



Tobacco Treatment Specialist (TTS) Training

Developed by: University of Massachusetts Chan Medical School
Sponsored by LifeLong Medical Care in collaboration with Alameda County
Public Health Department and Alameda County Behavioral Health
Dates: September 23, 24 and 25, 2025



Alameda County ac bh
Behavioral Health Care Services
MENTAL HEALTH & SUBSTANCE USE SERVICES

Learn up-to-date, evidence-based strategies for working with individuals with tobacco use and dependence. Our training includes asynchronous online learning, interactive lectures, and small group practice exercises and role plays. Gain the skills and confidence to provide moderate to intensive treatment interventions to patients and clients within your setting.

Training Description:

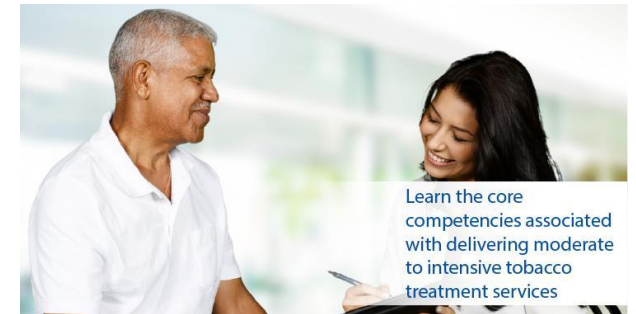
Our course has 2 components designed to help participants master the necessary core competencies for providing evidence-based treatment for individuals with tobacco use disorder:

- **TTS Training Part 1** – This 10-hour online training covers the determinants of tobacco use disorder, including biological, psychological, and social aspects; physical and behavioral health impact of tobacco use; and best practices for systems to support treatment of tobacco use disorder. TTS Training Part 1 must be completed before attending TTS Training Part 2.
- **TTS Training Part 2** - This 3-day, in-person or virtual, training will cover pharmacotherapy; counseling skills; cognitive and behavioral strategies to assist tobacco users in quitting; and intake, assessment, and treatment planning.

Cost: FREE, includes manual and access to exclusive online resources

Location: LifeLong Medical Care West Berkeley Health Center 837 Addison St. Berkeley, CA 94710 (September 24 and 26); Virtual via Zoom (September 25)

DATES: Sept 23, 24, 25, 2025



For more information or to register
contact:
Linnea Ubaldo
lbarros@lifelongmedical.org

Successful completion meets the accredited tobacco treatment specialist training requirement needed to apply for national certification.
University of Massachusetts Tobacco Treatment Specialist Training Program is accredited by the Council for Tobacco Treatment Training Programs (CTTP)

Tobacco Treatment Specialist Training Modules

Online modules include:

1. Overview of the Tobacco Problem
2. Tobacco Use Disorder and Physical Health
3. Tobacco Use Disorder and Behavioral Health
4. Describing Tobacco Use Disorder
5. The Biology of Tobacco Use Disorder
6. Psychological Factors and Tobacco Use Disorder
7. Social, Cultural, and Environmental Influences on Tobacco Use Disorder
8. Guidelines for Systems
9. Role of the Tobacco Treatment Specialist and Additional Resources

What people are saying about our course:

- "It was amazing and full of good information. I gained a lot of knowledge from this training which I can utilize in my work setting as a community health worker."
- "I thought it was great! The interactive parts were really fun, and I especially liked the case studies we worked with in small groups."
- All 2021 participants noted that their ability to deliver effective tobacco dependence treatment interventions increased after training, with almost 90% of participants reporting that their ability increased "a great deal."

Live modules (in-person or virtual) include:

1. Counseling Skills: Building Rapport with Motivational Interviewing
2. Pharmacotherapy for the Treatment of Tobacco Use Disorder
3. Cognitive and Behavioral Treatment Strategies
4. Intake and Assessment
5. Treatment Planning



For more information about course content, please visit our website:

<https://www.umassmed.edu/tobacco/training>

