

# **Living Well:**

**Strategies for Tobacco Free Recovery  
Summit Program**

**March 4-6, 2012**



**DoubleTree Suites by Hilton Hotel**

**Santa Monica**

1707 Fourth Street

Santa Monica, CA 90401-3310



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<http://www.uclaisap.org/BH-Summit>

Funding for this was made possible by FOA CDC-RFA-DP09-912ARRA09 from the Centers for Disease Control and Prevention (CDC). The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government

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Welcome to the *Living Well: Strategies for Tobacco Free Recovery* Summit in Santa Monica, California, at the DoubleTree Suites by Hilton Hotel Santa Monica. The Summit brings together Communities Putting Prevention to Work (CPPW) grantees; and national, state, and local partners to learn about the latest research, data, and programs that address tobacco prevention, use, and treatment among behavioral health (mental health and substance use disorders) populations. In addition, participants will be given the opportunity to explore the interconnections between chronic disease and behavioral health, as well as best practices for integrating tobacco cessation services into mental health and alcohol and drug treatment programs.

The Summit Objectives are as follows:

- Present the most up-to-date research and information regarding promising practices to reduce tobacco use in behavioral health populations.
- Explore the interconnections between chronic disease, tobacco use, and behavioral health.
- Provide resources and tools to enhance knowledge and skills needed to reduce tobacco use in behavioral health populations.
- Create an opportunity to collaborate, network, and share effective strategies to reduce tobacco use in behavioral health populations.

The plenary presentations and breakout sessions will provide ample opportunities for Summit participants to interact and network with colleagues and presenters. Summit participants will be able to participate in both experiential and didactic learning breakout sessions.

The Summit Planning Committee is proud to announce that this Summit is a 'green event.' Summit planning, marketing, publicity, invitations, and registration are paperless. Participants and presenters are strongly encouraged to utilize electronic media for viewing hand-outs and materials. Presentations will be available to download following the Summit at: [lacounty.publichealth.gov/tob](http://lacounty.publichealth.gov/tob).

# Summit General Information

## **EVENT CHECK-IN AND INFORMATION TABLE**

Sunday, March 4 ..... 3:00 pm – 7:00 pm

Monday, March 5..... 7:00 am – 5:30 pm

Tuesday, March 6..... 7:00 am – 5:00 pm

All Registration matters will be handled at the Information Table located in the Hotel Lobby.

## **NAME BADGE FOR ADMITTANCE**

Everyone **MUST** register to participate in the Summit. Participants must wear their name badges for admission to sessions, breakfast, lunch, and evening reception.

## **PROGRAM SHOWCASE GALLERY WALK**

Exhibits will be housed in the Hotel Lobby and feature programs and organizations doing work on Tobacco Cessation and Behavioral Health. The Program Showcase Gallery Walk will be open during lunch on Monday, March 5 and Tuesday, March 6.

## **MESSAGE BOARD**

A message board has been placed in the registration area for your convenience to leave or receive messages. Phone and personal messages, general announcements and room changes will be posted on the message board.

## **PHOTO/VIDEOTAPING POLICY**

The Living Well: Strategies for Tobacco Recovery Summit will be recording sessions and other activities. If you do not wish to be recorded, please see the Summit Planning Committee members at the Information Table. Anyone wishing to make video/audio recordings or taking photographs of session

presenters, participants, or plenary speakers must obtain advance approval from the Summit Planning Committee. Written permission is required from the individuals to be recorded or photographed.

## **SHUTTLE SERVICE**

Shuttle service arrangements to and from the DoubleTree Suites by Hilton Hotel have been made with Super Shuttle. Out of town participants received a roundtrip voucher through e-mail prior to the Summit.

## **MEALS**

The hotel will offer daily complimentary breakfast and lunch for Summit participants. All hotel meals will be healthy with vegetarian options. Coffee, water, and tea will be available throughout the day. Summit participants will be responsible for any remaining meals. A list of restaurants within walking distance is available at the Information Table.

## **RESTROOMS**

During the Summit, restrooms on the Lobby Level may get crowded. Additional restrooms are located on the Second Floor.

## **LACTATION ROOM**

A guest room has been reserved at the hotel for women who need to pump or breastfeed while at the event. Please stop by the Information Table to request the room number and key card.

# Summit General Information

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## **PHYSICAL ACTIVITY OPPORTUNITIES**

We encourage attendees to be physically active during the Summit. The hotel offers an array of equipment, including free cardiovascular equipment, weights, and weight machines. The fitness room is open 24 hours and located on the 2<sup>nd</sup> floor adjacent to the pool deck, and is complimentary to all overnight guests.

Break times throughout the event provide perfect opportunities for onsite physical activity, such as stretching and walking.

