCOME & INTRODUCTIONS

Please share your:

- Name
- Agency
- Role

COUNSELORS' ROLE IN THE INTEGRATION OF TOBACCO USE DISORDER TREATMENT INTO BEHAVIORAL HEALTH SETTINGS

Chronic Relapsing Illness

- Treat as a chronic relapsing illness
- Few people quit successfully without treatment
- To maximize success, combine pharmacotherapy and counseling
- Treat for as long as it takes
- Treat to target-no withdrawal symptoms

BEHAVIORAL HEALTH PROVIDERS

- Already have the required skill set to help clients with their tobacco use
 - Problem-solving
 - Coping with difficult situations/emotions
 - Avoiding high risk situations

What you fail to say sends a message

OVERVIEW OF TRANSTHEORETICAL MODEL: ASSESSING TOBACCO DEPENDENCE AND CLIENTS' READINESS & MOTIVATION TO QUIT

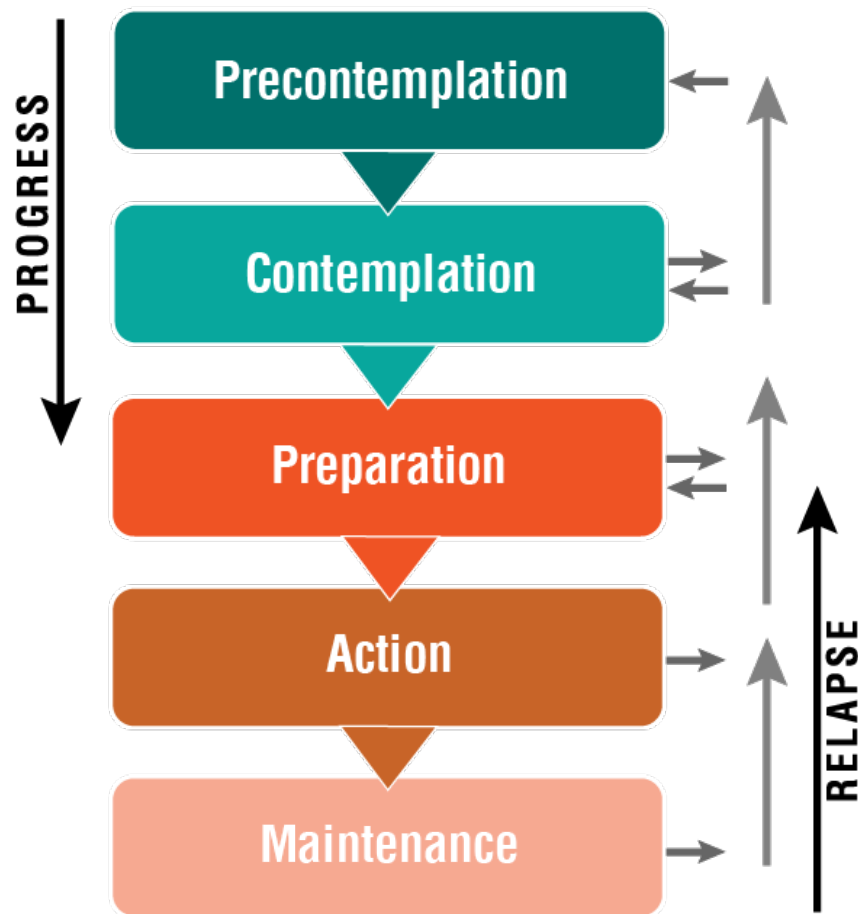
OVERVIEW OF TRANSTHEORETICAL MODEL (TTM):

- ASSESSING TOBACCO DEPENDENCE & CLIENTS
READINESS AND MOTIVATION TO QUIT

STAGES OF CHANGE MODEL

- Developed by Prochaska and DiClemente
- Behavior change does not happen in one step, but in stages
- An individual progresses through the stages at their own pace, depending on their goals and sources of motivation

THE STAGES OF CHANGE



PRECONTEMPLATION

There is no intention to change behavior in the foreseeable future:

- Others are aware of problem
- Unaware or under-aware
- Change due to outside pressure
- No plans to change (6 months)
- Coerced by others to change

