

Creating and Enhancing Tobacco-Free Facilities and Treatment Services Training

Wednesday, June 5th – Thursday, June 6th, 2019 – Portland, OR



Training Purpose and Objectives

The Smoking Cessation Leadership Center (SCLC) at the University of California San Francisco and the National Behavioral Health Network for Tobacco and Cancer Control (NBHN), with generous support and in collaboration with the Substance Abuse and Mental Health Services Administration (SAMHSA) Center of Excellence for Tobacco-Free Recovery and the Centers for Disease Control and Prevention (CDC) hosted a *Creating and Enhancing Tobacco-Free Facilities and Treatment Services* training on June 5 – June 6, 2019 in Portland, Oregon. The training was a key activity of NBHN, SCLC and SAMHSA's newly established National Center of Excellence for Tobacco-Free Recovery (SAMHSA-TFR), a center established to provide training and technical assistance on supporting behavioral health partners in implementing tobacco-free facilities/grounds and integrating evidence-based cessation support for individuals with behavioral health conditions. The 1.5-day training presented dynamic content on promoting the adoption and enhancement of tobacco-free facility policies and the integration of tobacco treatment in behavioral health settings. It also engaged providers from across the country in peer roundtable group discussions and action planning around their tobacco control efforts. The training in Portland exemplified the uniquely collaborative and synergistic relationship between the two nationally renowned organizations supported by two federal agencies, the CDC and SAMHSA with an aligned agenda of addressing tobacco disparities in behavioral health settings through an action-oriented meeting to empower participants to create and enhance tobacco-free facilities around the country.

Supporting behavioral health facilities in going tobacco-free is a key factor for aiding in cessation, as evidence has shown that quitting smoking is associated with improvements in mental health and addiction recovery outcomes. Currently only a third of substance use dependency treatment facilities (34.5%) and less than half (48.6%) of mental health facilities have smoke-free policies on their campuses^[i,ii,iii], making it critical to provide behavioral health facilities with the tailored tools, resources and technical assistance they need to build and maintain a healthy tobacco-free environment. In light of this evidence, SAMHSA has recommended that behavioral healthcare providers adopt policies to support tobacco-free facilities and integrate tobacco cessation treatment in mental health and substance use treatment^[iv].

Training Overview

The training was comprised of a 1.5-day in-person meeting with 40 behavioral health treatment providers and public health practitioners from 25 organizations located across 15 states. The full training agenda can be found on pages 4-5 of this report. Speaker biographies can be found on pages 12-13 of this report.

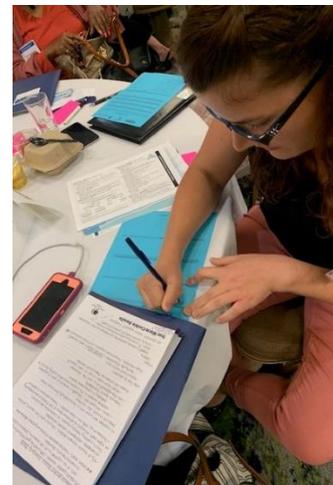
This training provided support to organizations working to establish tobacco-free facilities, and training to enhance their use of evidence-based tobacco cessation tools in clinical and organizational settings. Training participants received support at the environmental, organizational and client levels through a variety of topics, including:

- Becoming a tobacco-free facility and enhancing existing tobacco-free campuses
- Increasing tobacco cessation services
- Using effective techniques to talk to clients about how to quit
- Optimizing use of nicotine replacement therapy (NRT) and other pharmacological supports
- Improving and evaluating tobacco cessation programs via data-driven decision making
- Establishing health homes and developing external referral services

Day One began with welcoming remarks and staff, faculty, and participant introductions. This was followed by a keynote presentation by training faculty Jason Satterfield, PhD (Professor of Clinical Medicine at the University of California, San Francisco) entitled *Behavioral Health, Tobacco, and Emerging Trends*. During the keynote presentation, Dr. Satterfield provided an overview of tobacco and behavioral health disparities and discussed what we do and do not know with regards to emerging issues such as the use of e-cigarettes and marijuana. The training participants then got a chance to hear from local tobacco control champion, Tim Murphy, CEO of [Bridgeway Recovery Services](#) in Salem, Oregon. Through the fireside chat style conversation, Mr. Murphy talked about the decision to take his organization tobacco-free in order to further support clients recovering from their drug and alcohol addictions. Participants engaged in open Q&A/discussion with the presenters and each other to complete Day One activities.