Early risers on Tuesday, March 6 are welcome to join us on “Exercise Break! Walk to Santa Monica Pier” from 6:30 am - 7:00 am. Please meet in the Hotel Lobby.

## **SUMMIT EVALUATIONS**

Plenaries and breakout sessions will be evaluated through paper evaluation forms located in the meeting rooms and at the Information Table. Please help us by returning completed forms to the information table.

## **CERTIFICATE OF ATTENDANCE**

Participants who pre-registered for the Summit will receive a personalized certificate of attendance at the end of the day on Tuesday, March 6. Participants should proceed to the registration area to pick up their certificate.

## **SMOKE-FREE SUMMIT POLICY**

As a Summit funded through the Centers for Disease Control & Prevention (CDC), Living Well: Strategies for Tobacco Recovery is held in the City of Santa Monica, which has made enclosed workplaces and public places, including restaurants and meeting facilities, smoke-free. The DoubleTree Suites by Hilton Hotel Santa Monica is a comprehensive smoke-free hotel; no smoking is allowed in the hotel, the Garden Terrace and Pool Area. The purpose of this policy is to protect the health of all participants from the documented health risks posed by secondhand smoke and to serve as a model for other agencies and organizations as they initiate programs to promote healthy behavior.



- 3:00 pm—7:00 pm**      **Check-In and Registration Opens** ..... Hotel Lobby
- 7:00 pm—8:30 pm**      **Welcome to LA! Gathering**..... Carousel Ballroom

***\*Marquee 2 will be open throughout the Summit for peer-to-peer networking. Hotel is equipped with wireless Internet service. \****

- 7:00 am—9:00 am**      **Registration** ..... Hotel Lobby
- 7:00 am—9:00 am**      **Breakfast** ..... Garden Terrace
- 9:00 am—9:30 am**      **Welcome and Summit Kick-Off** ..... Carousel Ballroom  
Jonathan Freedman, MS, *Los Angeles County Department of Public Health*

- 9:30 am—10:30 am**      **Morning Plenary Session**..... Carousel Ballroom  
Terry L. Cline, PhD, *Oklahoma Commissioner of Health, Secretary of Health and Human Services*

Given that intentional strategies by the tobacco industry were used over the years to increase tobacco rates by people with behavioral health challenges, it will take intentional strategies to decrease tobacco use amongst this population. We know we have disproportionately high tobacco use prevalence rates for people living with mental illness and substance abuse, and far too many people are dying prematurely because of their tobacco use. The good news is we have a wealth of evidence-based interventions, as well as best and promising practices at our disposal. The challenge, of course, is moving these strategies into practice and full implementation. In addition, we now have an increased appreciation for a wellness orientation and a public health approach which promotes health, resiliency, and recovery. As former U.S. Surgeon General David Satcher noted, “The difference between knowing and doing can be fatal.” It is time for us to move strategies into action. This presentation will provide a snap-shot from national, state, and community perspectives.

- 10:30 am—10:45 am**      **Refreshment Break** .....Carousel Foyer



# Summit Agenda

## **Monday, March 5, 2012, continued**

**10:45 am—12:15 pm**      **Panel Discussion** ..... Carousel Ballroom

Steven A. Schroeder, MD, *Smoking Cessation Leadership Center, University of California, San Francisco*

Stephen S. Michael, MS, *Arizona Smokers' Helpline at the University of Arizona*

Gary J. Tedeschi, PhD, *California Center for Tobacco Cessation, University of California, San Diego*

Renata J. Henry, MEd, *Maryland Department of Health and Mental Hygiene*

The devastating consequences of smoking on those with behavioral health concerns cannot be underestimated. The prevalence of smoking among those with behavioral health disorders is two to four times higher than the general population. In this presentation, a panel of experts will describe the latest tobacco use data, evidence-based tobacco treatment, lessons learned in integrating smoking cessation into behavioral health programs, working with peer advocates, and latest efforts to increase access to and utilization of effective smoking cessation services.

**12:15 pm—1:30 pm**      **Lunch** ..... Garden Terrace

***Program Showcase Gallery Walk: What we know about Behavioral Health and Tobacco Cessation***

**1:30 pm—3:00 pm**      **Breakout Session I**

***Tobacco-Free Policies in a Clinical Setting*** ..... Marquee 1

Sandeepkumar Singh, MD, MHA, *Austin Travis County Integral Care*

Marie P. Bresnahan, MPH, *New York City Department of Health & Mental Hygiene, Bureau of Tobacco Control*

This breakout session will describe various strategies for implementing tobacco-free policies in mental health and addictions treatment settings. Many states are showing a significant decrease in the number of adult smokers, however, studies have shown little or no change in the smoking rates among adults with mental illness. People with a history of mental illness or substance abuse can cut down and quit their tobacco use. Most behavioral health providers need to treat this issue more aggressively and there are a great many tool available to help them to do so.

