



Training Navy Tobacco Cessation Facilitators Guidelines



Requirements

- * Facilitators are tobacco free for at least six months, with one year of abstinence preferred.
- * Required formal classroom training for new facilitators is a minimum of one day, with a day and a half suggested, provided by a multidisciplinary medical training team.
- * Only evidence based and empirically validated programs are to be used for nicotine addiction treatment and training. If questions arise, then consult with NMCPHC for guidance and approval.
- * New facilitators agree to provide quality care, obtain consultation and supervision and if it all possible co-facilitate with an experienced Tobacco Cessation Facilitator.

Key Training Areas

- * Addiction and drug dependence
- * Behavior change
- * Counseling and helping skills
- * Facilitating skills
- * Role Playing
- * Group process and issues
- * Assessment and treatment and treatment strategies
- * Relapse prevention and management
- * Pharmacotherapy and uses of medications
- * Education regarding tobacco health effects, benefits of quitting, managing distress and moods, quitting processes, eating and weight issues, and co-morbidity.
- * Professional issues- boundaries, confidentiality, limits and scope of practice, therapeutic relationships, consultation and referrals.
- * Review of and step by step group procedures and counseling processes.
- * Follow up of patients, collecting and reporting of outcome and tobacco program data.