

Prevent Teen  
T**o**bacco Use

Help Teens  
QUIT

# Teen Tobacco Use: A Continuum of Care

*A free conference on working together to promote effective prevention and cessation.*

**April 14, 15 & 16, 2009**  
**Penn State's Nittany Lion Inn**  
**State College, PA**

## Keynote Speakers

**Aaron Mushro**

American Legacy Foundation

**Jonathan Klein, MD, MPH**

Julius B. Richmond Center of Excellence,  
American Academy of Pediatrics

**Margaret Ann Modro, MS**

University of Pittsburgh Medical Center,  
Western Psychiatric Institute

**Kentya Ford, Dr. P.H., MS**

M.D. Anderson Cancer Center,  
Prairie View A & M University

**Purpose/Target Audience:**

This annual conference is designed to provide participants with the knowledge of a broad spectrum of current issues in the prevention and treatment of tobacco use by adolescents. Pediatricians and all other health care professionals who work with adolescents may benefit from attendance.

**Jointly Sponsored by:**

The Association of Tobacco Control Professionals  
The PA Primary Care Network for Adolescent Smoking Cessation  
Penn State College of Medicine

**In Collaboration with:**

PA Area Health Education Center and the PA Chapter of the American Academy of Pediatrics

*Funding for this program is provided, in part, under a grant with the Pennsylvania Department of Health and by the Association of Tobacco Control Professionals of PA.*

# Program Schedule

## *Tuesday, April 14*

**11:30 a.m.** - Registration Desk Opens

**12:30 to 1:00 p.m.** - Welcome

**Jon Pletcher, M.D.**

**Al Snider, Ph.D., President ATCPP**

**1:00 to 1:30 p.m.** – PA Welcome

*Everette James, Secretary of Health*

**1:45 to 3:00 p.m.** – Breakout Session I

### **A. Motivational Interviewing with Adolescents Who Smoke**

**Allan Zuckoff, Ph.D.**

Using motivational interviewing strategies to facilitate smoking cessation efforts among adolescents in the office setting.

### **B. Use of Structured Brief Advice and Pharmacologic Aids in Tobacco Cessation**

**Frank Vitale, M.A.**

The role of pharmacologic smoking cessation aids and other resources in assisting adolescent tobacco cessation.

### **C. Peer Influence and Adolescent Cigarette Smoking: Can Peers Promote Cessation?**

**Sara Kinsman, M.D., Ph.D.**

Directing prevention and cessation efforts to address peer influence by understanding the importance of peer relationships in adolescent development.

### **D. Improving the Quality of Clinical Interventions: Making It Work in My Practice**

**Tahniat Syed, M.D., MPH**

**Deborah R. Moss, M.D., MPH**

Develop a plan to integrate smoking cessation into routine health care.

### **E. HelpTeensQuit.com: a Website for Clinicians**

**Jon Pletcher, M.D.**

**Audrey Vanim, BA**

Review components of the website and ways to improve it as a clinical tool.

### **F. ASPIRE Website**

**Kathy Hill, M.A.T., M.S.I.S.**

Become familiar with this interactive, multimedia, web-based smoking prevention experience.

### **G. Teens, Tobacco Use, and Mental Health Co-morbidities**

**Antoine Douaihy, MD**

Facilitate tobacco cessation by addressing underlying mental health issues.

**3:15 to 4:30 p.m.** – Breakout Session II  
(See topics in Session I)

**5:00 to 6:00 p.m.** - Reception and Networking

**6:00 to 7:30 p.m.** - Dinner and Speaker

**Kentya Ford, Dr. P.H., MS**

**Promising Research: ASPIRE**

## *Wednesday, April 15*

**8:30 a.m.** - Continental Breakfast

**9:00 to 9:30 a.m.** - **Presentation of PASS Study**

**Deborah R. Moss, M.D., MPH**

**Pam Murray, M.D., MHP**

**Sara Kinsman, M.D., Ph.D.**

**9:45 to 10:45 a.m.** – Meet in breakout groups to develop top 10 unanswered questions regarding adolescent smoking cessation.

**11:00 to 12:00 p.m.** **Policy: What's next?**

Panel Discussion

**Kevin O' Flaherty, BA**

**Deborah P. Brown, MS, CHES**

**Joy Blankley Meyer, BA**

**Susan Roberts, MS**

**12:00 to 1:15 p.m.** - Lunch & Speaker

**Jonathan D. Klein, M.D., MPH**

**Tobacco and Children: Who is winning:** The role of the American Academy of Pediatrics - Julius B. Richmond Center of Excellence.

