



**KANSAS HEALTH**  
FOUNDATION

**Tobacco & Behavioral  
Health: A State Approach**

**December 2-4, 2020  
Online Training Opportunity**

# Welcome!

## Tobacco and Behavioral Health: A State Approach

The Kansas Department of Health and Environment, Bureau of Health Promotion, and the Kansas Health Foundation convened this training to continue statewide work in treating tobacco dependence in the behavioral healthcare setting. We believe a key strategy to improving the health of all Kansans is reducing the number of people who smoke and/or use tobacco products. We also know that smoking rates among individuals with behavioral health issues are twice as high as the general population and this is a preventable health disparity in our state.

There are several groups participating in this training. The KDHE Bureau of Health Promotion has a competitive yearly grant program, Chronic Disease Risk Reduction (CDRR). The grant focuses on reducing chronic disease in communities throughout the state by promoting tobacco prevention, quitting tobacco use, and healthy living. For the SFY2022 grant year, all grantees will have a common work plan of promoting the Kansas Tobacco Guideline for Behavioral Healthcare in their communities and supporting their local behavioral health organizations in implementing the Guideline. There are currently 24 CDRR grantees who cover 42 counties.

Through the Tobacco Treatment and Recovery in the Behavioral Health System Initiative, the Kansas Health Foundation funds 7 organizations to build capacity for tobacco treatment via intensive, peer-focused and targeted training opportunities for behavioral health providers and peers in the state of Kansas. Phase II of this initiative includes expansion of the work, which NAMI Kansas has achieved by providing 14 mini-grants to organizations who are also participating, today. NAMI Kansas also hosts the Kansas Behavioral Health Tobacco Working Group, of which many of you contribute. The Working Group has had multiple successes in the past few years, including enhancing tobacco cessation benefits for KanCare recipients.

We are thrilled to have you with us today to explore new partnerships, and we applaud your willingness to engage in supporting tobacco cessation at your own organization and community. We hope you will leave this workshop with the resources you need to initiate and/or strengthen your approaches to reducing tobacco use among those you serve, employ and support. Partners like you make a healthier Kansas for all possible.

## Sessions Schedule

	General Sessions	Breakout Sessions	Breakout Sessions
<b>Wednesday</b>		<b>December 2nd</b>	
1:00 - 2:00 PM	<b>Keynote Speaker:</b> Dr. Jill M. Williams		
2:00 - 2:15 PM	..... <b>Break</b> .....		
2:15 - 3:15 PM		Coalitions and Community: Making the Most Out of Your Partnerships	Motivational Interviewing for Treating Tobacco: Overview of Core Skills
3:15 - 3:30 PM	..... <b>Break</b> .....		
3:30 - 4:30 PM		Kansas Tobacco Guideline for Behavioral HealthCare: Lessons Learned in Assessment & Implementation	Motivational Interviewing for Treating Tobacco: Implementing Skills
<b>Thursday</b>		<b>December 3rd</b>	
1:00 - 1:30 PM	An overview of the University of Kansas (KU) Tobacco Treatment Education Program		
1:30 - 2:00 PM	..... <b>Break</b> .....		
2:00 - 3:00 PM	E-Cigarettes 101: What, Who, Why & What it Means For Your Patients' Health		
3:00 - 3:30 PM	..... <b>Break</b> .....		
3:30 - 4:30 PM	More Than A Call: A Targeted Quitline Protocol for People Living With Behavioral Health Conditions		
<b>Friday</b>		<b>December 4th</b>	
9:45 - 10:45 AM		Wellness Committees: The Foundation for Tobacco Treatment Initiatives	Tobacco Cessation Documentation and Billing
10:45 - 11:00 AM	..... <b>Break</b> .....		
11:00 - 12:30 PM	Tobacco Treatment & Biochemical Quantification of Tobacco Consumption		

