

## Activity Faculty & Staff

### Jill M. Williams, MD

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#### Activity Director

Associate Professor of Psychiatry  
UMDNJ-RWJMS  
Director, Division of Addiction Psychiatry  
Director, Mental Health Tobacco Services

### Marc Steinberg, PhD

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Assistant Professor of Psychiatry  
UMDNJ-RWJMS

### Kunal Gandhi, MBBS, MPH

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Tobacco Research Teaching Specialist  
UMDNJ-RWJMS

### Ivy Pearlstein, RN, MSN, APN-C

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Tobacco Treatment Specialist  
UMDNJ-RWJMS

### Mia Hanos Zimmermann, MPH

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Tobacco Treatment Specialist  
UMDNJ-RWJMS

### Martha Dwyer, MA, LCADC, CTTS

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Tobacco Training Specialist  
UMDNJ-RWJMS

### Philip T. McCabe, CSW, CAS

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Health Educator  
UMDNJ-SPH

## Program Objectives

Upon completion of this conference, attendees will have the ability to:

- Define the knowledge and skills necessary for assessment and treatment of smokers with mental illness
- Identify the behavioral and pharmacologic treatments for smokers with mental illness, including medication interactions associated with smoking
- Discuss motivational techniques for working with lower motivated smokers
- Recognize broader clinical and systems issues for addressing tobacco dependence in mental health settings

**Treating Tobacco Dependence in  
Mental Health Settings**  
Department of Psychiatry  
Division of Addiction Psychiatry  
317 George Street, Suite 105  
New Brunswick, NJ 08901

# Treating Tobacco Dependence In Mental Health Settings

**A two-day training  
conference for  
Psychiatrists, Psychiatric  
Advance Practice Nurses  
& other Mental Health  
Professionals**

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**Conference Location:  
UMDNJ-Liberty Plaza  
335 George Street  
3rd Floor Training Room  
New Brunswick, NJ 08901**

### 2008 Conference

Date: November 14 & 15, 2008

Time: Friday, 8:30 am -4:40 pm  
Saturday, 8:30 am -2:30 pm



Sponsored by:  
Department of Psychiatry  
Division of Addiction Psychiatry  
317 George Street, Suite 105  
New Brunswick, NJ 08901  
E-mail: [szkodna@umdnj.edu](mailto:szkodna@umdnj.edu)  
<http://rwjms.umdnj.edu/addiction>  
Phone: 732-235-4053  
Fax: 742-235-7959



**Registration Form  
Conference Fee \$300.00**

**November 14 & 15, 2008**

Register by mail:  
Send a completed registration form along with your check, money order or credit card information to:  
UMDNJ-CCOE  
PO Box 1709  
Newark, NJ 07101-1709

Register by phone: 973-972-4267 or 800-227-4852

Register on-line: <http://ccoe.umdj.edu/catalog/medical/index.htm>

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Degree: \_\_\_\_\_

Job Title: \_\_\_\_\_

Agency: \_\_\_\_\_

Agency Address: \_\_\_\_\_

City: \_\_\_\_\_

State/Zip: \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_

State/Zip: \_\_\_\_\_

Phone (work): \_\_\_\_\_

Phone (home): \_\_\_\_\_

Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Registration Fee: The fee for the conference is \$300.00 and includes tuition, parking, record retention fee for continuing education credits, breakfast, lunch and handout materials.

**Conference Agenda**

- Day 1
- 8:30 Registration & Refreshments
  - 9:00 Welcome & Pre-Test
  - 9:30 Prevalence of Tobacco Use and Mental Illness Co-morbidity
  - 10:00 Understanding Tobacco Addiction; Neurobiology of Tobacco Use and Mental Illness
  - 11:00 Break
  - 11:15 Stages of Change and Assessing Motivation to Change
  - 12:15 Lunch (provided) - Master Settlement Agreement
  - 1:00 Mental Health Systems Change: Becoming a Tobacco Free Facility
  - 2:00 Incorporating Assessment of Tobacco Dependence into Current Psychiatric Evaluations
  - 3:00 Pharmacologic Treatments Part I
  - 4:30 Complete Day 1 Evaluations
- Day 2
- 8:30 Registration & Refreshments
  - 9:00 Individual & Group Treatments for Tobacco; Setting Quit Dates
  - 10:00 Role of the Nurse & Other Mental Health Staff in Treating Tobacco
  - 10:45 Break
  - 11:00 Pharmacologic Treatments Part II
  - 12:00 Lunch (provided) - Video Consumer Perspectives on Tobacco & CHOICES Program
  - 1:00 Treatment Planning Discussion & Exercises; Working with Lower Motivated Smokers; Complex Cases/Choosing Pharmacotherapy
  - 2:30 Complete Post-Test & Day 2 Evaluations

*Comments from attendees*

*"Excellent presenter, passionate!"*

*"Excellent—most worthwhile course I've attended in years."*

*"I will certainly take a great deal of this information back to my work setting."*

*"Terrific! Excellent and informative!"*

*"Dr. Williams makes us want to run back to our practices and help our patients stop smoking effectively."*

*"I learned a lot that I will apply on a day to day basis."*

**Accreditation**

Physicians: The UMDNJ-Center for Continuing and Outreach Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

UMDNJ-Center for Continuing and Outreach Education designates this education's activity for a maximum of 12 AMA PRA Category 1 Credits™. Physicians should claim credit commensurate with the extent of their participation in the activity.

ACNP and AAPA accept AMA PRA Category 1 Credits™ from organizations accredited by the ACCME.

**PROFESSIONAL CONTACT HOURS PROVIDED:**

Participants may not be eligible for continuing education credits if they are not on time and present for the entire session. Participants must sign-in and sign-out. Partial credits will not be issued to participants arriving late or leaving early.

Certified Counselors: University Behavioral HealthCare (UBHC) is an NBCC Approved Continuing Education Provider (ACEPTM) and a co-sponsor of this event/program. UBHC may award NBCC approved clock hours for events or programs that meet NBCC requirements. The ACEP maintains responsibility for the content of this event. (11 Clock Hours)

Nurses: University Behavioral HealthCare is an approved provider of continuing nursing education by New Jersey State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Provider Number P204-7/06-09. (11 contact hours)

Psychologists: University Behavioral HealthCare is approved by the American Psychological Association to sponsor continuing education for psychologists. University Behavioral HealthCare maintains responsibility for the program and its content. Instructional level: Intermediate. (11 CE Credits)

Social Workers: This program meets social work continuing education requirements for 11 Credit Hours.

Cancellation Policy: A full refund less a \$50.00 cancellation fee will be charged if notice is received up to the date of the program. Refunds cannot be given for "no shows" or cancellations received once the meeting has started.

Lodging: Discount rates are available at the Hyatt Regency New Brunswick, 2 Albany Street, New Brunswick, NJ USA 08901 Telephone: +1-732-873-1234

UMDNJ reserves the right to modify the program content, program faculty and program activities, and reserves the right to cancel the program if necessary

If you are physically challenged and wish to discuss provisions, please contact Nancy Szkodny at 732-235-4053.