

BREATHE TTS Course Overview

What is a TTS? “A Tobacco Treatment Specialist is a professional who possesses the skills, knowledge and training to provide effective, evidence-based interventions for tobacco dependence across a range of intensities.” (www.ATTUD.org)

BREATHE Online TTS Course: The purpose of this course is to equip you with the training and skills needed to treat tobacco dependence, the leading cause of preventable death and disease. This course is delivered as a self-paced educational program which follows established uniform standards of tobacco treatment specialist (TTS) training and professionalism. According to accreditation standards, we are required to provide a *minimum* of 24 hours of training content. This will be in the form of didactic content, videos and a few brief assignments. We have grouped the content into 5 modules with times to complete most of the activities posted. It is expected that you complete the course, including the final evaluation, within 6-10 weeks. We estimate the entire training, including assignments and the evaluation will take 27 hours total.

Basic Tips for Learner Success:

- **Learning Modules:** Created to organize your course by topic and progression. The course is self-paced but generally designed for the completion of one module per week with additional time to review supplemental material and complete assignments.
- **Skills Demonstration:** A key component of being an effective treatment specialist is to acquire the skills needed to interact therapeutically with the clients you treat. You will be expected to participate in a "virtual evaluation" of your skills, and you will receive feedback from course instructors regarding your performance of these skills. Demonstration of these skills is required for successful course completion and a rubric defining the evaluation process will be available to you. Remember we are here to help you acquire the skills you need to be effective treatment specialists!
- **Knowledge evaluation:** A variety of brief assignments will be expected during the course. There is both a pre- and post-test of basic knowledge and a cumulative written exam at the completion of the course materials. You will be expected to achieve a grade of at least 75% and a remediation opportunity will be available.
- **Canvas Help:** 24/7 phone and chat technical support are available to you.
- **Student Resources:** This global menu item offers you tutorials, links and contacts on topics such as an introduction to Canvas. **Please be sure to check that your browser is up to date.** Canvas is compatible with the major browsers (IE, Edge, Firefox, Chrome and Safari). You will also need access to a camera/microphone with your computer or another device, such as a smartphone, in order to participate in the simulated patient evaluation at the conclusion of the training.

BREATHE Tobacco Treatment Specialist Training Check List for Course completion

Weeks 1-3

- Welcome/Add a Picture/Email Preferences
- Pre-Test
- Module 1: Tobacco Dependence Knowledge, Treatment, Law & Ethics (4.5 hours)
- Module 1 Evaluation
- Module 2: Counseling Skills (5 hours, including the Counseling Practicum)

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Module 2 Evaluation

Weeks 3-5

Module 3: Assessment and Treatment Planning (5 hours, including the Assessment & Treatment Assignments)

Module 3 Evaluation

Weeks 5-7

Module 4: Pharmacology, Diversity and Specific Health Concerns (5 hours, including the Pharmacology Quiz)

Module 4 Evaluation

Module 5: Relapse Prevention, Documentation, Professional Resources & Development (5.5 hours, including the Relapse Case Study & Written Assignment)

Module 5 Evaluation

Week 8

Post-Test

Simulated Patient Scenarios (2 hours via Zoom & written evaluation)

TTS Training Self Reflection

TTS Final Exam

TTS Program Effectiveness & Satisfaction Survey

Receive Completion Certificate