

# Tobacco Dependence Screening and Treatment in Behavioral Health Settings

## Counseling for Tobacco- Use Disorders

# OBJECTIVES

## As a result of this training, participants will be able to:

- Develop and understanding of why counseling services related to tobacco use should be provided to individuals in behavioral health treatment
- Describe how a client's stage of change with regard to tobacco use will impact the treatment strategies that a counselor employs in treating tobacco
- Identify the basic skills of motivational interviewing and apply them to the treatment of tobacco use
- Develop the knowledge, skills and abilities necessary to develop a tobacco quit plan
- Identify relapse prevention strategies and apply them to the treatment of tobacco use

# AGENDA

- Welcome, Introductions, Goal and Objectives
- Counselors Role in the Integration of Tobacco Use Disorder Treatment into Behavioral Health Settings
- Trans Theoretical Model (TTM) and Counseling Strategies
- Counseling Skills Practice: Strategies for Engaging Clients in Pre-contemplation and Contemplation
- Creating a Quit Plan and Preventing Relapse: Providing Services to Clients in Preparation, Action and Maintenance
- Case Studies: Putting It All Together
- Closing

# WELCOME & INTRODUCTIONS

Please share your:

- Name
- Agency
- Role

# COUNSELORS' ROLE IN THE INTEGRATION OF TOBACCO USE DISORDER TREATMENT INTO BEHAVIORAL HEALTH SETTINGS

# Chronic Relapsing Illness

- Treat as a chronic relapsing illness
- Few people quit successfully without treatment
- To maximize success, combine pharmacotherapy and counseling
- Treat for as long as it takes
- Treat to target-no withdrawal symptoms

# BEHAVIORAL HEALTH PROVIDERS

- Already have the required skill set to help clients with their tobacco use
  - Problem-solving
  - Coping with difficult situations/emotions
  - Avoiding high risk situations

What you fail to say sends a message

# OVERVIEW OF TRANSTHEORETICAL MODEL: ASSESSING TOBACCO DEPENDENCE AND CLIENTS' READINESS & MOTIVATION TO QUIT



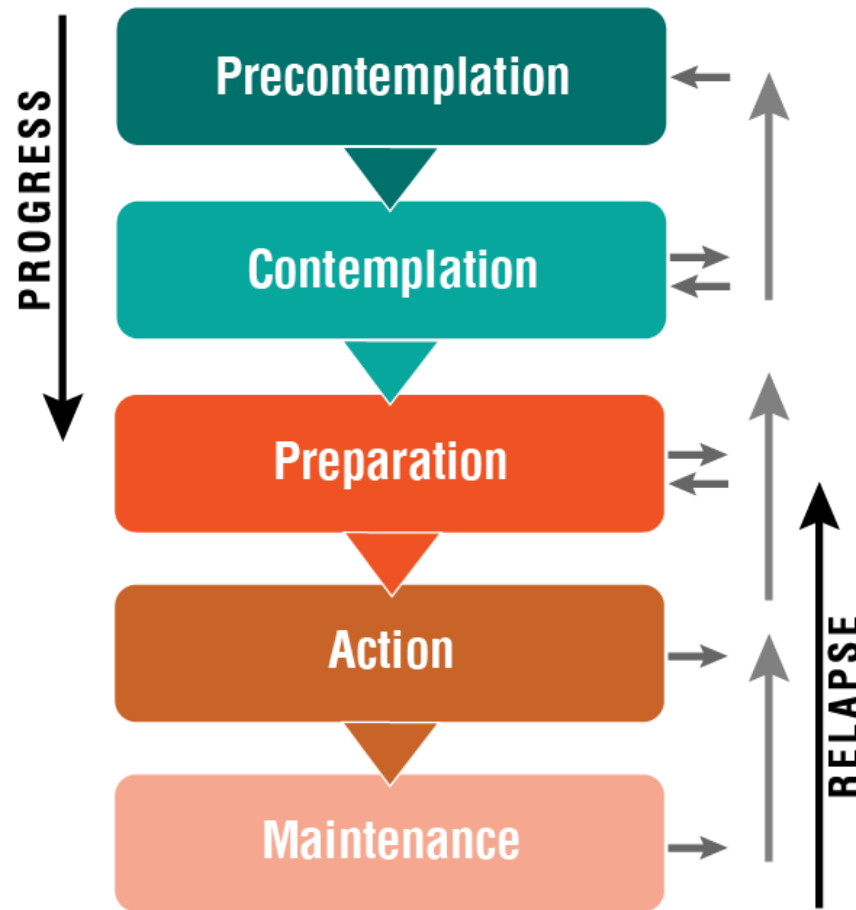
# OVERVIEW OF TRANSTHEORETICAL MODEL (TTM):

