

# TOBACCO TREATMENT SPECIALIST (TTS)



## WHAT IS A TTS?

A TTS is someone who has a thorough understanding and the required training to carry out evidence-based interventions that help individuals struggling with a tobacco addiction. They are experts in addressing the negative health impacts of tobacco use, providing support for individuals who desire tobacco use treatment, and advocating strategies to promote tobacco-free environments.

## WHY IS A TTS VALUABLE?

A TTS understands tobacco use prevalence, morbidity, mortality, and treatment. They consider social determinants of health, and create tobacco use treatment plans which support a person's specific needs and goals. A TTS understands pharmacotherapy strategies for tobacco treatment, including how to manage nicotine withdrawal symptoms by using nicotine replacement and medications to optimize a person's journey to stop tobacco use.

## WHERE WOULD A TTS BE MOST BENEFICIAL?

A TTS is an important role in a variety of healthcare settings, such as hospitals, clinics, community centers, and local health departments. They can serve as an educational resource and are trained to provide one-on-one or group counseling support.

## HOW DOES A TTS PROVIDE CARE?

A TTS delivers tobacco treatment by using active listening and providing a supportive space for someone's tobacco treatment journey! A TTS can obtain information on a person's tobacco use history, previous treatment attempts, and existing support systems. They support a person in tobacco treatment by tailoring a plan that can help track progress and outcomes.

## A DAY IN THE LIFE OF A TTS

This is Lola, a registered nurse and a certified tobacco treatment specialist (CTTS) who works at a behavioral health center. Lola's center paid for her to obtain her TTS certification, for which she had to complete training and 200 hours of TTS patient care supervised by a mentor.

Do you know that stopping your tobacco use is important for you and your loved ones, Jamie?

What concerns do you have about your tobacco use?

Some of the benefits of stopping tobacco include protecting your heart, breathing easier, and improving your mental health.

What do you think the benefits of tobacco treatment may be for you personally? What do you think are some obstacles you will need to overcome to stop tobacco use?

I can tell you about some strategies, like using a nicotine patch or nicotine lozenges, that will help relieve some withdrawal symptoms. I can also connect you to a provider who'd be happy to prescribe some medications that will help you stop using tobacco as well.

I look forward to following up with you next week to see how you are doing and progressing, Jamie!

## WHEN CAN A TTS BE CONSULTED?

*Whenever you or anyone you know express interest in stopping tobacco use!*