Day Two was comprised of additional presentations on initiating and enhancing tobacco-free facility policies and tobacco cessation supports, as well as peer roundtable group discussions and action planning. The training kicked off with participant reflections and a presentation by Christine Cheng (SCLC) on becoming a tobacco-free facility and enhancing tobacco-free campuses. After some dedicated time for small group action planning and breakout discussions, Dr. Satterfield presented on how to increase tobacco cessation services. The afternoon of Day Two featured a two-part presentation by Frank Vitale (National Director of the Pharmacy Partnership for Tobacco Cessation) on assisting clients with quitting smoking, including behavioral techniques and the optimization of nicotine replacement therapy (NRT) and pharmacological supports. Day Two wrapped up with a final presentation by Dr. Satterfield on evaluation, improvement, and data-driven decision making as it relates to tobacco control and cessation supports.



Training Agenda



Creating and Enhancing Tobacco-Free Facilities and Treatment Services

Wednesday, June 5th – Thursday, June 6th, 2019

DoubleTree by Hilton Portland, 1000 NE Multnomah Street, Portland, OR 97232

Training Purposes:

1. To support organizations in establishing and maintaining tobacco-free facilities/grounds
2. To support organizations in enhancing evidence-based tobacco control activities for individuals with behavioral health conditions

TRAINING AGENDA

Wednesday, June 5, 2019, 2:00pm-5:00pm PT

2:00-2:30pm	Welcome, Purpose, & Introductions <i>Taslim van Hattum, LCSW, MPH, National Council for Behavioral Health</i>
2:30-3:30pm	Behavioral Health, Tobacco, & Emerging Trends <i>Jason Satterfield, PhD, University of California San Francisco</i>
3:30-3:45pm	Break (15 minutes)
3:45-4:45pm	Fireside Chat with Tim Murphy, CEO of Bridgeway Recovery Services <i>Speakers: Taslim van Hattum (host) & Tim Murphy, Bridgeway Recovery Services</i> https://www.youtube.com/watch?v=-UFvO05Zglc
4:45-5:00pm	Day One Wrap-Up <i>Taslim van Hattum, LCSW, MPH, National Council for Behavioral Health</i>
5:00pm	Adjourn

Thursday, June 6, 2019, 9:00am-5:00pm PT

9:00-9:30am	Welcome Back & Opening <i>Taslim van Hattum, LCSW, MPH, National Council for Behavioral Health</i>
9:30-10:00am	Becoming a Tobacco-Free Facility & Enhancing Your Tobacco-Free Campus <i>Christine Cheng, Smoking Cessation Leadership Center</i>
10:00-10:45am	Peer Roundtable Breakouts & Action Planning
10:45-11:00am	Break (15 minutes)
11:00-11:45am	How to Increase Tobacco Cessation Services <i>Jason Satterfield, PhD, University of California, San Francisco</i>
11:45-12:00pm	Action Planning Updates, Facilitated Discussion, & Report Out/Reflections
12:00-1:15pm	Lunch (On Your Own)

- 1:15-2:15pm **Talking to Your Clients About How to Quit (Part I): Behavioral Techniques**
Frank Vitale, MA, Pharmacy Partnership for Tobacco Cessation
- 2:15- 2:30pm **Break (15 minutes)**
- 2:30-3:30pm **Talking to Your Clients About How to Quit (Part II): Optimization of Nicotine Replacement Therapy & Pharmacological Supports**
Frank Vitale, MA, Pharmacy Partnership for Tobacco Cessation
- 3:30-4:15pm **Evaluation, Improvement, & Data-Driven Decision Making**
Jason Satterfield, PhD, University of California San Francisco
- 4:15-4:45pm **Action Planning Updates, Facilitated Discussion, & Report Out/Reflections**
- 4:45-5:00pm **Wrap-Up**
Taslim van Hattum, LCSW, MPH, National Council for Behavioral Health
- 5:00pm **Adjourn**

