

MAINE HELPERS PROGRAM FREQUENTLY ASKED QUESTIONS

1. What is a Helper?

Answer: Helpers are often family members or friends of tobacco users. They may be volunteers or professionals in healthcare, human services or community organizations. Some Helpers are former smokers, using their hard-won experience to help others quit. The Helpers Program offers information, training and support to individuals interested in helping someone quit tobacco. Research shows that many people are concerned about someone else's tobacco use and want to help them quit

2. As a Maine Helper, what will I learn?

Answer: The most important thing you will learn is how to conduct a conversation about tobacco in a way that is truly helpful, that will help avoid making tobacco users defensive. You will also learn about the myths and facts about tobacco treatment medications and about resources available to tobacco users including how to refer to the Maine Tobacco HelpLine

3. What's the difference between the Maine Helpers Program and the Tobacco Intervention: Basic Skills Training?

Answer: The Basic Skills Training is designed primarily for clinicians on how to conduct brief tobacco interventions as part of their professional practice with their clients and patients. The Helpers Program is designed primarily for non-clinical health professionals and for lay persons on how to conduct effective and confident conversations with friends, family and/or consumers in non-clinical settings.

4. As a clinician, can I choose to participate in the Helpers Program instead of, or in addition to, the Basic Skills Training?

Answer: Yes, this is up to you. We would be happy to discuss your choice with you if you have any questions. You may wish attend both the Basic Skills Training and the Helpers Train-the-Trainer program.

5. As a non-clinical healthcare provider, can I choose to participate in the Basic Skills Training instead of, or in addition to, the Helpers Program?

Answer: Yes, this is up to you. We would be happy to discuss your choice with you if you have any questions. There is benefit in attending both programs.

6. I'm interested in becoming a Certified Tobacco Treatment Specialist. Is this the same as becoming a Certified Helpers Trainer or a Certified Helper?

No. The Certified Tobacco Treatment Specialist (TTS-C) is a certification governed by the American Lung Association of Maine TTS-C Certification Commission. Some of the requirements for this are:

- Attendance of the Basic Skills Training and annual Intensive Tobacco Treatment Training
- A degree in a health-related field
- 240 hours of experience conducting Intensive Tobacco Treatment

- A passing score on a written exam and a review hearing with the Commission.

The Maine Helpers Program offers two certifications:

- a. Certified Helpers Trainer (CHT) which is offered to Maine residents who complete a full-day Maine Helpers Train-the-Trainer Program. CHT's must have a minimum of an Associates Degree and be tobacco-free for at least one year. This certification is good for 3 years.
- b. Certified Helpers, which is offered to Maine residents who complete a half day Maine Helpers Training. This certification is good for 3 years. Maine Helpers can be any Maine resident who has an interest in helping friends, family, co-workers or clients with quitting tobacco use.

7. I'm a healthcare clinician. Which certification is the best one for me?

Answer: This depends on your professional goals and the level of training in which you are interested. We are more than happy to discuss this with you. The TTS-C has more stringent requirements and training and is the certification sought by those who hope to conduct Intensive Tobacco Treatment vs. brief conversations. It is possible that at some point in the future the TTS-C may be linked to reimbursement of tobacco treatment services but this is not the case currently.

8. I'm 17 years old. Can I be a Maine Helper?

Answer: Yes, teens are encouraged to take the Helpers Training.

9. Does it cost anything to become trained in the Helpers Program?

Answer: Yes. The cost of the Maine Helpers Train-the-Trainer Program is \$60.00. This includes the cost of an initial packet of materials and information. Most of the Helpers materials can be downloaded at no cost. There is a cost for the manuals which can be ordered through the MaineHealth Center For Tobacco Independence. The cost of attending a Helpers Training is determined by the Certified Helpers Trainer (CHT) who is conducting the training. The Center For Tobacco Independence recommends a fee of no less than \$25.00 and no more than \$60.00.

10. Some of the material I've seen mentions the University of Arizona. What do they have to do with the Maine Helpers Program?

Answer: The Helpers Program was developed and is copyrighted by the University of Arizona College of Medicine. The Center For Tobacco Independence (CTI) staff have been trained as Helpers Master Trainers. CTI has worked with University of Arizona staff to adapt the training to meet the needs of Maine residents and have been authorized to make use of the Helpers logo, and to use and distribute Helpers materials. CTI conducts the Train-the-Trainer program on behalf of the Partnership For A Tobacco-Free Maine. Maine is the first state outside of Arizona to have its own Helpers Master Trainers.

11. I see that the certification for the Certified Helpers Trainer (CHT) and the Certified Helper are good for 3 years. What happens then?

Answer: You are welcome and encouraged to become re-certified by enrolling in the training again. Materials and curriculum will be updated each year.

12. You mentioned "Master Trainer". What is that and can I become a Certified Master Helpers Trainer?

Answer: A Certified Helpers Master Trainer is an individual who has been approved by the University of Arizona Helpers Program and undertaken a full two-day training. At this time, Maine is not offering any Master Helpers Trainings. Maine is offering a Train-the-

Trainer program which certifies individuals as Certified Helpers Trainers (CHT) to conduct their own Helpers training.

13. If I become a Certified Helpers Trainer (CHT) who determines when and where I conduct my Helpers Trainings?

Answer: You do! Once trained as a CHT, you schedule, promote and conduct your own Helpers Trainings. The Center For Tobacco Independence can help with promotion by posting your training on the Maine Helpers Website (which is currently under construction). CTI also requires very brief quarterly reports on your Helpers activities.

14. As a Certified Helpers Trainer (CHT), do I have to develop my own materials and curriculum?

Answer: No. Helpers workbooks, worksheets and videos have been developed by the University of Arizona Helpers Program and adapted with their permission by the Center For Tobacco Independence. If you represent yourself as a Maine CHT conducting a Maine Helpers Training you are required to use these materials and follow the standard curriculum.

Further questions not addressed here?

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