Attend this breakout session to learn about what systems changes were made to promote tobacco dependence treatment within behavioral health setting in Austin/Travis County and in New York City. Come prepared to share with the group your own experiences and to discuss what has worked in your area. We will work together to identify challenges and to share strategies for overcoming those roadblocks.

# Summit Agenda

## Monday, March 5, 2012, continued

### 1:30 pm—3:00 pm Breakout Session I, continued

**Peer-Led Recovery** ..... Carousel A  
Stacy Ignoffo, MSW, *Respiratory Health Association of Metropolitan Chicago*  
Ariel Mindel, MC, *Mental Health America of Illinois*

Communities Putting Prevention to Work: Chicago Tobacco Prevention Project (CTPP) implements policy, systems and environmental change strategies to decrease tobacco use and exposure to secondhand smoke, with concentrated efforts aimed at populations with higher than average smoking rates; including individuals living with mental illness and co-morbid substance use. To create environmental changes that support cessation and reduce exposure to secondhand smoke, CTPP has partnered with organizations that provide behavioral health services to implement smoke-free campus policies and integrate systems changes to increase cessation through the *Ask, Advise, Refer* method and *Courage to Quit* cessation program. This breakout session will include information about Chicago's initiative to engage the behavioral health community in tobacco control efforts. A number of topics will be addressed including: the rationale for targeting this community in Chicago, the planning process, effective partnerships, characteristics of the organizations that were successful and not successful at integrating tobacco control, and initial results from a survey of professionals working with people living with mental illness and co-morbid substance use.

**Debunking Myths**..... Carousel C  
Gary J. Tedeschi, PhD, *California Center for Tobacco Cessation, University of California, San Diego*  
Kirsten Hansen, MPP, *California Center for Tobacco Cessation, University of California, San Diego*

People with mental illness and substance use disorders suffer from smoking-related diseases in alarmingly high numbers and smoke at rates that are 2-4 times higher than people without these conditions. For years, smokers with behavioral health conditions were thought to have no interest in quitting and were not able to quit. There were also concerns about psychiatric symptoms getting worse during smoking cessation. This breakout session will focus on debunking these misperceptions. It will also offer ideas and resources for health professionals on how to help smokers with behavioral health conditions become smoke-free.

**Tobacco-Free Messaging for Behavioral Health Professionals and Consumers** ..... Carousel B  
Connie C. Revell, MA, *California Center for Tobacco Cessation, University of California, San Diego*  
Sarah A. Planche, MPH, *California Tobacco Control Program, California Department of Public Health*

People with serious mental illnesses die about 25 years earlier than the general population, on average, and more than 200,000 of them die each year from smoking-related causes, with many more becoming disabled. People with co-occurring disorders (both mental illnesses and substance use disorders) are similarly affected. Yet until very recently, smoking cessation was a subject seldom raised in mental health care settings, and many argued that smoking interventions were inappropriate for this population. Now things are changing, and much more is known about effective messages to help smokers with mental illnesses quit. This breakout session explores the history of smoking cessation in mental health settings, along with current trends and evolving understanding of how best to help these smokers quit. It will briefly cover the history of the National Mental Health Partnership for Wellness and Smoking Cessation along with involvement on the issue by the Substance Abuse and Mental Health Services Administration. California-based tobacco cessation trainings for mental health professionals, as well as current ads aimed

# Summit Agenda

## Monday, March 5, 2012, continued

### 1:30 pm—3:00 pm Breakout Session I, continued

at these clinicians will be covered, and the audience will join in a discussion of what works and best directions for the future. Special emphasis will be placed on finely tuned messages that capture the attention of people working toward recovery. Information about upcoming behavioral health regional trainings in California will also be provided.

### 3:00 pm—3:15 pm Refreshment Break .....Carousel Foyer

### 3:15 pm—4:45 pm Breakout Session II (Repeated)

#### ***Tobacco-Free Policies in a Clinical Setting*** ..... Marquee 1

Sandeepkumar Singh, MD, MHA, *Austin Travis County Integral Care*

Marie P. Bresnahan, MPH, *New York City Department of Health & Mental Hygiene, Bureau of Tobacco Control*

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#### ***Peer-led Recovery*** ..... Carousel A

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# Summit Agenda

## Monday, March 5, 2012, continued

### 3:15 pm—4:45 pm      Breakout Session II (Repeated), continued

#### **Debunking Myths**..... Carousel C

Gary J. Tedeschi, PhD, *California Center for Tobacco Cessation, University of California, San Diego*

Kirsten Hansen, MPP, *California Center for Tobacco Cessation, University of California, San Diego*