Training Attendees



Of the 25 organizations represented, at the time of the training, 8 organizations had already gone tobacco-free, 7 were in the process of going tobacco-free, and 10 were not tobacco-free facilities. There were 16 SAMHSA integrated care grantee organizations represented, and 4 certified community behavioral health clinics (CCBHCs).

Organization	Attendee Name	Job Title
Alaska Family Services, Inc.	Noel Crowley-Bell	Tobacco Prevention Coordinator
	Liz Kociolek	Behavioral Health Administrator
Bear River Health Department	Jordan Miller	Health Educator
Beckwith Consulting Services	Velvet Beckwith	CEO/Therapist
	Jeanette Camel	Certified Substance Abuse Counselor
	Beatrice Wilson	Consultant
Behavioral Health Network, Inc.	Jennifer Moore	Clinical Director
	Hannah Sullivan	Quality Coordinator
Berks Counseling Center	Caitlin Kammerer	Health Coach
	Jodi Lombardo	Medical Clinical Supervisor
Casa Esperanza Inc.	Jose Claudio	Outreach Worker
	Maylid Roberts	Case Manager

Organization	Attendee Name	Job Title
Catawba Community Mental Health Center	Michelle Hernandez	Nurse Practitioner
	Gertrude Stoney	Program Coordinator
Catholic Charities of the Archdiocese of Washington	Sandra Maciuba	Senior Quality Assurance Manager
	Karen Ostlie	Sr Director, Behavioral Health Services
Central Nassau Guidance and Counseling	Catherine Clarke	Project Manager
Chickasaw Nation	Melinda Stone	Prevention Specialist
Columbia Community Mental Health	Shelly Kimball	Peer Support Specialist
	Katherine McCarter	Clinical Supervisor
	Len Wynne	Counselor
Community Health Resources	Courtney Sheehan	Senior Program Director
	Peggy Winsman	Wellness Coordinator
Community Partners Integrated Healthcare	Tanisha Castilaw	Regional Director
	Sarah Germain	Director of Outpatient Services
Copeland Center for Wellness & Recovery	Pam Bennett	Program Administrator
Copper River Native Association	Sheila Hurst	Tobacco Prevention & Education
Creative Health Services	Christine Ellis	Director of Clinical Wellness Recovery Team
	Megan Hemminger	Behavioral Health Navigator
	Katie Tavares	Behavioral Health Navigator
Daily Planet Health Services, Henrico Area Mental Health & Development Services	Hannah Brady	Health Education Specialist
Family Health Centers at NYU Langone - Sunset Terrace	Jon Marrelli	Program Manager
Goodwill Integrated Health & Wellness Center	Yesenia Moreno	Intake Coordinator
House of Hope	Joni Fotheringham	Group Specialist
	Lori Weaver	Director of Operations
Indiana University Simon Cancer Center	Kayla Hsu	Community Outreach Manager
Placer County	Scott Genschmer	Program Supervisor
Riverbend Community Mental Health Center	Katherine Lipp	Director of Integrated Care
	Sheila Mullen	Community Support Program Director
State of Alaska Tobacco Prevention and Control Program	Shayla Compton	Public Health Specialist/ Health Equity Lead

Additional attendees included:

National Council for Behavioral Health (National Council)

