

Peer-to-Peer Tobacco Dependence Recovery Program

TRAINING AGENDA

- Duration:** 2 days
- Who:** Peer specialists, wellness coaches, counselors and consumer-survivors
- When:** Salem, September 19 & 20; 10-5 and 8-4
Coos Bay, September 21 & 22; 10-5 and 8-4
- Where:** Salem Training- Red Lion Hotel
Coos Bay Training- Red Lion Hotel
- What:** Train-the-trainer model for peer driven tobacco dependence interventions
- Trainers:** Cindy Wang and John Mahalik, Behavioral Health & Wellness Program, University of Colorado
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Day 1: 10:00a-5:00p

10:00a- *Welcome*

10:30a- *Introduction & Session 1*

- Pre-assessment of tobacco knowledge
- Introduction and program overview
- Understanding tobacco addiction
- What's in tobacco smoke
- What are nicotine and carbon monoxide
- Health consequences of smoking
- Why are cigarettes addictive

11:15a- *Session 2*

- Tobacco and mental illness/ addictions
- Rates of smoking
- Barriers and vulnerabilities

Noon-1:15p- *Working Lunch- Co-Creating Community Wellness*

1:15p- “My Tobacco-Free Journey”

- Write down your personal tobacco-free journey
- Sharing your personal story - Large group exercise

2:00p- *Session 3*

- What helps people quit smoking?
- Medications
- Psychosocial/ counseling
- Quitlines

3:00-3:20p- *Break-*

3:20p- *Session 4*

- Using feedback and motivational techniques
- Basic terms
- Giving feedback in a non-judgmental way
- Review of structured motivational intervention
- CO Monitor Instructions (role play)
- Costs of Smoking
- *Discussion—How to integrate this into what you and your center are already doing?*

4:15p- *Role Play of Motivational Intervention*

4:45p- *Wrap-up Discussion*

Day 2: 8:00a-4:00p

8:00a- *Overview of Peer Support Group*

8:30a- *Session A: Healthy Behaviors*

- Supervision issues and planning
- Overview of Session A
- Role play
- Discussion

9:40-10:00a- *Break-*

10:00a- *Session B: The Truth about Tobacco*

- Overview
- Role play
- Discussion

11:00a- *Session C: Changing Behaviors*

- Overview
- Role play
- Discussion

Noon-1:15p- *Working Lunch- Co-Creating Community Wellness*

1:15p- *Session D: Coping with Cravings*

- Overview
- Role play
- Discussion

2:00p- *Session E: Managing Stress*

- Overview
- Role play
- Discussion

2:40-3:00p- *Break-*

3:00p- *Session F: Planning Ahead*

- Overview
- Role play
- Discussion

3:30p- *Wrap-Up*

- Q & A
- Certificates of completion
- Post-assessment of tobacco knowledge and training evaluation