- ASSESSING TOBACCO DEPENDENCE & CLIENTS  
READINESS AND MOTIVATION TO QUIT

# STAGES OF CHANGE MODEL

- Developed by Prochaska and DiClemente
- Behavior change does not happen in one step, but in stages
- An individual progresses through the stages at their own pace, depending on their goals and sources of motivation

# THE STAGES OF CHANGE



# PRECONTEMPLATION

There is no intention to change behavior in the foreseeable future:

- Others are aware of problem
- Unaware or under-aware
- Change due to outside pressure
- No plans to change (6 months)
- Coerced by others to change

# CONTEMPLATION

Aware that a problem exists and begins to think about overcoming it:

- No commitment
- Struggles with loss
- Decisional-balancing
- Can get stuck and remain so

# PREPARATION

## Making Plans for the intended change:

- Intending to take action within 30 days
- Taking steps/making plans
- May/may not have taken unsuccessful action in past year

# ACTION

Modification of behavior, experiences, or environment in order to overcome problem behavior

- Taking an action is not being in action
- Runs from one day to six months
- Requires Considerable Commitment

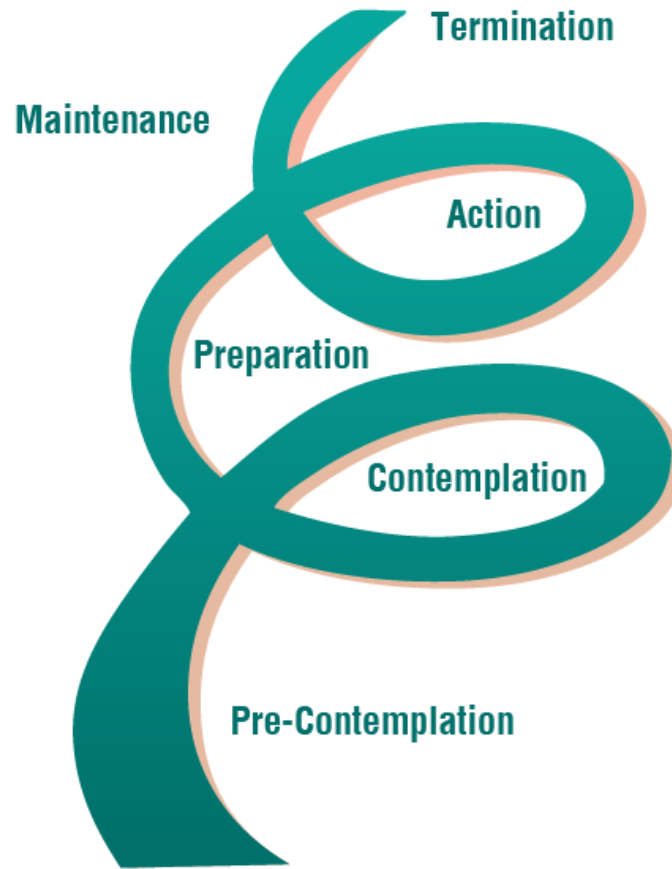
# MAINTENANCE

Integrated the new behavior into present lifestyle

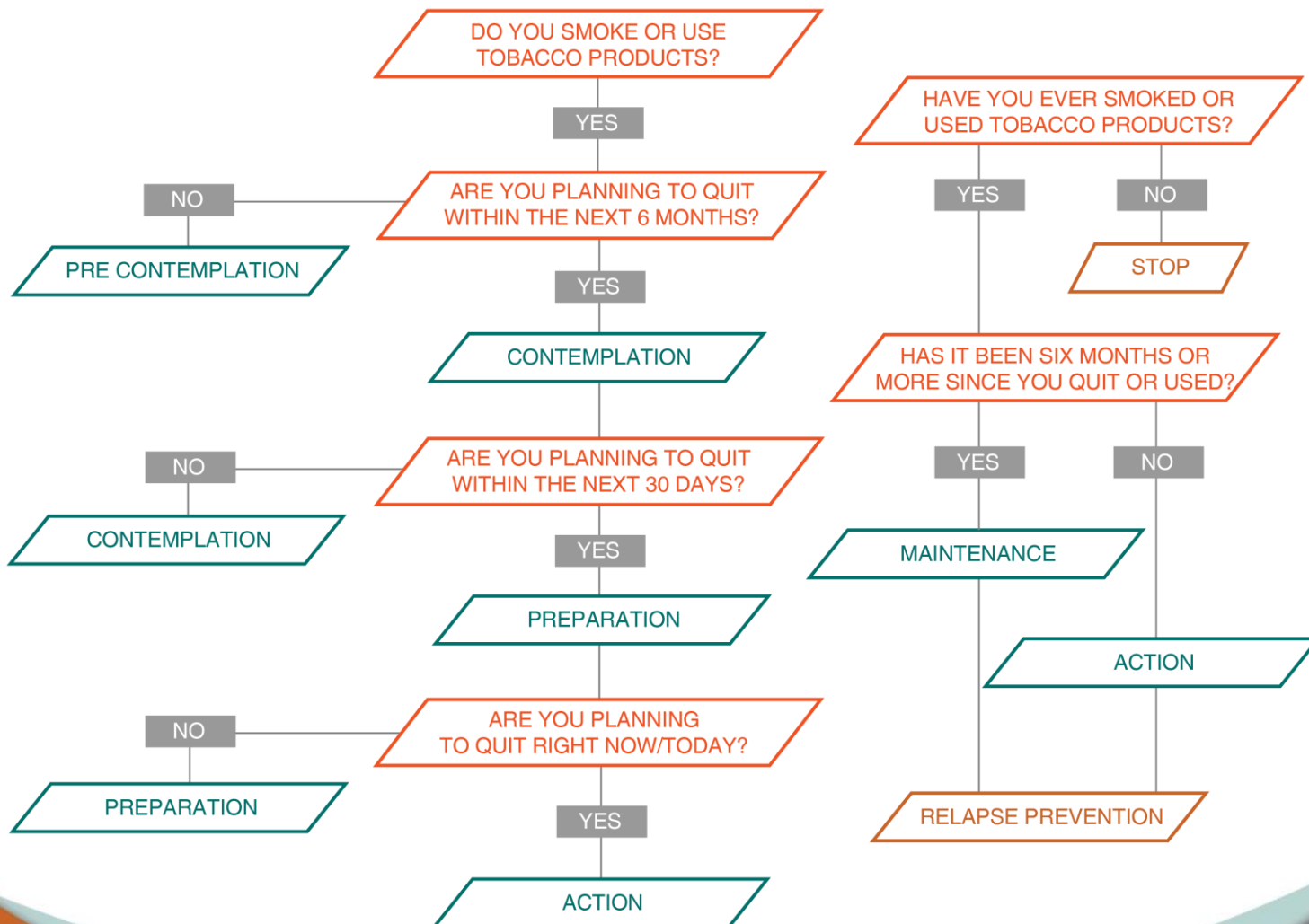
- More than six months
- Stabilizing change
- Avoiding relapse
- Can last a lifetime



# THE STAGES OF CHANGE



## STAGING ALGORITHM FOR TOBACCO DEPENDENCE



## Intervention based on the Stages of Change

- Pre-contemplation - Motivational Interviewing