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#### **Tobacco-Free Messaging for Behavioral Health Professionals and**

#### **Consumers** ..... Carousel B

Connie C. Revell, MA, *California Center for Tobacco Cessation, University of California, San Diego*

Sarah A. Planche, MPH, *California Tobacco Control Program, California Department of Public Health*

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### 4:45 pm—5:00 pm

#### Break

### 5:00 pm—5:15 pm

#### Debrief and Evaluation ..... Carousel Ballroom

### 5:15 pm—5:30 pm

#### Closing Remarks and Adjourn ..... Carousel Ballroom

### 7:30 pm—9:30 pm

#### **Addiction Incorporated Movie Premiere**.....Carousel Ballroom

# Summit Agenda

## Tuesday, March 6, 2012

- 6:30 am—7:00 am      **Exercise Break! Walk to Santa Monica Pier** ..... (meet in Hotel Lobby)
- 7:00 am—8:30 am      **Registration** ..... Hotel Lobby
- 7:00 am—8:30 am      **Breakfast** ..... Garden Terrace
- 8:30 am—8:40 am      **Welcome Back: The Day Ahead** ..... Carousel Ballroom  
Linda Aragon, MPH, *Los Angeles County Tobacco Control and Prevention Program*
- 8:40 am—9:40 am      **Morning Plenary Session** ..... Carousel Ballroom

### ***Recovery and Rehabilitation—How to Incorporate Tobacco Cessation***

Dori S. Hutchinson, ScD, MS, *Center for Psychiatric Rehabilitation, Boston University*

People with psychiatric disabilities experience a reduced lifespan on average of 25 years compared to the general population. This unacceptable health disparity is strongly influenced by the heavy tobacco use by this population and is an urgent call to action for consumers and providers. This plenary will seek to inspire you to help people with psychiatric disabilities live long, meaningful lives by building a tobacco-free lifestyle. The need for providers and programs to create opportunities that develop readiness for change and empower people with skills and supports that are a foundation for health will be shared. The audience will be challenged to reflect upon prejudicial attitudes, practices and policies that hinder health and wellness in people with psychiatric disabilities with the goal of promoting opportunities for a tobacco-free recovery.

- 9:40 am—9:50 am      **Table Sharing** ..... Carousel Ballroom  
***What are you doing in your community and what are you planning to do to address tobacco use in behavioral health?***
- 9:50 am—10:00 am      **Show and Tell** ..... Carousel Ballroom
- 10:00 am—10:15 am      **Refreshment Break** ..... Carousel Foyer

# Summit Agenda

**Tuesday, March 6, 2012, continued**

**10:15 am—11:45 am      Breakout Session III**

***Mobilizing Clinicians' Motivation to Intervene with their Clients who use Tobacco* ..... Carousel B**  
Daryl Sharp, PhD, PMHCNS-BC, NPP, *University of Rochester School of Nursing, The Center for Community Health*

The purpose of this breakout session is to provide participants with an overview of evidence-based tobacco dependence treatments for those with psychiatric and/or substance use disorders. Lessons learned including results from the implementation of an intensive outpatient tobacco dependence treatment program tailored for clients with serious mental illnesses will be discussed. In addition, a partnership between the American Psychiatric Nurses Association and the Smoking Cessation Leadership Center designed to increase the depth and reach of psychiatric nurses' tobacco dependence intervention efforts nationwide will be described. Replicable across disciplines, the partnership model can effectively enhance clinicians' motivation and skills in delivering evidence-based tobacco dependence interventions with their clients who smoke.

***Tobacco Free for Recovery: Changing Tobacco Culture in the Behavioral Health Community* ..... Marquee 1**  
Cathryn S. Cushing, BA, *Oregon Public Health Division, Tobacco Prevention and Education Program*  
Dior K. Hildebrand, RN, PHN, *Los Angeles County Tobacco Control and Prevention Program*  
Catherine J. Saucedo, BA, *Smoking Cessation Leadership Center, University of California, San Francisco*

This workshop will present information on the Smoking Cessation Leadership Center's 100 Pioneers initiative that enlisted 100 Substance Abuse Mental Health Services Administration grantees to promote smoke-free environments and tobacco cessation efforts in community mental health centers and treatment facilities. Two projects will be highlighted: Oregon's Addictions and Mental Health Division's upcoming policy that requires all residential treatment centers for mental health or addictions to have tobacco-free campuses, and Los Angeles County's effort to incentivize social service agencies to go smoke-free and undertake smoking cessation-related activities to help clients and staff quit smoking.

Attendees will learn about implementing innovative, evidence-based policies that decrease smoking prevalence among behavioral health populations. The presenters will discuss the basic design of their campaigns, including goals, best practices, outcomes and lessons learned. Strategies will be identified for replication in other communities, including tools used to design the projects.