- Taslim van Hattum
- Lindsy LoVerde

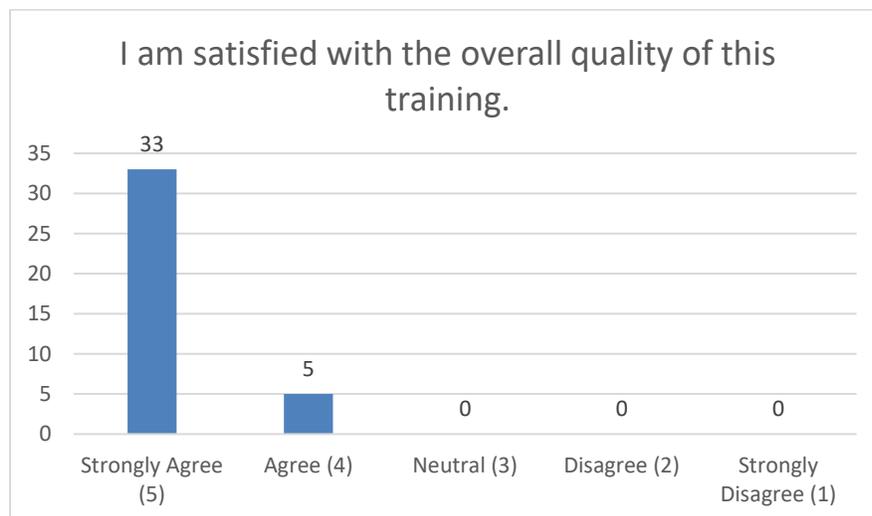
- Margaret Jaco Manecke
Smoking Cessation Leadership Center (SCLC)
- Christine Cheng
- Brian Clark
Pharmacy Partnership for Tobacco Cessation
- Frank Vitale
University of California San Francisco
- Jason Satterfield
Bridgeway Recovery Services
- Tim Murphy
Capital Consulting Corporation
- Joshua Shapiro

Training Evaluation

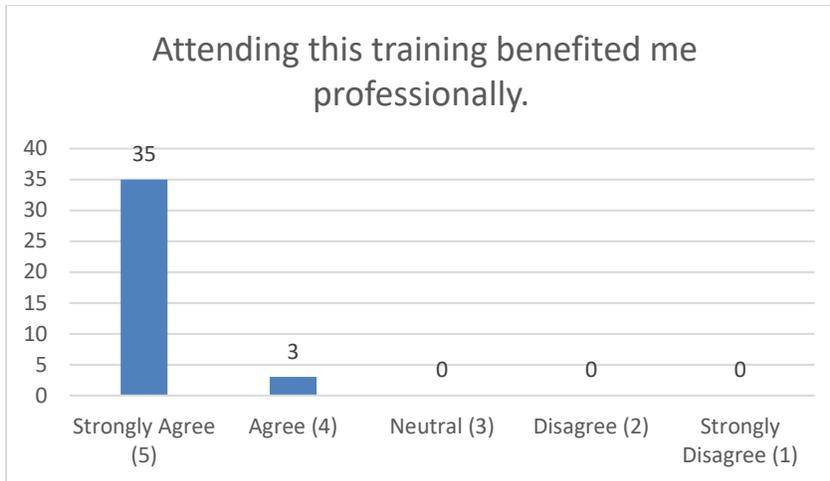
Overall, the training evaluation showed a positive attendee experience:



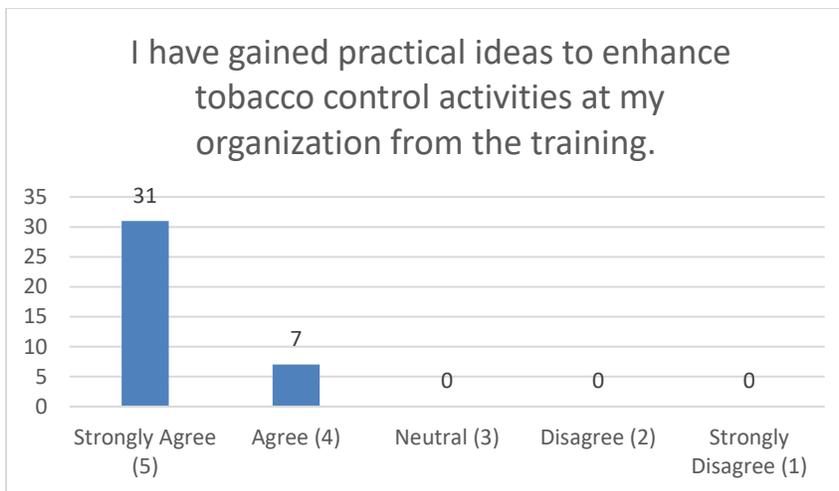
- *“Thanks so much for a really great training. I found the presenters to be top notch and I came back to my site with a lot of really good ideas. And we are ready to tackle tobacco cessation!”*
- *“It was empowering to listen to and talk with the experts that were among us.”*
- *“Great Training!!... Changed my way of thinking about tobacco cessation counseling.”*
- *“This training gave me a new lighted passion to help our clients and staff.”*