# Agenda

**Dec. 2, 2020**

<b>TIME (CDT)</b>	<b>TOPIC</b>
1:00 - 2:00 PM	<b>Keynote Speaker</b> By: Dr. Jill Williams / Rutgers University-Robert Wood Johnson Medical School
2:15 - 3:15 PM	<b>Motivational Interviewing for Treating Tobacco: Overview of Core Skills</b> By: Dr. Tresza Hutcheson / University of Kansas School of Medicine
2:15 - 3:15 PM	<b>Coalitions and Community: Making the most out of your Partnerships</b> By: Rachel Bieker / CKF Addiction Treatment
3:30 - 4:30 PM	<b>Motivational Interviewing for Treating Tobacco: Implementing Skills</b> By: Dr. Tresza Hutcheson / University of Kansas School of Medicine
3:30 - 4:30 PM	<b>Kansas Tobacco Guideline for Behavioral HealthCare: Lessons Learned in Assessment &amp; Implementation</b> By: Jamie Katz / Johnson County Mental Health Center & Rick Cagan / National Alliance on Mental Illness - NAMI Kansas
	<b>Adjourn</b>

**Dec. 3, 2020**

<b>TIME (CDT)</b>	<b>TOPIC</b>
1:00 - 1:30 PM	<b>An Overview of The University of Kansas (KU) Tobacco Treatment Education Program</b> By: Dr. Babalola Faseru / University of Kansas Medical Center
2:00 - 3:00 PM	<b>E-Cigarettes 101: What, Who, Why, and What it Means for Your Patients' Health</b> By: Dr. Brenna VanFrank / Centers for Disease Control and Prevention
3:30 - 4:30 PM	<b>More Than a call: A Targeted Quitline Protocol for People Living with Behavioral Health Conditions</b> By: Dr. Thomas Ylioja / National Jewish Health

# Agenda

Dec. 4, 2020

TIME (CDT)	TOPIC
9:45 - 10:45 AM	<b>Tobacco Cessation Documentation and Billing</b> By: Alberto Reyes-Rodriguez / Mental Health Association of South Central Kansas
9:45 - 10:45 AM	<b>Wellness Committees: The Foundation for Tobacco Treatment Initiatives</b> By: Daniel Craig / Tammy Walker Cancer Center
11:00 - 12:30 PM	<b>Tobacco Treatment &amp; Biochemical Quantification of Tobacco Consumption</b> By: Matthew Bars / MS, CTTS, NCTTP / IntelliQuit

**Dec. 2, 2020**

## **Keynote Speaker: 1:00 - 2:00 PM CDT**

By: Dr. Jill Williams / Rutgers University-Robert Wood Johnson Medical School

*Jill M. Williams, MD, is Professor of Psychiatry and Director of the Division of Addiction Psychiatry at the Rutgers University-Robert Wood Johnson Medical School in New Brunswick. A member of the Association for the Treatment of Tobacco Use and Dependence and the Society for Research on Nicotine and Tobacco, the focus of her work has been in Addressing Tobacco Dependence in Smokers with Mental Illness. She has led many initiatives related to policy development and treatment and will bring an energizing point of view related to treating tobacco in mental health settings.*

## **Motivational Interviewing for Treating Tobacco: Overview**

### **of Core Skills: 2:15 - 3:15 PM CDT**

By: Dr. Tresza Hutcheson / University of Kansas School of Medicine

*This presentation will review Motivational Interviewing, a brief counseling method and set of techniques designed to help move clients along the continuum of change, within the context of providing treatment for tobacco dependence. The background of Motivational Interviewing will be reviewed, including a discussion regarding the mindset behind this orientation, an overview of the core skills and practice with some of the core skills-including asking questions, expressing empathy and making reflections. Didactic presentation will be followed by practice of skills in small breakout groups. This training would be most appropriate for those working directly with clients and is geared for those who have a little or no experience with Motivational Interviewing.*

## **Coalitions and Community: Making the Most Out of Your Partnerships**

### **2:15 - 3:15 PM CDT**

By: Rachel Bieker / CKF Addiction Treatment

*Building policy, system, and environmental changes within our community is not easy work. Creating sustainable systems that develop a positive impact require more than one individual and more than one agency. Participants in this session will learn the value of coalition work and the impact that it can make with your activities and also with creating a strong foundation within your community. You will learn how to establish these connections and build the relationships needed to capture all resources that complement your organization and its mission and how to maintain these relationships well into the future*

## **Motivational Interviewing for Treating Tobacco: Implementing**

### **Skills: 3:30 - 4:30 PM CDT**

By: Dr. Tresza Hutcheson / University of Kansas School of Medicine

*This presentation will briefly overview Motivational Interviewing, a brief counseling method and set of techniques designed to help clients move along the continuum of change, within the context of providing treatment for tobacco dependence. This training will build upon the skills discussed in the other training block "Overview of Core Skills" but could also stand alone. Participants will use breakout small groups to practice skills. This training would be most appropriate for those working directly with clients and is geared for those who either have little or no experience with Motivational Interviewing or for those who want to brush up on skills.*