CONTEMPLATION

Aware that a problem exists and begins to think about overcoming it:

- No commitment
- Struggles with loss
- Decisional-balancing
- Can get stuck and remain so

PREPARATION

Making Plans for the intended change:

- Intending to take action within 30 days
- Taking steps/making plans
- May/may not have taken unsuccessful action in past year

ACTION

Modification of behavior, experiences, or environment in order to overcome problem behavior

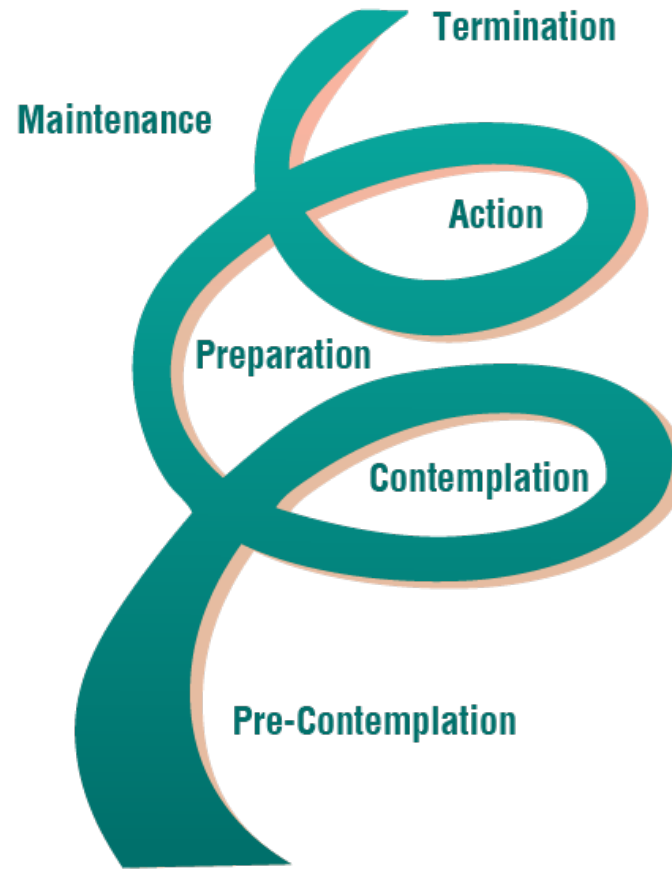
- Taking an action is not being in action
- Runs from one day to six months
- Requires Considerable Commitment