- Contemplation – Motivational Interviewing
- Preparation – Motivational Interviewing
- Action – Cognitive Behavioral Therapy
- Maintenance – Cognitive Behavioral Therapy

# COUNSELING SKILLS PRACTICE OPEN-ENDED QUESTIONS AND AFFIRMATIONS

# MOTIVATIONAL INTERVIEWING

- Developed by Miller and Rollnick
- Person-centered approach
- Utilized in multiple settings
- Most effective working with individuals in pre-contemplation and contemplation

# O. A. R. S.

- **O**pen-ended Questions
- **A**ffirmations
- **R**eflective Listening
- **S**ummarizing

# OPEN-ENDED QUESTION STEMS

- How...
- What...
- Tell me...
- In what ways...

# OPEN-ENDED QUESTIONS ACTIVITY



# AFFIRMATIONS

- Statement of understanding and appreciation for something someone has tried, done, or achieved
- Genuine and honest
- Positive
- Encouraging

# AFFIRMATIONS

- Make someone feel good and recognized
- Recognize efforts, experiences, and feelings;  
this can include intent
- Build rapport

# AFFIRMATIONS ACTIVITY

# CREATING QUIT PLANS AND RELAPSE PREVENTION PLANS PREPARATION, ACTION AND MAINTENANCE

# QUIT PLAN

- Set a quit date
- Putting support systems in place
- Review reasons for quitting
- Discuss previous quit attempts
- Plan for managing trigger

# Tobacco Use Triggers

- Internal Triggers
- External Triggers
- High Risk Situations

# DEALING WITH TRIGGERS

- Coping Strategies
- Social Support

# THANK YOU!