## **Kansas Tobacco Guideline for Behavioral HealthCare:**

### **Lessons Learned in Assessment & Implementation 3:30 - 4:30 PM CDT**

By: Jamie Katz / Johnson County Mental Health Center

& Rick Cagan / National Alliance on Mental Illness - NAMI Kansas

*This presentation will briefly review the Kansas Tobacco Guideline for Behavioral Health Care, a comprehensive set of strategies for primary care and behavioral health care providers to support their clients who are motivated to end their dependence on tobacco products. The Guideline is based on 12 essential strategies and includes a list of resources to assist providers in adopting specific practices that integrate tobacco cessation with other primary care and behavioral health treatments. Companion documents will also be highlighted, including a self-assessment tool and the Implementation Toolkit. Participants will hear from Johnson County Mental Health Center about their experience using the assessment and implementation toolkit.*

**Dec. 3, 2020**

## **An Overview of the University of Kansas (KU) Tobacco Treatment Education Program 1:00 - 1:30 PM CDT**

By: Dr. Babalola Faseru / University of Kansas Medical Center

*Dr. Faseru will present an overview of the Kansas Health Foundation funded tobacco treatment education at the University of Kansas to increase capacity for tobacco treatment in behavioral health settings in Kansas.*

## **E-Cigarettes 101: What, Who, Why, and What it Means for Your Patients' Health 2:00 - 3:00 PM CDT**

By: Dr. Brenna VanFrank / Centers for Disease Control and Prevention

*The emergence of e-cigarettes in the tobacco product landscape has shifted clinical and public health approaches to tobacco prevention and control. While much is known about e-cigarettes, many questions remain about their health and public health implications. In this session, participants will gain an understanding about what e-cigarettes are, who is using e-cigarettes and why, and what current evidence exists regarding the health impact of e-cigarette use. Clinical and public health approaches to e-cigarettes and other emerging tobacco products will additionally be discussed.*

## **More Than A Call: A Targeted Quitline Protocol for People Living with Behavioral Health Conditions 3:30 - 4:30 PM CDT**

By: Dr. Thomas Ylioja / National Jewish Health

*Quitlines are the hub of free, accessible and scalable evidence-based programs for tobacco cessation at the state and national level. Approximately half of people who enroll in Quitline services report living with a behavioral health condition. Learn how National Jewish Health, the Kansas Tobacco Quitline service provider, has evolved services for individuals who report a behavioral health condition and learn how you can help individuals access the program.*

**Dec. 4, 2020**

## **Tobacco Cessation Documentation and Billing 9:45 - 10:45am**

By: Alberto Reyes-Rodriguez / Mental Health Association of South Central Kansas

*This session will cover an overview and suggestions on documentation for tobacco cessation services in behavioral health. The focus of this session will be on documenting assessments and individual session charts when providing face-to-face services. Participants will walk away with an understanding of a general charting structure and the importance of accurate documentation to reflect the need for services.*

## **Wellness Committees: The Foundation for Tobacco Treatment Initiatives 9:45 - 10:45am**

By: Daniel Craig / Tammy Walker Cancer Center

*The goal of this presentation is to provide an overview of how to convene a wellness committee to support the implementation of a tobacco treatment initiative in a behavioral health organization. Learning Objectives for this session will include: 1. Identifying three steps to convening successful wellness committees, 2. Listing the key tasks of a wellness committee, and 3. Describing the role of wellness committees in developing tobacco treatment initiatives in behavioral health organizations.*

## **Tobacco Treatment & Biochemical Quantification of Tobacco Consumption 11:00 - 12:30 pm**

By: Matthew Bars / MS, CTTS, NCTTP / IntelliQuit

*There are two principal methods of biochemically measuring tobacco consumption- expired breath carbon monoxide (CO & COHb% and nicotine metabolite assays also called Total Nicotine Equivalents (TNEs. These measures also quantify the severity of tobacco dependence. Together COHb% and TNEs provide powerful tools for the quantification of addiction, tobacco consumption and therapeutic progress. This presentation will discuss the whys, whens, and hows of the biochemical measurement of tobacco use, both in-office and via TeleHealth, greatly increasing quit rates.*



