

Tobacco Dependence Screening and Treatment in Behavioral Health Settings

Effective Treatment Planning

OBJECTIVES

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

- Identify various elements of a treatment plan and how they apply to the treatment of tobacco use
- Identify treatment interventions that can be utilized in the treatment of tobacco use
- Complete treatment plans that effectively address tobacco use

AGENDA

- Welcome, Introductions, Goal and Objectives
- Elements of a treatment plan
- Tobacco use treatment interventions
- Creating effective treatment plans for tobacco use
- Closing

WELCOME & INTRODUCTIONS

Please share your:

- Name
- Agency
- Role

TREATMENT PLANNING BASICS

Basis of the Treatment Plan

- Based on findings in the assessment
- Only areas identified as problematic are addressed
- Takes into account the strengths, abilities, and preferences of the client.
- Treat for as long as it takes
- Developed in collaboration with the client.

When to Address Tobacco Use

- When a client is a current tobacco user?
- When the client has never used tobacco?
- When the client has a history of tobacco use and last used six months ago?
- When the client has a history but hasn't used in two years?
- When a client states that they don't want to stop using tobacco?

Purpose of the Treatment Plan

- Helps organize client treatment and therefore make it more effective
- Helps to justify the provision of services to payors
- Allows client to be active participant in determining what and how things will be addressed during treatment

Elements of a Treatment Plan

- Problem Statement-Defines rationale for addressing specific area
- Long-Term Goal-Represents a resolution of the problem
- Short-Term Goal-Specific, measurable steps client will take to reach problem resolution
- Interventions-Services counselor will provide to support short-term goal acquisition

Stages of Change and Treatment Planning

- Pre-contemplation
- Contemplation
- Preparation
- Action
- Maintenance

How does the stage of change a client is in impact the treatment planning process?

Stages of Change and Treatment Planning

- The stage of change an individual is in with regard to tobacco will help determine which treatment interventions are appropriate

Stages of Change and Treatment Planning

- Pre-contemplation and Contemplation
 - Motivational Interviewing
- Preparation, Action and Maintenance
 - Pharmacological Interventions
 - Cognitive Behavioral Therapy
 - Relapse Prevention Therapy

ACTIVITY-ELEMENTS OF A TREATMENT PLAN

Tobacco Use Treatment Interventions

- In small groups, write down as many different interventions to address tobacco that you can think of
- Be as specific as possible

Tobacco Use Treatment Interventions

- Nicotine Gum
- Nicotine Lozenge
- Nicotine Nasal Spray
- Nicotine Patch
- Nicotine Inhaler
- Bupropion
- Varenicline

Tobacco Use Treatment Interventions

- Motivational Interviewing
- Cognitive Behavioral Therapy
- Relapse Prevention Therapy
- Individual Counseling
- Group Counseling
- Contingency Management
- Peer Recovery Support
- Mindfulness

Case Study # 1

- Now let's review a case study and work together to create a treatment plan addressing the tobacco use

Case Study # 2

- Now you will have an opportunity to complete a treatment plan for tobacco use independently

Case Study # 3

- Practice creating a treatment plan individually one more time using a case study

THANK YOU!