



2015/ 2016 Webinar Series

This series of seven webinars are being brought to you by the MaineHealth Center for Tobacco Independence on behalf of the Maine Center for Disease Control & Prevention- Partnership for a Tobacco-Free Maine. These webinars will be conducted from 12:00 pm to 1:00 pm and are free of charge.

November 17, 2015

Use of First Line Medications in Tobacco Treatment

Speaker: Rebecca Hitchcock, RN, TTS-C

Using decisional support tools we will review considerations for use of first line pharmacologic aids, applying the decisional support considerations for tobacco treatment. We will be discussing contraindications, side effects, dosing, potential adverse events and use of combination medications. Patient/client scenarios will be discussed.

To register: <https://attendee.gotowebinar.com/register/3100090996313259010>

December 1, 2015

Integrating Tobacco Treatment into Behavioral Health Sites: What Works

Speakers: *Toby Simon, Tobacco Treatment Educator & Tamara Herrick, Tobacco Treatment Educator*

People with mental health and/or other substance use disorders are much more likely to use tobacco than people in the general population, yet only about 1 in 4 mental health centers offer tobacco treatment services to clients. People with behavioral health disorders are just as interested in quitting, want information and resources to help them quit and *can* successfully quit using tobacco.

This webinar will provide tips for assessing tobacco use and tailoring treatment to help people with behavioral health disorders be successful in quitting without worsening their quality of life. Case examples of treating tobacco use in behavioral health residential and community-based settings will be discussed.

To register: <https://attendee.gotowebinar.com/register/5768463879927994114>

January 21, 2016

Relapse

Speakers: *Shaun Taudvin, B.A., B.S., TTS-C & Keith Walker, LCSW, CADC, TTS-C*

Relapse of tobacco use is common among tobacco-users who enroll in the MTHL service. It is simply a part of the process of learning to quit for many tobacco users. When it comes to relapse, many tobacco users feel guilty, defeated, or that it's inevitable that they will not be able to stay quit. In this session, we will discuss normalizing relapse and how to plan for a new quit attempt with renewed behavioral and cognitive strategies. We will discuss preparing for possible triggers and cravings that can lead to relapse. Please join us to learn about these and other questions concerning relapse.

To register: <https://attendee.gotowebinar.com/register/1029775472399797506>

February 10, 2016

Electronic Cigarettes: An Update

Speakers: *Fred Wolff, LADC, TTS-C & Caitlin Walsh, M.A., TTS-C*

Messages which promote use of the e-cigarette portray the product as a safe alternative to smoking cigarettes. Many healthcare professionals characterize the e-cigarette as a potentially harmful product which they fear will divert smokers from quitting tobacco. Consumers may feel intrigued but also confused as to what to think. In this session, we will objectively review the facts – both what is known and unknown - and discuss approaches to working with clients who may be using or considering use of this product.

To register: <https://attendee.gotowebinar.com/register/1797196105680815874>

February 24, 2016

In the trenches – Conversations with Clients about Tobacco Treatment Medications

Speakers: *Martha Seabury, RN, TTS-C and Debra Andrews, TTS-C*

Do you ever struggle with how to respond to questions about Tobacco Treatment Medications? Join Debra Andrews, TTS-C and Martha Seabury, RN, TTS-C as they share experiences from the field. This Webinar will review common (and not so common) questions and comments from clients about tobacco treatment medications, and evidenced-based responses from the provider.

To register: <https://attendee.gotowebinar.com/register/8981351205587630594>

March 23, 2016

Working with Pregnant Tobacco Users

Speakers: *Barbara Perry RN, TTS-C and Kelley Bowden, MS, RN, Perinatal Outreach Nurse Educator*

Smoking is the one of the most important modifiable causes of maternal, fetal and infant mortality and morbidity in the United States. Healthcare workers can have a significant impact on pregnancy outcomes by delivering effective and compassionate intervention when working with pregnant women who use tobacco. Please join us for a discussion about effective smoking cessation strategies and techniques providers can use to support perinatal smoking cessation.

To register: <https://attendee.gotowebinar.com/register/9147125673194080257>

April 14, 2016

Cardiac issues and tobacco use – things to consider

Speakers: *Martha Seabury, RN, TTS-C & Maggie Miller, TTS-C*

Do you wish you had a better understanding of the relationship between cardiac conditions, tobacco use, and nicotine replacement? This Webinar will review the impact of tobacco use in relation to common cardiac conditions. We will also discuss the nicotine replacement therapy Use Exclusions the Maine Tobacco Helpline uses when working with callers, and considerations when selecting tobacco treatment medications.

To register: <https://attendee.gotowebinar.com/register/4036539552223654401>

**Please contact Pam Craig-Parker at craigp@mainehealth.org or 662-7155,
if you have any questions.**