# Summit Agenda

**Tuesday, March 6, 2012, continued**

**10:15 am—11:45 am      Breakout Session III, continued**

***Support Services for Recovery* ..... Carousel A**

Anand Pandya, MD, *Cedars-Sinai Medical Center, Department of Psychiatry and Behavioral Neurosciences, National Alliance on Mental Illness (NAMI-National)*

Ruth Hollman, PhD candidate, *SHARE! the Self-Help And Recovery Exchange*

John Travers, CPRP, *Mental Health America of Los Angeles - Wellness Center Long Beach*

Tina Enwall, CPRP, *Mental Health America of Los Angeles - Wellness Center Long Beach*

Stronger direct engagement with individuals living with mental illness and the family and friends who represent their support system is an essential element for targeted prevention and cessation efforts. This breakout session will provide an in-depth understanding and discussion of what grassroots mental health organizations are doing at the national and local level to elevate tobacco prevention and cessation as a priority issue for people with mental illness; to overcome significant cultural and systemic barriers; and to implement realistic and sustainable evidence-based cessation programs. The breakout session will also help identify opportunities for collaboration with mental health advocacy organizations on the national and local level.

***The Power of Peers* ..... Carousel C**

John Sheehe, LCSW, *Co-Occurring Mental Health and Substance Abuse Disorder (COD) System Wide Services, Los Angeles County Department of Mental Health*

Urmi N. Patel, PsyD, *Adult System of Care Administration, Los Angeles County Department of Mental Health*

Angelica Garcia, *Project Return Peer Support Network*

Along with a panel of peer advocates, this breakout session will provide an overview of the collaboration between LA County's Department of Public Health and the Department of Mental Health (DMH) to integrate smoking cessation into DMH's Wellness Centers. It will also provide an overview of the consumer/peer movement within the context of the Mental Health Services Act (MHSA) and the emerging organizational structure of DMH Directly-Operated and Contracted treatment sites. Specifically, how peer advocates demonstrate an important role as behavioral health integrates with primary care in the era of health care reform.

A panel of peers from various treatment providers will draw on their experiences with the Peer-to-Peer Quit Smoking Program as an example of how to integrate peers into health teams under health care reform. And finally, a presentation by Project Return Peer Support Network will demonstrate how peer staff and volunteers applied the quit smoking program to their Friendship Line (an after-hours warm line for crisis support for consumers).

# Summit Agenda

## ***Tuesday, March 6, 2012, continued***

**11:45 am—1:15 pm**      **Lunch** ..... Garden Terrace  
***Program Showcase Gallery Walk: What we know about Behavioral Health and Tobacco Cessation***

**1:15 pm—2:15 pm**      **Afternoon Plenary Session** ..... Carousel Ballroom

### ***Diabetes, Depression, and Smoking Cessation***

William Polonsky, PhD, CDE, *Behavioral Diabetes Institute*

Both smoking and mood disorders are major contributors to poor outcomes in diabetes. Unfortunately, patients with diabetes are at elevated risk for depression, and this makes smoking cessation a more challenging effort. This presentation will review these complex relationships and suggest innovative solutions for encouraging smoking cessation in this population.

**2:15 pm—2:30 pm**      **Refreshment Break** .....Carousel Foyer

**2:30 pm—4:00 pm**      **Breakout Session IV**

### ***Tobacco Use, Diabetes, and other Chronic Diseases - Overlapping Epidemics*** ..... Carousel A

Tami A. MacAller, MPH, CHES, *California Diabetes Program, California Department of Public Health*

Sandra Pieschel, MPA, BSW, RN, CDE, *Providence Holy Cross Medical Center, Mission Hills, California*

Tobacco use continues to be the leading preventable cause of death in the United States. Diabetes prevalence (Type 2) is of epidemic proportions and continues to grow at an alarming rate worldwide. Diabetes and tobacco use have a complex relationship as tobacco use aggravates diabetes control and has a multiplicative effect on diabetes complications. Evidence suggests that tobacco use increases the risk for type 2 diabetes. As with diabetes, tobacco use also accelerates the progression of other chronic diseases. In this breakout session we will discuss the basics of diabetes, offer perspective on the correlation of tobacco use on chronic diseases and provide you with tools and resources to support your efforts with this population.



