

Mindfulness and Tobacco Recovery

Friday, November 1, 2024 12:00PM – 1:00PM PT

Trainer: Dr. Tara Leiker, Program Manager, Tobacco Treatment Training Program and Linnea Rivano Barros, Program Coordinator

Description: In this 1-hour training course, participants will understand the health effects of tobacco use, the disparities in use among the SUD and Behavioral Health populations and how to address tobacco use through mindfulness combined with other treatment interventions.

Who Should Attend: This training is designed for administrative and/or clinical staff of Alameda County Public Health Department-contracted provider organizations and Alameda County Behavioral Health-contracted substance use treatment and mental health programs, but all are welcome to attend.

Measurable Learning Objectives

- Be able to list four (4) effects of tobacco use on the body
- Describe two (2) elements that distinguish trauma-informed mindfulness
- List the six (6) FDA-approved medications for tobacco treatment available to clients
- Describe one (1) benefit of incorporating mindfulness into tobacco use disorder treatment

Registration required, Zoom link sent upon registration • **Register [online](#)**

Questions? Contact us at tobaccotreatment@lifelongmedical.org

This training is sponsored by Alameda County Behavioral Health in contract with LifeLong Medical Care's Tobacco Treatment Training Program, located EBCRP. CE credit is provided by LifeLong Medical Care.

If you have any questions or need to request accommodations for disabilities, please contact tobaccotreatment@lifelongmedical.org.

For grievance information, including filing a grievance or to receive a copy of the grievance policy, please contact tobaccotreatment@lifelongmedical.org.

Course Completion certificates will be awarded by email for those that submit a post-test/ evaluation form and are provided within one week of receipt of the form.

Course meets the qualifications for **1.0 hour of continuing education credit** for **LMFT's, LCSW's, LPCC's, LEP's, and SUD Counseling Staff** as required by the California Board of Behavioral Sciences and by the California Consortium of Addiction Programs and Professionals (CCAPP).

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