Average: 4.87
Strongly Agree (5): 87%
Agree (4): 13%
No response: 0



Average: 4.92
Strongly Agree (5): 92%
Agree (4): 8%
No response: 0



Average: 4.82
Strongly Agree (5): 82%
Agree (4): 18%
No response: 0

Attendees were asked what the most helpful part of the training was. The following themes emerged:

Peer Discussions / Networking

- *Breakout discussion was extremely useful. Brought forward many ideas to bring back to home agency*
- *Connecting with geographic peers [to discuss] similar problems and potential solutions*
- *Discussions with those that have implemented smoke-free campuses*
- *Small, regional group conversation helped expand my thinking*
- *Discussion of cultural change and having genuine discussion with leaders who have done it*

Content, Presentations and Resources

- *Practical tools to plan and implement policies to be a tobacco-free facility*

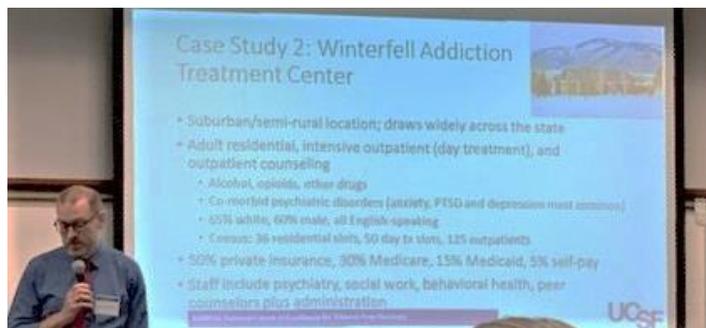
- *Fireside chat with Tim Murphy*
- *Methods of motivational interviewing*
- *Talking to your client about how to quit parts I and II [by Frank Vitale]*
- *Information on the medical consequences of tobacco use as well as drug interactions*
- *Education, improvement, and data-driven decision making*

Specific Strategies / Practice Examples

- *Specific examples of language that can be used to address tobacco use with my patient population and how to re-frame existing conversations to be a more effective practitioner*
- *Ideas at crafting the right message, resources to educate and encourage behavioral health providers to address tobacco*
- *Information about how to approach conversations about quitting*
- *The strategy for implementing smoke free philosophies*

Facilitation/Speakers and Group Composition

- *The exceptional training faculty and highly engaged group*
- *Jason, Frank, and Taslim were such dynamic and engaging speakers*
- *The shared experience of facilitators and national network information*
- *All presenters were so knowledgeable and informative, super eye-opening*



Attendees were asked what one action they will take upon returning to their state and/or organization as a result of what was learned at the training. The following themes emerged:

Tobacco-Free Policy Planning and Leadership Buy-in

- *Develop formal action plan with other stakeholders for going smoke-free*
- *Engage leadership and build a strong tobacco free committee using square root guide with multi-disciplinary group*
- *Begin to solicit from staff and clients' initial reactions about the idea of going tobacco free and about providing tobacco free services*
- *Meet with our senior leadership to review training and identify timeline for implementing tobacco free workspaces and smoking cessation initiatives*
- *Be more of a champion, and try harder to get buy in from our psychiatrists, who currently do not see themselves as helpful in tobacco cessation*

