

Partnership for a Tobacco-Free Maine

Webinars

A series of five webinars is being offered by Maine DHHS, Maine CDC, Partnership for a Tobacco-Free Maine. There is no charge for attendance of these webinars. These webinars will be conducted from noon to 1PM. Here is the current schedule:

11/12/14 Case Studies: A Peek Into the Process of Intensive Tobacco Treatment (Martha Seabury, RN, TTS-C): Cases from the former PTM-funded Tobacco Treatment Center will be selected to illustrate some of the typical (and atypical!) situations that arise in the context of delivering intensive tobacco treatment. Martha will demonstrate the use of how Motivational Interviewing and Cognitive Behavioral Therapy skills can be used to support persons in their quit attempt. To register: <https://www2.gotomeeting.com/register/650928018>

12/10/14 When a Treatment Plan Goes Off the Rails (Maggie Miller, MA, TTS-C and Shaun Taudvin, BS): When treatment goes off the rails, the initial treatment plan has not resulted in a successful quit, but inevitably, some learning has occurred. At this point, two things need to happen: 1) elicit from the client what happened, and; 2) based on the discovery of circumstances around roadblocks, triggers and detours, client and counselor can revise the treatment plan. In the next hour, we will share our ideas for engaging the client in this process of information gathering and generation of a revised quit plan. There will be 10 minutes allowed at the end of the presentation for questions. To register: <https://www2.gotomeeting.com/register/589753642>

1/14/15 Concurrent Use of Tobacco and Marijuana (Fred Wolff, LADC, TTS-C): In this webinar we will discuss the prevalence of co-use of marijuana and tobacco and its implications for treatment of tobacco dependence. We will explore relative harm of use of these substances, impact on dependence, attitudes and beliefs – and efficacy of co-treating both tobacco and marijuana use disorders. To register: <https://www2.gotomeeting.com/register/815755426>

2/11/15: Updates on the Electronic Cigarettes (Matthew P. Bars, MS, CTTS):

Electronic cigarettes (e-cigs) have attained sales of over \$2 billion yet little more is known than when they were first introduced. Despite the all unanswered questions, consumer use continues unabated. Some recent findings may help the tobacco treatment professional navigate a therapeutic and cogent response to the smoking patient interested in e-cigs. The landscape is further complicated with the introduction of so-called "mods". "Mods" or modifications to factory manufactured e-cigs may result in more effective pulmonary delivery of nicotine but also create more uncertainty in an already complicated and uncertain environment. Recent literature in the area will be reviewed with a focus on what does the tobacco treatment profession say and do with this precarious clinical situation. To register: <https://www2.gotomeeting.com/register/417621426>

3/11/15: Tobacco Treatment with the Behavioral Health Population: Special Considerations (Sandi Kazura, MD) :

People with mental health and/or other substance use disorders are much more likely to use tobacco than people in the general population, but are just as interested in quitting. Dr. Kazura will discuss case examples of treating tobacco use in people in outpatient and inpatient behavioral health settings. She will provide tips for assessing needs and tailoring treatment to help people be successful with quitting without worsening their quality of life. To register: <https://www2.gotomeeting.com/register/285939538>



Paul R. LePage, Governor

Mary C. Mayhew, Commissioner