## Presenters



### **Jill M. Williams, MD / Keynote Speaker**

*Division of Addiction Psychiatry Rutgers Robert Wood Johnson Medical School New Brunswick*

Jill M. Williams, MD, is Professor of Psychiatry and Director of the Division of Addiction Psychiatry at the Rutgers University-Robert Wood Johnson Medical School in New Brunswick. She also holds faculty appointments at the Cancer Institute of New Jersey and the Rutgers Center for Alcohol Studies. The focus of Dr. Williams work has been in addressing tobacco in individuals with mental illness or other addictions through treatment and systems interventions. Dr Williams has developed training curricula for behavioral health professionals and manualized treatments for treating tobacco in mental health settings. She is a Board Certified Addiction Psychiatry and member of the APA Council on Addictions. Dr. Williams has received research funding from sources including the National Institutes on Drug Abuse (NIDA), National Institute of Mental Health (NIMH), and American Legacy Foundation. Her publications have appeared in numerous journals including Nicotine and Tobacco Research, the Journal of the American Medical Association, and the Journal of Substance Abuse Treatment and in 2015 she was the recipient of the Remarkable Achievement Award of the NJ Psychiatric Association. She currently serves as Chair of the APA Council on Addiction Psychiatry.



### **Dr. Tresza Hutcheson**

Department of Population Health, University of Kansas School of Medicine

Dr. Hutcheson is a Project Director for clinical research and quality improvement initiatives in the Department of Population Health at the University of Kansas School of Medicine. For nearly 20 years, she has been involved in tobacco treatment research in rural primary care, hospital-based settings and underserved populations. Dr. Hutcheson has been a trainer for the UMass Tobacco Treatment Specialist Curriculum, served as the Curriculum Coordinator for the University of Kansas Tobacco Treatment Specialist Training, and has provided tobacco treatment education for providers in oncology care. Dr. Hutcheson has many years of direct clinical experience, primarily focused in health psychology, health promotion and tobacco cessation and is a nationally certified tobacco treatment specialist with expertise in developing clinical protocols and in providing clinical training and supervision. She has provided individual and group-based therapy for smoking cessation in multiple-settings, via various modalities (in-person, telemedicine, telephone) and for various populations including students, hospital patients, employees, and members of the community.



### **Rachel Bieker**

CKF Addiction Services

Rachel Bieker has been the Wellness and Prevention Coordinator at CKF Addiction Services since January 2020. This position holds the Chronic Disease Risk Reduction grant for Saline County and leads local coalitions to promote tobacco cessation and youth prevention measures in the area. Rachel's work at CKF began in November as a peer mentor teaching the residential clients' yoga, mindfulness techniques, and other healthy means of recreation. She completed the Tobacco Treatment Specialist training through KUMed this past July. She is currently pursuing her degree in Addictions Counseling at Fort Hays State University. After that, she plans to pursue her MSW. She is also studying yoga, mindfulness, and the use of somatic methods to address issues of trauma and addiction.



### **Jamie Katz, MPH, CPP**

Johnson County Mental Health Center

Jamie currently serves as a prevention coordinator for Johnson County Mental Health Center. She has over 15 years of experience in working with communities on adaptive change to address substance abuse prevention and mental health promotion by focusing on facilitating collaborative approaches to leverage resources addressing priority concerns to support optimal behavioral health outcomes.

Jamie is an internationally recognized credential as a certified prevention professional. She holds a Master's degree in public health from University of Kansas Medical Center and a Bachelor's degree in psychology and Jewish Studies from Indiana University - graduating Magna Cum Laude, Phi Beta Kappa, and With Honors in psychology. Jamie enjoys spending time with family and friends, including her husband, two amazing children, and two dogs. She also enjoys working out, eating out, and cheering on the Indiana Hoosiers.



## **Rick Cagan**

National Alliance on Mental Illness (NAMI) Kansas

Rick Cagan has directed the Behavioral Health Tobacco Project for NAMI Kansas (National Alliance on Mental Illness) since 2016 having previously served as Executive Director for NAMI Kansas for more than 12 years. He spent 27 years in advocacy and human services in Virginia, including Executive Director roles for a Head Start agency for children of migrant and seasonal farmworkers and a statewide rural advocacy organization. Rick has a Bachelor's degree in Psychology from Princeton University and a Graduate Certificate in Nonprofit Management from Virginia Commonwealth University. He is a graduate of the Sunflower Advocacy Fellowship, the Kansas Health Foundation Fellows VIII, and the Johnson and Johnson Head Start Management Fellows Program at the Anderson School of Business at UCLA. He is a recipient of the Samuel Crumbine Medal for Meritorious Service presented by the Kansas Public Health Association.



