



# BRIEF TOBACCO CESSATION INTERVENTIONS

This is a skill-building workshop on how to perform one-on-one tobacco cessation interventions.

**Trainers:** Dr. Gurinder Singh Wadhwa, D.O.

Medical Consultant & Lead Trainer for the

ATOD Tobacco Cessation and Training, A LifeLong Medical Care Program

## Description:

Participants will learn the basics of Tobacco 101 and how to apply one-on-one cessation counseling techniques to motivate and support tobacco cessation among high-risk populations.

## Who Should Attend:

Clinical Staff of substance abuse, mental health and primary care providers, Health Educators, Community Cessation Facilitators, Case Managers, Home Health Care Workers, Nurses and other healthcare providers.

**Learning Objectives:** At the end of the training, participants will be able to:

1. Describe at least three health and addiction effects of tobacco
2. Name at least two treatment options and services that can help with tobacco cessation with clients/patients.
3. Create a quit plan with a client over the course of a 15-20 minute one-on-one counseling session.



**Monday March 18, 2019**  
**8:30 – 12:30 p.m.**  
**Registration from 8:30 to 8:45am**  
**Training to begin promptly at 8:45am**  
**FREE training. FREE Parking**

Behavioral Health Care Services  
 2000 Embarcadero, 4<sup>th</sup> Floor  
 (off 16<sup>th</sup> St. exit - 880 South)  
 Oakland, CA 94606  
 In the Gail Steele Room

For more information, please contact the  
 The ATOD Program at:  
[atod@lifelongmedical.org](mailto:atod@lifelongmedical.org)  
 510-446-7135

This training is sponsored by Alameda County Behavioral Health Care Services (BHCS) in contract with the ATOD Tobacco Dependence and Treatment Program, located within LifeLong East Bay Community Recovery Project.

*This course meets the qualifications for 3.5 hours of continuing education credit for RNs by the California Board of Registered Nurses, BRN Provider No. 12040; for Addiction Professionals by the California Consortium of Addiction Programs & Professionals Education Institute (CCAAP\_EI), Provider No. 4C-04-604-0620; for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences; Alameda County Behavioral Health Care Services (ACBHCS) is approved by the California Assoc. of Marriage and Family Therapists to sponsor continuing education for the target audience of this training, Provider No 65749; and for Psychologists as an approved provider by the California Psychological Association, Provider No: ALA006. ACBHCS maintains responsibility for this program/course and its content. Please note: in order to receive CE credit, you must attend the full training and complete an evaluation. No partial credit can be given.*

*To obtain credits attendee must be there by class start time and stay for the entire training. CE Certificates of Completion will be handed on-site after the training.*

For reasonable accommodation or to file a grievance, go to: <http://www.acbhcs.org/training>

## REGISTRATION

Please register for Brief Tobacco Cessation Interventions via eventbrite:

<https://www.eventbrite.com/e/brief-tobacco-cessation-interventions-tickets-52847101102>

Or by emailing [atod@lifelongmedical.org](mailto:atod@lifelongmedical.org) with the information below.

**IMPORTANT: Registration deadline is March 13, 2019. Please register early.**

NAME: \_\_\_\_\_ AGENCY: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

EMAIL: \_\_\_\_\_

DAY PHONE: \_\_\_\_\_ FAX: \_\_\_\_\_

DISCIPLINE: \_\_\_\_\_ LICENSE #: \_\_\_\_\_

*We will provide coffee and light pastries*