



# Behavioral Health & Wellness Program

## **DIMENSIONS: Tobacco Free Advanced Techniques & the Healthy Living in Recovery Trainings**

**Tobacco Free Advanced Techniques:** A specialized training for peer advocates and interdisciplinary providers who currently work with persons with behavioral health conditions. This day and a half interactive training will teach you how to:

- Facilitate Tobacco Free groups
- Provide the latest information about tobacco cessation strategies
- Conduct motivational interventions
- Provide referrals to community tobacco cessation services
- Raise awareness of tobacco dependence initiatives through educational in-service and community training
- Elevate the importance of tobacco cessation in your organization

**The Healthy Living in Recovery:** This portion of the training will focus on incorporating physical wellness into behavioral health services. It will address specifically nutrition, fitness, and tobacco cessation. Attendees will learn how to incorporate these aspects into the treatment of their consumers and the importance of doing so.

### Dates and Locations:

#### **Oklahoma City**

June 16, 2014 8:30 AM – 3:30 PM

June 17, 2014 8:30 AM – 5:00 PM

Shepherd Mall: 2401 NW 23<sup>rd</sup> Street, Ste. 1F

Oklahoma City, OK 73107

#### **Tulsa**

June 18, 2014 8:30 AM – 3:30 PM

June 19, 2014 8:30 AM – 5:00 PM

OU-Tulsa Schusterman Center: 4502 E. 41st ST, Room 145

Tulsa, OK 74135

***12.45 hours/credits – there is no cost to attend this two-day training!***



**WellPOWER**

A program of ODMHSAS and  
TSET. Better Lives Through Better Health.

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## Agenda

### Day 1

#### Introduction (45 minutes)

- Welcome/Introduction
- Review Training Agenda
- Program Overview

#### Module 1 – Persons with Behavioral Health Conditions and Tobacco Use (45 minutes)

- Rates of Tobacco Use
- Impact on Behavioral Health Treatment and Recovery
- Contributing Factors
- Why Help People Quit?

#### Break (15 minutes)

#### Module 2 – Understanding Tobacco Addiction (45 minutes)

- Tobacco Products
- Health Effects of Tobacco Use

#### Module 3 – Tobacco Cessation Strategies (60 minutes)

- 5 A's and 2A's and R
- Tobacco Cessation Medications
- Changing Behaviors

#### Lunch Break (60 minutes)

#### “My Tobacco-Free Journey” (45 minutes)

- Write down your personal tobacco-free journey
- Tell your personal story – Large/small group exercises

#### Break (15 minutes)

#### Module 4 – Motivational Intervention for Tobacco Cessation (75 minutes)

- Stages of Change
- Motivational Intervention Role Play

#### Overview of the Tobacco Free Group (15 minutes)

- Review of the Tobacco Free Group Facilitator Manual
- Group Overview

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### Day 2

#### Module 5 – Tobacco Free Group

*Session A: Creating a Plan (45 minutes)*

*Session B: Healthy Behaviors (45 minutes)*

#### Break (15 minutes)

*Session C: The Truth about Tobacco (15 minutes)*

- Session C Overview

*Session D: Changing Behaviors (15 minutes)*

- Session D Overview
- “My Top 5 Reasons” Activity

*Session E: Coping with Cravings (15 minutes)*

- Session E Overview
- “Craving Scale” Activity

*Session F: Maintaining Change (15 minutes)*

- Session F Overview
- Deep Breathing Exercise

#### Program Implementation (40 minutes)

- PDSA Process
- Next Steps

#### Lunch (60 minutes)

#### Healthy Living in Recovery (75 minutes)

#### Break (15 minutes)

#### Healthy Living in Recovery Cont.’ (75 minutes)

#### Close (10 minutes)



## Continuing Education Credits

The ODMHSAS Institute for Mental Health and Substance Abuse Education and Training has approved 11.50 hours credit hours through the Oklahoma State Board of Licensed Social Workers, the Licensed Marital and Family Therapist committee, Licensed Alcohol and Drug Counselors, the Licensed Professional Counselors committee, and Oklahoma State Board of Examiners of Psychologists. Participant evaluation forms must be submitted in order to receive continuing education credit and a certificate of attendance. There is a \$5.00 charge to reissue a certificate.

## Facilitators

**Rebecca Richey, LCSW, Psy.D.**, is the Assistant Clinical Director at the Behavioral Health and Wellness Program. She develops tobacco cessation and nutrition and weight management group programming for underserved populations, conducts nationwide trainings for peers and professionals, teaches in the School of Medicine, and conducts research on Health Provider Wellness. She has over ten years of experience as a therapist, with clinical specialties in adolescent, young adult, family and group therapy.

**Jim Pavlik, MA**, is the Program and Policy Analyst at the University of Colorado Anschutz Medical Campus - Behavioral Health and Wellness Program. He focuses on program process and impact evaluation for BHWP and partner organizations. Jim assists team members with providing trainings to behavioral health professionals, community organizations, and peer advocates. Prior to joining BWHP, he was a strategic communications specialist for the Indiana Department of Health and the US Department of Health and Human Services. Jim also spent several years as a social worker and community advocate for low-SES and Hispanic communities in Indianapolis, Indiana and Tucson, Arizona.

**Elizabeth Black, LADC**, has been with ODMHSAS since 2005. She has worked in multiple capacities within the department, including as a clinician and consumer advocate. Ms. Black is currently working as a Wellness Program Coordinator as part of a team aimed at improving wellness in the behavioral health population. Ms. Black completed her undergrad at Oklahoma State University, earned her Master's Degree in Rehabilitation Counseling from Texas Tech University, and is now licensed as a Drug and Alcohol Counselor.

## Registration

Please follow the link that is labeled **"Online registration"** in the email provided. If you have any questions please call 405-397-9572.