# **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?

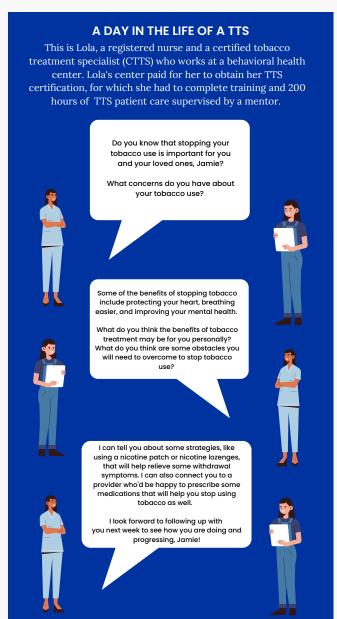
A TTS understands tobacco use prevalence, morbidity, mortality, and treatment. They consider social determinants of health, and create tobacco use treatment plans which support a person's specific needs and goals. A TTS understands pharmacotherapy strategies for tobacco treatment, including how to manage 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.



### WHEN CAN A TTS BE CONSULTED?

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



