

### **Charge**

Conduct an investigative inquiry into the counselor and therapist certification and/or licensure requirements of the Maryland Board of Professional Counselors and Therapist to explore opportunities to incorporate coursework or training on tobacco cessation interventions.

### **Seeking**

Guidance and recommendations under the Board's ability to oversee the practices of professional counseling and therapy, verification of credentials, issuances of licenses, and establish requirements for and verification of completion of continuing education. Specifically, the opportunity to formally incorporate training on tobacco cessation interventions as a requirement/condition for licensure or re-certification.

### **Training Course Description**

#### ***BH2 – BREAKING THE HABIT IN BEHAVIORAL HEALTH: NEW HOPE FOR CLIENTS WHO SMOKE***

Our family of interventions was created to assist mental health and substance abusing clients to quit smoking. With these trainings we address smoking cessation comprehensively, taking into account the context of the agency, and provide flexible training opportunities to fit the needs and capacity of counselors and therapists.

#### ***Single Session Individual or Group Smoking Cessation - Provider Training***

**Goal:** This training prepares providers to use a tailored, multi-component individual or group single session protocol to help prepare behavioral health clients to quit. Trainees receive background information on behavioral health smoking risks, common myths about smoking in behavioral health populations, basic information to use NRT/Pharmacotherapy, motivational communication strategies, and discuss organizational culture factors impacting implementation. All trainees receive the necessary materials to implement this intervention with clients including a manual, training videos, and client worksheets.

**Who is the training audience:** Mental Health or Substance Abuse providers who work with clients individually, have experience running groups, or may only have a single group session to dedicate to smoking cessation efforts with clients.

**Training length:** 3 hours

#### ***Multiple Session Group Smoking Cessation - Provider Training***

**Goal:** This training will teach providers how to conduct a flexible and interactive multiple session smoking cessation group for behavioral health clients who smoke. Trainees receive background information on behavioral health smoking risks, common myths about smoking in behavioral health populations, basic information to use NRT/Pharmacotherapy as well as basic cognitive-behavioral and motivational enhancement strategies, and discuss organizational culture factors impacting implementation. The program consists of a focus on critical cessation tasks as well as worksheets and videos to accompany the material. All trainees receive the instructor manual and additional materials.

**Who is the training audience:** Mental Health or Substance Abuse providers who have experience running groups and have the capacity to run multiple session smoking cessation groups in their agency.

**Training length:** 3hours (6 hours total – includes Single Session)

### **Continuing Education Sponsorship**

The training course proposed above is sponsored by the Maryland Behavioral Health Administration's Office of Workforce Development and Training. The Office of Workforce Development and Training is authorized by the Maryland Board of Professional Counselors and Therapists to sponsor continuing education programs for Category A CEU, the Maryland Board of Social Work Examiners to sponsor social work continuing education programs for Category I CEU, the State Board of Examiners of

Psychologists and the Maryland Association of Prevention Professionals & Advocates to sponsor continuing education programs for CEU. Participants must attend all hours of the training and submit an evaluation to receive a certificate. The Office of Workforce Development and Training maintains full responsibility for this program.

**Areas of Relevance**

*Licensure for Clinical Alcohol and Drug Counselors*

- Group Counseling
- Individual Counseling
- Addictions Treatment Delivery
- Topics in alcohol and drug dependency, including various theories of addictive disorders, models of treatment, and other topics related to alcohol and drug dependency
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*Licensure for Graduate Alcohol and Drug Counselors*

- Group Counseling
- Individual Counseling
- Addictions Treatment Delivery
- Topics in substance-related and addictive disorders

*Certified Associate Counselor – Alcohol and Drug*

- Group Counseling
- Individual Counseling
- Addictions Treatment Delivery
- Topics in substance-related and addictive disorders

*Certified Supervise Counselor – Alcohol and Drug*

- Group Counseling
- Individual Counseling
- Addictions Treatment Delivery
- Topics in substance-related and addictive disorders