# Summit Agenda

**Tuesday, March 6, 2012, continued**

**2:30 pm—4:00 pm      Breakout Session IV, continued**

***Using the 7 Strategies for Effective Community Change to Enhance Tobacco-Free***

***Living*..... Carousel C**

Mary Elizabeth (Mel) Elliott, BA, *Community Anti-Drug Coalitions of America*

Coalition building is a quintessential American activity, but it isn't easy. Building sustainable comprehensive, effective coalitions are essential to achieving lasting community change. Since 1992, Community Anti-Drug Coalitions of America (CADCA) has been the principle voice for substance abuse prevention coalitions. Each year, CADCA trains over 10,000 community leaders in effective strategies that lead to population-level change. CADCA's National Coalition Institute trains on 7 Strategies for Effective Community Change: 1) providing information, 2) enhancing skills, 3) providing support, 4) enhancing access/reducing barriers, 5) changing consequences, 6) changing physical design, and 7) modifying laws and policies. Evaluations show that coalitions receiving training and support through CADCA report higher levels of effectiveness.

CADCA member coalitions are addressing tobacco use, and making change happen. According to CADCA's Annual Survey of Coalitions, CADCA members rank tobacco among their top 3 concerns and 59 percent are addressing tobacco directly. Learn more about how you can use CADCA's coalition building tips in your community to gain and sustain new local partners to increase public health and reduce exposure to tobacco.

***Homeless and Military Communities: What is Being Done to Address***

***Tobacco Use*..... Carousel B**

Colleen Haydon, MPH, MSW, *Project UNIFORM (Undoing Nicotine Influence from Our Respected Military)*

William J. McCarthy, PhD, *University of California, Los Angeles, Division of Cancer Prevention and Control Research*

Smokers who are homeless have historically not received tobacco control resources. Scientists say that smokers who are homeless would benefit from involvement in a smoking reduction program. Learn about the Smoking Reduction Program: The Los Angeles County CPPW Smoking Reduction Program for Transitional Shelters created and nurtured by the Los Angeles Coalition to End Hunger and Homelessness, the UCLA School of Public Health, and the Los Angeles County Tobacco Control and Prevention Program with major help from the University of Colorado, Denver, Behavioral Health and Wellness Program's Peer-to-Peer Smoking Cessation Program. Shelters were encouraged to strengthen their tobacco control policies and provide cessation resources to staff and clients. Initial results from these efforts to impact smoking rates among people living in transitional shelters will be shared.

Members of military communities have distinct health challenges and cultural influences that affect the high rate of tobacco use by service members. These strong cultural pressures contribute to tobacco use rates that are higher among military service members than the general public. As self-contained communities, military bases and installations operate with limited access to traditional civilian tobacco cessation and prevention services. Project UNIFORM works extensively to address the needs of military communities through partnerships with installation-based tobacco cessation providers and civilian public health counterparts. To meet the ever-growing demand for culturally appropriate tobacco cessation information and military-public health materials, Project UNIFORM has worked with these military-civilian

# Summit Agenda

## ***Tuesday, March 6, 2012, continued***

### **2:30 pm—4:00 pm      Breakout Session IV, continued**

partnerships to develop a series of recommended tobacco cessation and education practices and resources. These innovative approaches can be used throughout the nation to increase military-civilian partnerships that address tobacco use by members of military communities. Additionally, Project UNIFORM actively works on the very specific tobacco control needs of Student Veterans on college campuses. Through this presentation, participants will benefit from the relevant programmatic experience as well as the distinctive and transferable perspective the presenter will showcase.

### ***Denormalizing Tobacco Use in Addiction Services..... Marquee 1*** **Tony Klein, MPA, CASAC, NCACII, Unity Behavioral Health, The Unity Hospital of Rochester**

New York State Office of Alcoholism and Substance Abuse Services enacted an operating regulation in 2008 requiring all certified substance abuse providers to establish tobacco-free services. The state Tobacco Control Program funded promising tobacco intervention projects designed to assist and evaluate regulatory implementation. This workshop highlights the key lessons learned by the initiative to effectively integrate tobacco interventions into the culture of addiction treatment settings.

Identified barriers included inadequate provider buy-in, a lack of understanding on how to engage clients into a discussion on the topic, and due to an excessively high prevalence of tobacco dependence within this population, an inability to maintain tobacco-free environments. Participants will have an opportunity for a discussion on the bio-psycho-social aspects of tobacco use specific to individuals with substance use disorders, the rationale for addressing tobacco within the context of a recovery-oriented perspective, and practical application of normative change strategies that includes a systems approach for evolving and evidence-based tobacco interventions that complement existing addiction programming.

### **4:00 pm—4:15 pm      Break**

### **4:15 pm—4:45 pm      Debrief, Evaluation, and Next Steps..... Carousel Ballroom**

### **4:45 pm—5:00 pm      Closing Remarks and Adjourn ..... Carousel Ballroom**



## **Linda M. Aragon, MPH**

### ***Los Angeles County Tobacco Control and Prevention Program***

Linda M. Aragon, MPH, is the Director of the Los Angeles County Department of Public Health, Tobacco Control and Prevention Program. The Program is responsible for all tobacco control functions including policy initiatives, smoking cessation, research and evaluation, and media.

