

**Nicotine  
Dependence  
Treatment  
Training**



*a program of*  
**Alameda County  
Alcohol, Tobacco  
and Other Drug  
NETWORK**

**Cathy McDonald, MD, MPH  
Lead Trainer**

blue section:

## **Why Address Nicotine in Drug Treatment?**

*Following the Pioneers*, Dr. John Slade

*Compelling Reasons to Address Tobacco/Nicotine Dependence During Treatment for Alcohol*

*Steps to Becoming Tobacco-Free for Addictions Treatment Programs, Addressing Tobacco*

*Tips for Developing a Tobacco Policy and Timeline*

*New Residential Licensure Standards Establish Parity for Tobacco (for New Jersey)*

*Mortality Following Inpatient Addiction Treatment (abstract)*, Dr. John Hurt

*Tobacco and Treatment Issues*, Nicotine Challenger

*Smoke Screen*, Bernice Order-Connors

*Research Update*, Hazelden Institute

*Alcohol Alert*, National Institute on Alcohol Abuse and Alcoholism

*Panelist Comments*, ATOD NETWORK

*Stress Reduction Brochure*, Thunder Road

*NIDA Reports...Smoking May Contribute to ... Use of Cocaine and Heroin*, Today's News

*Tobacco Mortality Toll*, BB Exercise

orange section:

## **Secondhand Smoke, Client Assessment and Pharmacological Interventions**

*Nicotine Dependence and Treatment*, Cathy McDonald

*MediCal Guidelines*

*Flow Chart of MediCal Process to Obtain NRT*, California Smokers' Helpline

*Cessation Group Certificate*

*US Public Health Guideline for Treating Tobacco Use and Dependence*

*Stop Smoking Checklist*, DeNelsky and Plesac

*Secondhand Smoke Risks*

*The Doctor's Page: Research Reviews/Cessation Information*, Cathy McDonald, MD, MPH

yellow section:

## **Stages of Change / Nicotine Treatment Planning**

*Stages of Readiness for Change*, Prochaska and DiClemente

*Mayo Nicotine Treatment Plan Components, Addressing Tobacco*

*What Works When You're Ready to Quit Smoking*

*NicoTeen Freedom Brochure*, Cathy McDonald

*Treatment Plan for Tobacco/Nicotine*, Thunder Road

*Treatment Plan Assignments*, Thunder Road

*Example: What I Like and Dislike About Smoking and Chewing*, Thunder Road

*Example: Smoking Urges and How I Coped*, Thunder Road

*Example: Powerlessness and Unmanageability Assignment*, Thunder Road

*Physical and Psychological Nicotine Dependence Assessment*, Thunder Road

*Family Nicotine Cessation Plan*, Thunder Road

*Household Nicotine Cessation Plan*, Thunder Road

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## **Motivating Clients to Quit/Smoking Cessation**

*Motivational Interviewing*, Dr. Cathy McDonald

*Change Plan Worksheet*

*Smoking Cessation in Recovering Alcoholics*

*Evaluation of Three Smoking Interventions in Recovering Alcoholics*, Dr. John Martin

*Suggested Protocols for Specific Populations*

*NicoTeen Freedom*

*Tobacco Use Record, Am.Cancer Society Freshstarts Program*

*Benefits of Quitting Handout*

*Daily Mood Scale and List of Pleasant Activities*

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### **Smoking and Mental Illness**

*Smoking and Mental Illness Prevalence Study*  
*Treating Nicotine Addiction in Patients with Psychiatric Co-Morbidity*, Michael P. Resnick  
*Tobacco Cessation Among Patients with Depression* (abstract), Lirio S. Covey, PhD  
*Smokers with Psychiatric Co-Morbidity and/or Chemical Dependency*,  
U.S. Dept. of Health and Human Services 2000 Guidelines  
*Suggested Articles on Smoking and Mental Illness*, Addressing Tobacco  
*Smoking Cessation for Mental Health Clinics*, Thomas Morrissey, M.D.  
*Informed Consent for "I Quit Smoking Program,"* Garfield Neurobehavioral Center  
*Smoking Safety Assessment and Shadowing Trail*, Garfield Neurobehavioral Center  
*Client Nicotine Dependence/Cessation Problem Form*, Garfield Neurobehavioral Center

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### **Tobacco/Pregnancy and Children**

*Smoking Cessation During Pregnancy*, Am. College of Obstetrics and Gynecology  
*Risk Factors and Maternal Smoking and Child Development*  
*Smoking and Pregnancy Handout*  
*Smoking: You and Your Child*  
*Two Good Reasons for Not Smoking*

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### **Tobacco and Adolescents**

*Intentions to Quit Smoking in Substance-Abusing Teens Exposed to a Tobacco Program*  
*Tobacco Policy Statement*, American Academy of Pediatrics  
*Tobacco Fact Sheet for Teens*  
*Ten Tips for Parents of Teens who Smoke*

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### **Resources**

*Recommended Materials*, ATOD NETWORK  
*Nicotine Anonymous Meeting Schedule for Northern California*  
*Addressing Tobacco Order Form*  
*TECC Order Form*  
*Tobacco Information, Resource and Advocacy Websites*  
*Tobacco Free Pledge – Smoke-Free Homes and Cars*

*Nicotine Dependence Treatment Training Syllabus*  
*compiled by the Alameda County ATOD NETWORK*  
*Project Director, Cathy McDonald, MD, MPH*  
*Judy Gerard, Project Coordinator*

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*ATOD NETWORK Program*  
*funded through Proposition 99 Tobacco Tax Initiative April 1998 - June 2001*  
*Alameda County Master Settlement Agreement Funds beginning July 2001*  
*latest revision, June 2002*