Staff/Client Education and Training

- *...Begin staff education and client education as the [tobacco-free] policy is being written. I will also deliver/provide education on smoking and the metabolism of days with the providers*
- *Share steps with DIA staff on how tobacco cessation can improve recovery*
- *Introduce the tools/resources of the training into the TFC (Alaska) nicotine addiction and behavioral health LEAD workgroup.*
- *Reach out to my friends who smoke and connect them with resources, quit line, and describe NRTs*
- *I will be more vocal to the providers in my organization about referring patients to me for smoking cessation with the goal of raising the priority level of cessation services to the same level as DM or CVD management*

Tobacco Cessation Support Services and Practice Improvement

- *Integrate tobacco screening data into vitals collection*
- *Begin offering incentives and rewards to our clients, better use of motivational interviewing and divide our clients according to the stages of change model*
- *Implement smoking cessation groups*
- *Look up S-KAP [smoking knowledge, attitudes, and practices] questions and adapt to a needs assessment. Utilize templates for process improvement. Goal setting and appropriate measures.*

Appendix: Speaker Biographies

Christine Cheng

Partner Relations Director, Smoking Cessation Leadership Center (SCLC) at the University of California, San Francisco

Christine Cheng is responsible for providing strategic leadership, management, administration, planning, and organization of all phases of the provision of outreach to accomplish SCLC's objectives across its local, state, and national network of partners. She also serves as the senior advisor to the deputy director on all aspects of SCLC's partnerships. Prior to joining the SCLC in November 2007, Christine held several roles (project specialist, data/training specialist, research associate) at two senior health services agencies in San Francisco. Christine attended the University of California, Santa Cruz.

Tim Murphy

CEO, Bridgeway Recovery Services

Tim Murphy has over 30 years of experience treating individuals with mental illness and substance abuse issues. He has served as the Administrative Director of Psychiatric Services at Salem Hospital, and was one of the founders of Liberty House, a Child Abuse Assessment Center. From 2005 to 2008, Tim was on the faculty of the National Technical Assistance Center, and he also served as a national educator and trainer for SAMHSA. Prior to establishing Bridgeway Recovery Services, Tim was the Chief Executive Officer of Maui Youth and Family Services on the island of Maui, HI. He is also the co-author of "Restraint and Seclusion: The Model for Eliminating their Use in Healthcare."

Jason Satterfield, PhD

Professor of Clinical Medicine at the University of California, San Francisco

Jason Satterfield is a psychologist with experience in both individual and group therapy. His expertise encompasses diagnosing and treating mood disorders, helping patients adjust to chronic medical or stress-induced illnesses, psychological care of patients with HIV, stress management, end-of-life care and coping with loss. He also teaches behavioral medicine to UCSF primary care residents. In research, Satterfield is a co-investigator on studies looking at end-of-life care, group therapy and mood management. Satterfield earned his doctorate in psychology at the University of Pennsylvania. He completed a fellowship in psychology at UCSF.

Frank Vitale, MA

National Director, Pharmacy Partnership for Tobacco Cessation

Frank Vitale has worked in the field of smoking cessation research as a Health Educator, then as Clinic Coordinator for the Lung Health Study, researching the differential effects of smoking cessation and an inhaled medication (Atrovent) on the prevention of COPD in identified high risk individuals. He has run numerous groups for the I Quit Project of the Smoking Research Group at the University of Pittsburgh as well as designed the intervention for some of these programs. He counseled over one thousand individuals by phone for the Smoke Free Challenge, a smoking cessation program run by the Health Education Center of Blue Cross of Western Pennsylvania. Frank is currently the National Director of the Pharmacy Partnership for Tobacco Cessation, a project dedicated to creating and disseminating tools and trainings to help pharmacists become involved in cessation counseling with all patients who use tobacco. Frank received a B.A. in Liberal Arts from St. Vincent College and a Master's Degree in Psychology from Duquesne University.