Ms. Aragon has 20 years of experience working in the field of public health. Prior to becoming the Director of the Tobacco Control and Prevention Program in August, 2003, Ms. Aragon served as a Special Assistant in the office of the Director of Public Health and was responsible for overseeing the development and implementation of the Los Angeles County Public Health Strategic Plan. Formerly, Ms. Aragon was the Director of Educational Services at the Los Angeles County Office of AIDS Programs and Policy.

Ms. Aragon is the principal investigator of two American Recovery and Reinvestment Act (ARRA) of 2009 grants administered through the Centers for Disease Control and Prevention Communities Putting Prevention to Work (CPPW) program. Project TRUST (Tobacco Reduction Using effective Strategies and Teamwork) aims to reduce smoking prevalence and decrease exposure to secondhand smoke by implementing evidence-based policies and environmental change strategies that promote tobacco cessation and smoke-free environments. The Peer Mentoring, Consultative Support and Training Initiative plans, coordinates, and implements consultative support, training, and resource development activities for all 50 ARRA/CPPW grantees.

Ms. Aragon received a Masters in Public Health with an emphasis on Behavioral Science Health Education from UCLA and graduated with honors from University of San Diego with a Bachelor of Arts in Sociology.

## **Marie P. Bresnahan, MPH**

### ***New York City Department of Health & Mental Hygiene, Bureau of Tobacco Control***

Marie has worked as the Director of Special Projects in the Bureau of Chronic Disease and Tobacco Control at the New York City Department of Health since 2010 during which time she developed a partnership with Bureau of Mental Hygiene to incorporate tobacco cessation services into their work with their clients who are substance users or have mental illness. Marie has also implemented a Tobacco-Free Hospitals Campaign and has assisted in the development of a comprehensive plan for the City University of New York to create innovative tobacco free campuses. Prior to joining the Health Department, Marie worked on leadership development at a healthcare consulting firm, she implemented staff training and development programs, she worked at the American Liver Foundation, the New York Aids Coalition and at Covenant House. Marie received her Master's in Public Health from Hunter College and her bachelors in psychology from Russell Sage College.

# Presenter Profiles

## **Terry L. Cline, PhD**

### ***Oklahoma Commissioner of Health, Secretary of Health and Human Services***

Terry L. Cline, PhD, began his tenure as Oklahoma's Commissioner of Health effective June 30, 2009. Dr. Cline was appointed to this position by the Oklahoma State Board of Health and he is the 20th State Health Commissioner to serve since the position was first created in 1907. In February 2011, Gov. Mary Fallin appointed him to serve concurrently as Oklahoma's Cabinet Secretary of Health and Human Services. Dr. Cline previously completed a post as Health Attaché at the U.S. Embassy in Baghdad, Iraq, where he advised the U.S. Ambassador, the Iraqi Minister of Health, and the U.S. Department of Health and Human Services on health-related challenges in Iraq. Dr. Cline served in this capacity under the Administrations of both President George W. Bush and President Barack Obama. Prior to that position, Dr. Cline served as Administrator for the federal Substance Abuse and Mental Health Services Administration (SAMHSA) from 2006-2008, a position for which he was nominated by President George W. Bush and confirmed by the U.S. Senate. As SAMHSA Administrator, Dr. Cline directed the \$3.3 billion agency that is responsible for improving the accountability, capacity and effectiveness of the nation's substance abuse prevention, addictions treatment, and mental health service delivery systems. Dr. Cline has extensive experience in overseeing health and human services at the state level as well. In 2004, he was appointed by Gov. Brad Henry as Oklahoma's Secretary of Health. At the same time, he served as Oklahoma's Commissioner of the Department of Mental Health and Substance Abuse Services, a position he held since January 2001. Dr. Cline has also served as a local provider through an earlier post as the Clinical Director of the Cambridge Youth Guidance Center in Cambridge, Mass., and as a Staff Psychologist at McLean Hospital in Belmont, Mass. In addition, his professional history includes a six-year appointment as a Clinical Instructor in the Department of Psychiatry at Harvard Medical School and Chairman of the governing board for a Harvard teaching hospital in Cambridge, Mass. A native of Ardmore, OK, Dr. Cline attended the University of Oklahoma where he earned a bachelor's degree in psychology in 1980. He then received both a master's degree and a doctorate in clinical psychology from Oklahoma State University. Dr. Cline has involved himself in community service, including membership on a number of local, state and national committees and boards with a focus on improving the overall health of the community and the nation.