## **Dr. Babalola Faseru**

University of Kansas Medical Center

Dr. Babalola Faseru is the Program Director of the Kansas Health Foundation funded Tobacco Treatment Education at the University of Kansas Medical Center. He is an Associate Professor with a joint appointment in the Department of Population Health and the Department of Family Medicine at the University of Kansas Medical Center. He is also a Consultant Medical Epidemiologist at Kansas Department of Health and Environment, Bureau of Health Promotion. His research addresses tobacco use treatment among African Americans, American Indians and hospitalized patients. Dr. Faseru serves on scientific boards and advisory committees at the state, national and international levels.



## **Dr. Brenna VanFrank**

Centers for Disease Control and Prevention

Dr. Brenna VanFrank, MD, MSPH is the senior medical officer in the Office on Smoking and Health (OSH) at the Centers for Disease Control and Prevention (CDC). She is responsible for providing input on the medical aspects of OSH's scientific research and communications and serves as a scientific and medical consultant for OSH programs and projects. Dr. VanFrank joined CDC in 2014 as an Epidemic Intelligence Service officer and has worked on a variety of public health topics. She has particular interest in the integration of healthcare and public health and the use of epidemiologic data for public health action. Dr. VanFrank is board certified in pediatrics and preventive medicine and is a member of the national Delta Omega Honorary Society in public health.



## **Thomas Ylioja**

National Jewish Health

Thomas Ylioja, PhD, is the Clinical Director for Health Initiatives at National Jewish Health. He is a licensed social worker with years of health care practice and research experience, and expertise working with individuals who use tobacco and other substances. Dr. Ylioja focuses his work with people who have health disparities or who have social disadvantage. Nationally, he collaborates with researchers, clinicians, and state health departments to build strong connections between health systems and the tobacco cessation programs of National Jewish Health.



## **Alberto Reyes-Rodriguez**

Mental Health Association of South Central Kansas

Alberto Reyes Rodriguez is a Case Manager and Tobacco Treatment Specialist at the Mental Health Association of South Central Kansas, where he provides individual tobacco cessation services to consumers. Alberto is passionate about increasing access to tobacco cessation services through a holistic, strengths-based, and person-centered approach. In his free time, Alberto likes to spending time with his dogs, Sam and Luke.



## **Daniel Craig**

Tammy Walker Cancer Center

Daniel Craig is the Cancer Outreach Coordinator at Tammy Walker Cancer Center. Daniel works with local and state-wide organizations to coordinate cancer prevention and screening initiatives. Daniel obtained a Bachelor of Science degree in Biology from Pittsburg State University and a Master's of Science degree in Health Promotion & Wellness Management from Missouri State University. He completed the Tobacco Treatment Specialist Certification through Mayo Clinic in 2015. Daniel is the President of the Kansas Public Health Association and serves on the Board of Directors for the Salina Area United Way.



## **Mathew Bars / MS, CTTs, NCTTP**

CEO and Founder of IntelliQuit

Matt has been engaged in the treatment, management, and administration of nicotine addiction services for over three decades. He is the co-developer and Clinical Director of the Tobacco Treatment Program of the New York City Fire Department (FDNY) which enjoys a biochemically confirmed quit rate of approximately 70 percent at 10-year follow-up. He was also appointed as the Clinical Director of the IQuit Smoking Program at RWJBarnabas Health-Jersey City Medical Center, Jersey City, NJ and to their medical staff in 2011. In March 2013, he joined the faculty of St. George's School of Medicine, Department of Psychiatry. Matt is the immediate past President of the Association for the Treatment of Tobacco Use and Dependence ([www.ATTUD.org](http://www.ATTUD.org)). In addition, He is the CEO and founder of IntelliQuit, the world's first cloud-based nicotine bio-monitor which leverages the power of smartphone technology, computer vision, neural network architecture and machine learning and helps physicians, group practices, and medical centers establish profitable and clinically successful tobacco treatment centers. He also serves on the editorial boards of the Journal of Smoking Cessation and the Journal of Medical Internet Research.