**1:30 to 3:00 p.m.** – **truth®: Infiltrating youth culture and extending our life saving messaging**

**Aaron Mushro**

**Jennifer Duke MS, Ph.D**

## Wednesday, April 15 (cont)

### 3:15 to 4:45 p.m. – Strategies and Experiences with Successful Youth Tobacco Prevention and Cessation Programs in Pennsylvania: A Panel Discussion

**De Ricci Horwatt, BS, C.P.S.:** *Minnesota Smoking Prevention Program in the Washington County Schools*

**Aunnalea Grove, BA, MS:** *The Youth Tobacco Control Program in Philadelphia*

**Lilia Santiago, M.Ed.:** *Youth Leadership Institute, Northeast Health District*

#### ATCPP Annual Dinner - 6:00 p.m.

**TEEN SMOKING: The Beginning of the End – How can we help?** **Dr. George Zlupko,** Altoona Lung, Chief of Clinical Service of Pulmonary Medicine, The Altoona Regional Health System

Not part of continuing education program.

## Thursday, April 16

### 8:15 to 11:45a.m. - The Adolescent Brain Development and Nicotine

**Margaret Ann Modro, MS**

Participants will;

- Learn how tobacco influences the developing adolescent brain.
- Learn the seven guidelines outlined by the CDC for School Health Programs to prevent tobacco use and addiction.
- Be able to create one or two strategic activities to address each of the seven CDC guidelines.

**11:45 to 12:00 Noon** - Evaluation wrap-up

## Conference Objectives

- Improve clinical skills when intervening with an adolescent who reports or is at risk for using tobacco. Skill sets will focus on brief counseling and interagency collaboration and referrals.
- Explore pertinent research questions and priorities regarding effective intervention through data collected by the PASS study (Pennsylvania Adolescent Smoking Cessation Study).
- Identify and contribute to public policy priorities that could improve access to and quality of services that promote adolescent tobacco cessation and prevention.
- Discuss effective strategies to prevent adolescent tobacco use.

## Credits

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of Penn State College of Medicine and the Association of Tobacco Control Professionals of Pennsylvania and the PA Primary Care Network for Adolescent Smoking Cessation. Penn State College of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Penn State College of Medicine designates this educational activity for *AMA PRA Category 1 Credit(s)*<sup>TM</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity. **Credits are noted below.**

This continuing nursing education activity has been approved for contact hours by the Pennsylvania State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. **Contact hours are noted below.**

\*April 14<sup>th</sup> afternoon – maximum of 2.5 credits/contact hours

\*April 15<sup>th</sup> day – maximum of 6.5 credits/contact hours

\*April 14<sup>th</sup> evening – maximum of 1 credit/contact hour

\*April 16<sup>th</sup> morning – maximum of 3.75 credits/3.7 contact hours

Applications have been made for CHES, Social Work and CAC credits.

It is our policy to ensure balance, independence, objectivity, and scientific rigor in all of our sponsored educational programs. Faculty and course directors have disclosed relevant financial relationships with commercial companies, and Penn State has a process in place to resolve any conflict of interest. Complete faculty disclosure will be provided to program participants at the beginning of the activity.

## *Conference Faculty*

**Joy Blankley Meyer, BA**

Pennsylvania Alliance to  
Control Tobacco (PACT)

**Deborah P. Brown, MS,  
CHES**

American Lung Association  
of the Mid-Atlantic -  
Smoking Cessation  
Coverage PACT

**Aaron Mushro**

Brand Manager, Interactive  
Marketing  
American Legacy  
Foundation

**Antoine Douaihy, MD**

Associate Prof. of Psychiatry  
University of Pittsburgh  
School of Medicine,  
Department of Psychiatry

**Jennifer Duke MS, Ph.D**

American Legacy  
Foundation

**Aunnalea Grove BA, MS**

Youth Tobacco Control  
Program Coordinator

**Kathy Hill, M.A.T., M.S.I.S**

University of Texas, M.D.  
Anderson Cancer Center  
ASPIRE Program

**De Ricci Horwatt, BS,  
C.P.S.**

Program Director Gateway  
Vision, Washington, PA

**Everette James**

PA Acting Secretary of Health

**Sara Kinsman, M.D., Ph.D.**

Craig-Dalsimer Division of  
Adolescent Medicine at the  
Children's Hospital of  
Philadelphia