MAINTENANCE

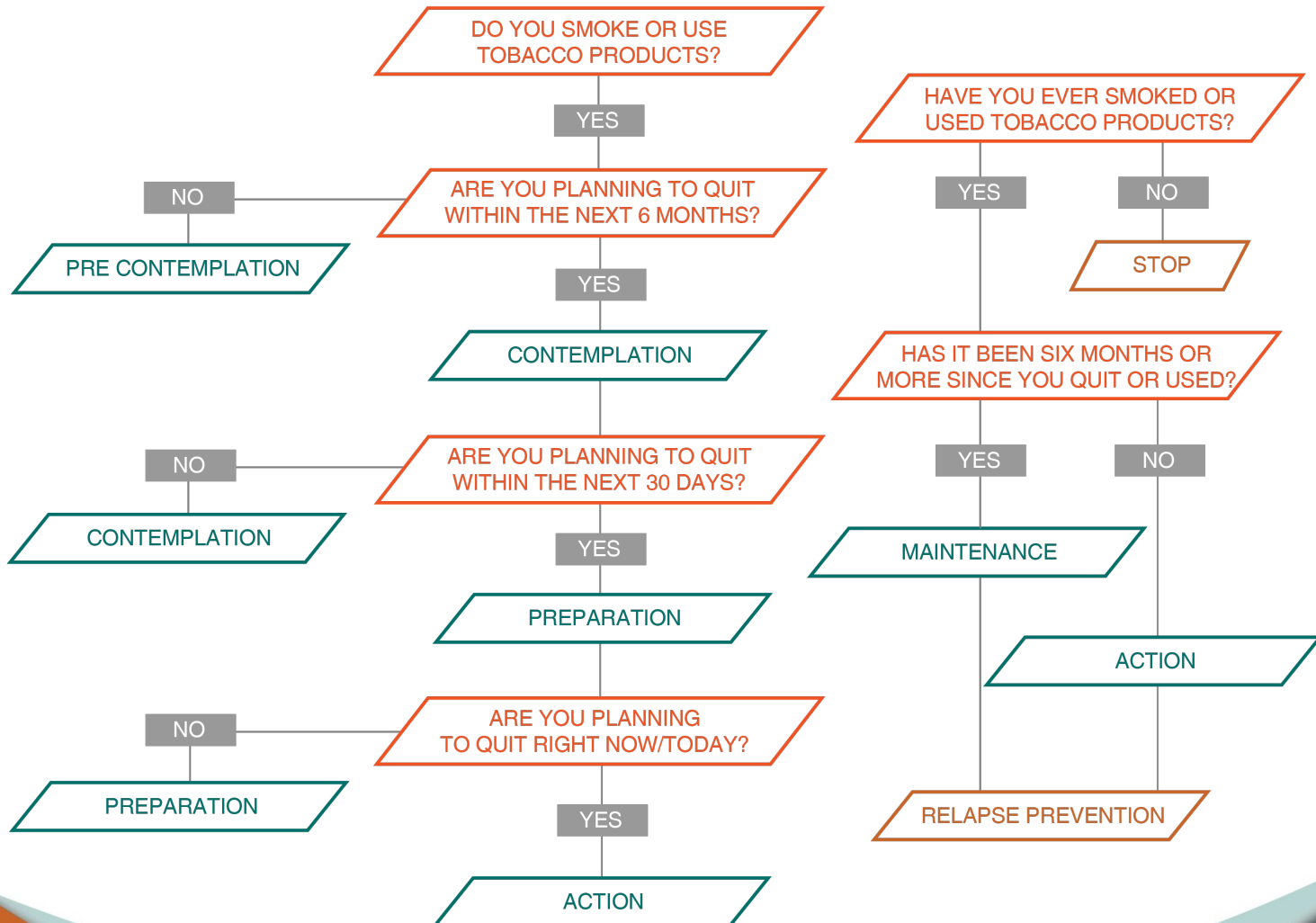
Integrated the new behavior into present lifestyle

- More than six months
- Stabilizing change
- Avoiding relapse
- Can last a lifetime

THE STAGES OF CHANGE



STAGING ALGORITHM FOR TOBACCO DEPENDENCE



Intervention based on the Stages of Change

- Pre-contemplation - Motivational Interviewing
- Contemplation – Motivational Interviewing
- Preparation – Motivational Interviewing
- Action – Cognitive Behavioral Therapy
- Maintenance – Cognitive Behavioral Therapy

COUNSELING SKILLS PRACTICE OPEN-ENDED QUESTIONS AND AFFIRMATIONS

MOTIVATIONAL INTERVIEWING

- Developed by Miller and Rollnick
- Person-centered approach
- Utilized in multiple settings
- Most effective working with individuals in pre-contemplation and contemplation

O. A. R. S.

- **O**pen-ended Questions
- **A**ffirmations
- **R**eflective Listening
- **S**ummarizing

OPEN-ENDED QUESTION STEMS

- How...
- What...
- Tell me...
- In what ways...

OPEN-ENDED QUESTIONS ACTIVITY

AFFIRMATIONS

- Statement of understanding and appreciation for something someone has tried, done, or achieved
- Genuine and honest
- Positive
- Encouraging

AFFIRMATIONS

- Make someone feel good and recognized
- Recognize efforts, experiences, and feelings;
this can include intent
- Build rapport

AFFIRMATIONS ACTIVITY

CREATING QUIT PLANS AND RELAPSE PREVENTION PLANS PREPARATION, ACTION AND MAINTENANCE

QUIT PLAN

- Set a quit date
- Putting support systems in place
- Review reasons for quitting
- Discuss previous quit attempts
- Plan for managing trigger

Tobacco Use Triggers

- Internal Triggers
- External Triggers
- High Risk Situations

DEALING WITH TRIGGERS

- Coping Strategies
- Social Support

THANK YOU!