



# HOW TO CONDUCT A HEALTHY LIVING CLASS WITH A FOCUS ON TOBACCO INTERVENTIONS

*This is a skill building workshop on how lead a series of healthy living classes that integrates tobacco interventions in each class.*

## Lead Trainer:

Cathy McDonald, M.D., MPH, ATOD Project Director

### Description:

Participants will learn how to utilize the 20 session Learning About Healthy Living curriculum developed by a psychiatrist and a team of social workers, specifically designed to help motivate mental health clients to consider quitting smoking. The curriculum incorporates tobacco interventions in each session as clients learn how tobacco-use affects their ability to make healthy living choices and attain a higher level of wellness and recovery. The curriculum has been tested and studied as an effective approach to increase client awareness of the impact of tobacco use. Participants will receive a copy of the curriculum and have practice time during the workshop.

### Who Should Attend:

Clinical Staff of mental health programs who are seeking an effective Health Living Group curriculum and want to learn how to lead healthy living groups in your agency. If possible, come with another person from your program.

### Learning Objectives: At the end of the training, participants will be able to:

- Understand the rationale of including tobacco interventions in all sessions of healthy living classes.
- Learn how healthy living classes can be an important factor in motivating clients to quit smoking.
- Be able to conduct a series of healthy living classes with a special focus on tobacco use.

**Wednesday, June 7, 2017**

**8:30 a.m. - 12:30 p.m.**

**FREE Training - FREE Parking**

Behavioral Health Care Services  
2000 Embarcadero Cove, 4<sup>th</sup> Floor  
Oakland, CA 94606  
Gail Steele Room - formerly Alameda  
Room

For more information, please call  
For more information, please email  
Cathy McDonald at [cmcdonatr@aol.com](mailto:cmcdonatr@aol.com)

This training is sponsored by Alameda County Behavioral Health Care Services (BHCS) in contract with the Alameda County Provider Network for Tobacco Dependence Treatment and Cessation, located at Thunder Road in Oakland, CA. (Thunder Road is an affiliate of Alta Bates Summit Medical Center and Sutter Health).

**CE Credits:** This course meets the qualifications for 4 hours of continuing education (CE) credit for MFTs, LPCCs and/or LCSWs as required by the CA Board of Behavioral Sciences, Provider Approval Number PCE 307, the California Board of Registered Nurses, BRN Provider Number 12040, and the California Foundation for Advancement of Addiction Professionals (CFAAP), Provider Number 4C-04-604-0618. Certificates of Attendance issued for counselors registered with a State Certifying organization. All participants receive a Certificate of Completion.

**\*\*\*\* Training is primarily for BHCS funded and Alameda County health care providers. As space permits, staff from non- BHCS-funded programs may register.**

## REGISTRATION FORM

Please fax registration to Alize Bell at 510-653-6475

or Email the following information to [bella5@sutterhealth.org](mailto:bella5@sutterhealth.org)

**IMPORTANT: Registration deadline June 2, 2017. Please register early.**

NAME: \_\_\_\_\_ AGENCY: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

EMAIL: \_\_\_\_\_

DAY PHONE: \_\_\_\_\_ FAX: \_\_\_\_\_

DISCIPLINE: \_\_\_\_\_ LICENSE #: \_\_\_\_\_

***Because of budgetary constraints in Alameda County, we will be unable to provide food.***

***Please bring your own snacks and beverages.***