Support for Tobacco Recovery Training (STaRT) Course Information

About the course
This course is packed with ideas and tips on how you can support people in their tobacco recovery journey. There are eight 15-20-minute modules with both audio and visuals. The course addresses the stigma surrounding tobacco use and why tobacco recovery is so important. You will learn how to:
- Meet people where they are
- Build your relationship and avoid confrontation
- Listen actively
- Provide accurate information
- Connect people with free and effective resources

What you need for the course
- Access to a computer with internet connection
  <u>Best</u>: Firefox and Chrome
  <u>Sufficient</u>: Safari and Edge are also supported, but not recommended
  <u>Discouraged</u>: Internet Explorer will not work with many of the course features

Course Requirements
- Work, volunteer, or otherwise interact with people who use tobacco products
- You will receive notification of your registration via email

Course Sections
- There are 8 modules in addition to the "Start Here" folder.
- In Modules 1 – 8, you must score a 100% on each quiz to advance to the next module.
  - You will have unlimited attempts to retake each quiz.
- In addition to the quiz in Module 8, there is a short post-test.
- The post-test required to complete the course.
  - You will only need to take the post-test one time.
  - You will graduate from the course no matter what score you make on your post-test.
  - The post-test will help us evaluate/improve the course for future learners.
- Last, there is a brief required course evaluation, which will help us improve the course.

Graduation Requirements
<u>Pre-test:</u> Must complete to access the course.
<u>Syllabus quizzes</u>: Must pass each 100%; you have unlimited attempts to achieve a 100%.
<u>Post-test:</u> Required for course completion.
<u>Course evaluation:</u> Required for course completion.

Joining our Community
Upon graduation from the START course:
- With your permission, you will be added to our Tobacco Education Listserv
- If you work in Kansas, with your permission, you will be added to the Kansas tobacco treatment directory.

Course Instructors
Instructor bios for the following course instructors can be found in the "Start Here" Folder.
Babalola Faseru, MD, MPH - Professor, KU School of Medicine, Department of Population Health
Kimber P. Richter, PhD, MPH - Professor, KU School of Medicine, Department of Population Health

Course Disclosures
The following planning committee members, content developers and instructors do not have any financial relationships with any proprietary entities producing, marketing, re-selling, or distributing healthcare goods or services consumed by, or used on patients related to the content of their presentations: *Babalola Faseru, MD, MPH, and Kimber P. Richter, PhD, MPH*

Learning Outcomes/Objectives:
By the end of the program the learner will be able to:
1. Recognize why the language you choose when discussing tobacco recovery is important.
2. Identify why tobacco use disorder is both a mental illness and a substance use disorder.
3. Demonstrate how to have a conversation about tobacco use in a non-confrontational way.
4. Describe the benefits of tobacco recovery.
5. Explain how celebrating small victories/wins are important to tobacco recovery.
6. Discuss the role that peers, coaches, health workers, and allies can play in tobacco recovery.
7. Review the pros and cons of different treatment approaches to tobacco recovery.
8. Describe the health consequences of e-cigarette use.
9. Explain why it is important to use evidence-based tools to help people recover from tobacco dependence.

Course Drop Policy
- The course must be started two weeks from enrolling, or you will be dropped from the course.
- If dropped, you can reapply to a future course but a spot and/or scholarship are not guaranteed.

Course Completion:
- All participants will receive a graduation certificate upon course completion.
- Please complete the course within 60 days of enrollment
- If you don't complete it within 60 days—including post-test and course evaluation—you will be dropped.
- If dropped, you can reapply to a future course, but a spot and/or scholarship are not guaranteed.

Course Information Assistance
For course questions, please contact:
MeLinda Lair, Program Manager
Office number: (913)-945-7888 - tobaccoed@kumc.edu; mlair@kumc.edu

STaRT Course Modules

Start Here Folder
Introduction: Support for Tobacco Recovery Training (STaRT)
Pre-test

Module 1:
Support for Tobacco Recovery Training (STaRT)
Quiz Module 1

Module 2:
Peer Support Skills for Tobacco Recovery
Quiz Module 2

Module 3:
Helping Peers Consider IF They Want to Quit
Quiz Module 3

Module 4:
Helping Peers Take Small Steps Toward Tobacco Recovery
Quiz Module 4

Module 5:
What Works for Tobacco Recovery and How Support Providers Can Help
Quiz module *5*

Module 6:
Connecting Peers to Resources for Tobacco Recovery
Quiz Module 6

Module 7:
Thinking About E-Cigarettes
Quiz Module 7

Module 8:
Resources for Peer Support Providers and People who Use Tobacco
Quiz Module 8
Post-test
Course evaluation