**Jonathan D. Klein, M.D.,  
MPH**

The American Academy of  
Pediatrics Julius B.  
Richmond Center of  
Excellence

**Margaret Ann Modro MS**

University of Pittsburgh  
Medical Center, Western  
Psychiatric Institute

**Deborah. Moss, MD, MPH**

General Academic Pediatrics  
Children's Hospital of  
Pittsburgh

**Pamela Murray, MD, MHP**

Adolescent Medicine,  
Children's Hospital of  
Pittsburgh

**Kevin O'Flaherty**

Campaign for Tobacco Free  
Kids - Clean Indoor Air

**Jon Pletcher, M.D.**

Adolescent Medicine,  
Children's Hospital of  
Pittsburgh

**Alex Prokhorov, M.D.**

University of Texas, M.D.  
Anderson Cancer Center  
ASPIRE Program

**Susan Roberts, MS**

American Cancer Society

**Lilia Santiago M.Ed.**

Tobacco Free Northeast  
Lehigh Valley Hospital

**Dottie Schell, BS, RN, CTAS**

Statewide Director, Tobacco  
Education for the PA  
American Academy of  
Pediatrics and PA Area  
Health Education Center

**Al Snider, Ph.D**

President ATCPP  
Association of Tobacco  
Control Professionals

**Tahniat Syed, MD, MPH**

The PA Primary Care  
Network for Adolescent  
Smoking Cessation

**Audrey Vanim, BA**

Lehigh Valley Hospital

**Frank Vitale, M.A.**

National Director,  
Pharmacy Partnership for  
Tobacco Cessation,  
University of Pittsburgh  
School of Pharmacy

**Allan Zuckoff, Ph.D**

Assistant Professor of  
Psychiatry, University of  
Pittsburgh School of  
Medicine

## Registration

**Fee: There is no fee to attend this conference; however attendees must cover their own travel expenses and room accommodations. Please register early as space is limited.**

### Registration Information:

Register online, by fax, or by mail. Registrations will be confirmed by e-mail upon receipt of registration.

If you do not receive a confirmation from Penn State within two weeks, phone 717-531-6483 to confirm your registration. Walk-ins and late registrations will be accepted only if space is available.

### Register online:

[www.hmc.psu.edu/ce/teentobacco/](http://www.hmc.psu.edu/ce/teentobacco/)

**Fax to: 717-531-5604**

**Mail: Registrar, Penn State College of Medicine**

**Continuing Education G220**

**P.O. Box 851**

**Hershey, PA 17033-5604**

**Phone: 717-531-6483**

### Accommodations:

A block of rooms has been held at the Nittany Lion Inn in State College for attendees. **You must book your room by March 15, 2009 to assure room availability at the conference hotel.**

Individual attendees should contact PSHS's Central Reservations Department at 800-233-7505 or access our secure website, [www.pshs.psu.edu](http://www.pshs.psu.edu) to make their own guest room arrangements, and guarantee them by providing an accepted credit card number.

When making reservations, reference your personal **Reservation Identification Number TOBD09A**. On the secure website, select **The Nittany Lion Inn**, then select **Reserve your Stay**, then select **Group Reservations**. Enter your **Reservation Identification Number TOBD09A** and submit.

**CUT-OFF DATE for rooms at conference price:  
March 15, 2009**

Name: \_\_\_\_\_

MD   PA   NP   RN   LPN   SW   CHES   CAC   Other \_\_\_\_\_

Title: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_ (please print clearly)

### Session I & II Choices for Tuesday April 14

(Please rank your choices 1-7 (1 being your top choice). You will be assigned on a first come first serve basis)

A \_\_\_\_\_ B \_\_\_\_\_ C \_\_\_\_\_ D \_\_\_\_\_ E \_\_\_\_\_ F \_\_\_\_\_ G \_\_\_\_\_

**Special Dietary Needs:**   Vegetarian   Kosher   Other \_\_\_\_\_

**Dinner:**   Tuesday, April 14   yes \_\_\_ no \_\_\_   Wednesday, April 15   yes \_\_\_ no \_\_\_

**Access:** Penn State encourages persons with disabilities to participate in its programs. If you anticipate needing any type of special accommodation or have questions about the physical access provided, please contact Continuing Education in advance of your participation.

**Check here if you have a disability and may require accommodation to fully participate. You will be contacted.**   \_\_\_\_\_