

The Oregon Health Authority's Transformation Center and Public Health Division are excited to announce three regional Rx for Change trainings in Oregon. These trainings are for CCO staff in support of the CCO cigarette smoking cessation incentive metric and based on a recent CCO needs assessment.

**What:**

Rx for Change Clinician-Assisted Tobacco Cessation is a comprehensive training program that equips health professionals and practicing clinicians of all disciplines with evidence-based knowledge and skills to help patients quit. The program draws heavily from the U.S. Public Health Service Clinical Practice Guidelines and advocates tailored behavioral counseling interventions in conjunction with pharmacotherapy. The materials address all forms of tobacco and focus on counseling all patients—regardless of their readiness to quit.

The upcoming day-long trainings (see example agenda on page 2) use a train-the-trainer model that will equip trainers to deliver 5As (comprehensive counseling) and Ask-Advise-Refer (brief counseling) training. The trainer, Frank Vitale, M.A., is a nationally recognized tobacco cessation and Rx for Change trainer. Frank has worked in the field of smoking cessation research since 1987 and is currently the national director of the Pharmacy Partnership for Tobacco Cessation, a project developed by The Smoking Cessation Leadership Center of the Robert Wood Johnson Foundation.

**When and where:**

- February 14, DoubleTree Hotel, 1000 NE Multnomah St, Portland, OR
- May (date and venue TBD), Bend, OR
- May (date and venue TBD), Medford, OR

**Who:**

- CCO staff who are:
  - a. Clinicians or have a clinical knowledge base (practice coaches, for example); and
  - b. Willing to be a future trainer.
- Each CCO is invited to select up to two staff members to participate. Additional spaces may be available closer to the training date, depending on registration numbers.

**Costs:**

- Free to attend.
- CCOs are responsible for any travel-related expenses.

**How to register:**

Contact Tom Cogswell ([thomas.cogswell@state.or.us](mailto:thomas.cogswell@state.or.us) or 971-673-3366) to provide the names and contact information for the CCO staff participating.

**Note:** The February training in Portland is in conjunction with the Public Health Division's Sustainable Relationships for Community Health (SRCH) Institute meeting, and participating SRCH grantees will be prioritized for this training session. The May trainings will also be in collaboration with SRCH based on grantees' requests for tobacco cessation technical assistance.

**Contact Tom Cogswell with any additional questions.**

### Example agenda:

**8:30–9 a.m.**

#### **Introduction**

- Tobacco prevalence in Oregon
- Comprehensive tobacco prevention and cessation landscape
- Oregon Health Plan and tobacco cessation coverage

**9–10:45 a.m.**

#### **Rx for Change – Part 1**

- Epidemiology of tobacco use
- Pharmacology of nicotine and principles of addiction
- Drug interactions with smoking

**10:45–11 a.m.**

#### **Break**

**11 a.m.–12:45 p.m.**

#### **Rx for Change – Part 2**

- Assisting patients with quitting
- Q&A

**12:15–1:15 p.m.**

#### **Lunch**

**1:15–2:45 p.m.**

#### **Rx for Change – Part 3**

- Trigger tapes/counseling videos
- Aids for cessation – hands-on workshop with medications
- Q&A

**2:45–3 p.m.**

#### **Break**

**3–4:15 p.m.**

#### **Implementation Strategy**

- Implementation materials
- Dissemination plans
- Q&A