

# Syllabus

(Required for all education offering CAMFT and/or CCAPP Credit)

**Title:** SCLC-NBHN Masterclass: Integrating Co-Treatment in Tobacco Cessation: Tobacco & Behavioral Health Masterclass

**Place:** Online via Zoom

**Date:** Thursday, March 18, 2021

**Time:** 1:00 - 3:30 pm EST

## **Brief overview/Description:**

Integrating Co-Treatment in Tobacco Cessation: Tobacco & Behavioral Health Masterclass  
Thursday, March 18, 1-3:30 pm ET

Although individuals with mental illnesses and substance use disorders account for 40% of adults who use tobacco, tobacco treatment is often overlooked in addiction treatment settings. Evidence suggests that clinical care and policies that facilitate co-treatment are an expedient means of delivering healthcare to individuals that result in better health for the population while also meeting patients' substance abuse disorder recovery goals. Individuals who receive treatment to address tobacco use simultaneous with other substance use have a 25% greater chance to sustain their recovery.

## **Instructor Information (title and professional credentials):**

- Chad Morris, PhD, Director, Behavioral Health & Wellness Program
- Jim Pavlik, MA, Senior Program and Policy Analyst, Behavioral Health & Wellness Program

## **Educational Goals**

By attending this training, participants will leave with a greater understanding of the prevalence of nicotine dependency in mental health and addiction treatment settings, discuss the clinical workflow and policy implications for concurrently addressing the tobacco and opioid epidemics, and address barriers and develop realistic clinical and health system change goals for co-treatment of nicotine dependency and other addictions.

## **Measurable Learning Objectives**

In the Tobacco & Behavioral Health Workshop, University of Colorado- Anschutz Medical Campus subject matter experts Chad Morris, PhD, director, Behavioral Health & Wellness Program and Jim Pavlik, MA, senior program and policy analyst, Behavioral Health & Wellness Program, will help participants be able:

1. Describe the high rates of co-use of nicotine and other addictive drugs.
2. Outline at least three reasons why nicotine treatment should be offered to individuals seeking treatment for other behavioral health conditions.
3. Identify at least two existing agency resources that can be applied to co-treatment of nicotine and other addictive drugs

## **Outline with Main Points for each topic**

1. **The Growing Burden of Overlapping Epidemics**

- a. While tobacco use has declined for the general population-this is not the case for those receiving substance abuse treatment
  - b. The use of many substances has seen recent increases. This includes opioids, with use doubling since 2002.
2. **Strategic Alignment**
- a. Organizations already providing substance use disorder treatment possess many important resources that can be concurrently directed toward nicotine dependence treatment.
  - b. Nicotine is associated with, causes, or exacerbates many mental health and substance use related conditions. Treating clients for nicotine addiction supports clients' recovery and overall substance use disorder treatment objectives.
3. **Identifying Opportunities for Co-treatment**
- a. Co-treatment is aligned with behavioral health agencies' recovery missions
  - b. Clients desire nicotine recovery support to be integrated in polysubstance treatment.
  - c. With evidence-based treatment and support, clients can quit nicotine use.

### Method of Evaluation

- A post-activity set of evaluation questions, including an assessment of the learning objectives
- Other: Please describe: