

SAVE THE DATE (But register now!)
Thursday, December 9, 2:30 – 4:00 PM Eastern Time

Talking about Tobacco

Sharing Strategies and Treatments



[Register](#)

After registering, you will receive a confirmation email containing information about joining the meeting and a reminder on the day of the webinar.

Webinar Description

In this webinar in the Talking About Tobacco Series, we provide education and stories about effective strategies and treatments that can lead to long-term success. As in previous sessions, the presenters share their personal stories related to tobacco use, this time with a focus on the strategies and treatments they found helpful when they chose to limit or eliminate tobacco use. Participants will also be invited through the chat to share strategies and treatments they found to be especially helpful.

After reviewing participant feedback, the presenters will cover facts about Nicotine and different treatments covered by insurance to eliminate or manage cravings. For each of the treatments and delivery methods, one or more of the presenters will share their personal experience. Audience members will also be invited to share their experiences (positive or negative) with tobacco treatment: What worked and what didn't. What worked well? What were the barriers if it didn't work well? Was peer support an option? If not, could peer support have helped to make treatment more successful?

Finally, we will discuss strategies for holding those important (sometimes lifesaving) conversations with people who are using tobacco. Drawing on the previous sessions, we'll revisit how the Eight Dimensions of Wellness can offer opportunities to talk about different areas where a person might want to make changes, Stages of Change to help people to consider their motivation and readiness for change, and then consider their goals for wellness, and possibly invite them to develop a Wellness Recovery Action Plan (WRAP™) for that aspect of their recovery or look at other ways to plan for wellness.

Presenters discuss the treatments or other strategies they used for regaining control over tobacco use and ways peer support can offer a non-judgmental space for talking about and exploring changes related to tobacco use.

Presenters: Amanda Saake, Susan Friedlander, Regina Shoen, Tony Trahan, Liz Breier, Oscar Jiménez-Solomon, and Gita Enders.

Moderated by Rita Cronise.

For more information, visit the APS Virtual Community website: <https://aps-community.org/>

To register:

Click the link or copy and paste this address into your browser to register:

<https://talking-about-tobacco-treatments.eventbrite.com>



Thank you for your participation in the [Academy of Peer Services](#) and the [Virtual Learning Community](#).

Share our announcements with others who can benefit from joining our educational series. Watch for our [News Updates](#) to learn more about what is happening in the peer support community and to join our Networking Meeting every Tuesday at 5:15 pm Eastern.

If you're not already a member of the free email list for the Academy Virtual Community, [join here](#).