## **Cathryn S. Cushing, BA**

### ***Oregon Public Health Division – Tobacco Prevention and Education Program***

Cathryn Cushing, Health Equity Integration Lead for the Tobacco Prevention and Education Program (TPEP), has worked at the Oregon Public Health Division for over 6 years. From 2004 until March 2009, when she became the full-time Integration Lead managing the ARRA funded Tobacco Control Integration Project, she was TPEP's Communications Manager. During 2008, she also worked as the department's Healthy Worksites Lead, helping to drive public and private policy change toward healthier worksites. Between 2004 and 2007, Cathryn also served the program as the Cessation Coordinator, managing the Oregon Tobacco Quit Line. Prior to her current employment, Cathryn worked as a contractor in media and policy advocacy for local tobacco prevention and education programs. Cathryn was a 2001 Advocacy Institute Fellow. Cathryn served as a regional representative to the Tobacco Control Network, a project of the Tobacco Technical Assistance Consortium. She has been a member of the Media Stakeholders committee, a group advising the Office on Smoking and Health Media Network staff. She also served on the nominating committee of the North American Quitline Consortium. Prior to coming to the Department of Human Services, Cathryn served as Chair of the Tobacco Free Coalition of Oregon, participated in the statewide task force to Identify and Eliminate Disparities, and was a planning committee member for the first national LGBTQI Tobacco Control and Research Summit.

# Presenter Profiles

## **Mary Elizabeth (Mel) Elliott, BA**

### ***Community Anti-Drug Coalitions of America***

Mel Elliott is a 14-year veteran of the substance abuse prevention, treatment and recovery field. She currently serves as Vice President for Communications, Membership and IT for Community Anti-Drug Coalitions of America (CADCA). In her duties, Ms. Elliott is responsible for all of CADCA's communications, media outreach, information technology, marketing, publications and association membership. Ms. Elliott is CADCA's primary media liaison and speechwriter, and is the editor-in-chief of CADCA's annual report, Coalitions newsletter and Coalitions Online, a weekly electronic newsletter subscribed to by 23,000 persons. Ms. Elliott develops creative content and serves as the host of CADCA TV -- a national broadcast/webcast initiative with an estimated household reach of over 7 million. As such, she has coordinated the production of over 70 broadcasts on various topics related to substance abuse and addiction. Ms. Elliott has been the principal editor on 15 publications related to alcohol, tobacco and other drugs, including 2 toolkits and 2 technical assistance manuals for community leaders on the topic of prescription drug abuse prevention. Ms. Elliott is the Project Director for CADCA's Community Transformation Grant --National Networks Dissemination project, funded by the Centers for Disease Control and Prevention (CDC). Working with the CDC, Ms. Elliott and her CADCA team will support, disseminate and amplify effective tobacco strategies nationally in collaboration and partnership with multiple sectors including non-health sectors. She is also collaborating on tobacco prevention projects with the Robert Wood Johnson Foundation and the Smoking Cessation Leadership Center at the University of California, San Francisco. Prior to joining CADCA, Ms. Elliott served as Children's Policy Advisor for U.S Senator Nancy Kassebaum-Baker on the United States Senate Committee on Labor and Human Resources. Ms. Elliott worked for Senator Kassebaum-Baker for six years until her retirement from the Senate in 1997. Her work on the Labor Committee focused on a number of children, family and youth-related issues including: youth development, juvenile delinquency, child care, child welfare and welfare reform. Ms. Elliott graduated from Kansas State University in 1991 with a BS in History.

## **Tina Enwall, CPRP**

### ***Mental Health America of Los Angeles - Wellness Center, Long Beach***

Tina Enwall has been working in the mental health field for the past 4 years. She is currently an Advocate at MHA-Wellness Center. In this role she provides supportive services to members and the community by assisting individuals in improving their quality of life with an emphasis on client choice, integration and community-based resources. Ms. Enwall is a Certified Psychiatric Rehabilitation Practitioner (CPRP # 3552380) by the US Psychiatric Rehabilitation Association (USPRA).

## **Jonathan Freedman, MS**

### ***Los Angeles County Department of Public Health***

Jonathan E. Freedman is currently Chief Deputy Director of Los Angeles County Department of Public Health (DPH). DPH has an annual budget of more than \$750 million, more than 4,000 employees, and provides comprehensive array of services to protect and improve the health of the County's residents. Previously, Mr. Freedman was Director of DPH's Emergency Preparedness and Response Program; Assistant Division Chief in the Los Angeles County Chief Administrative Office where he coordinated a wide array of legislative issues for the County ranging from criminal justice and public works to health and welfare services; Director of Planning for the Department of Health Services; Deputy Director, Public Health Programs; Special Assistant to the Director of Health Services; and health, welfare, and environmental advisor to the Honorable Edmund D. Edelman, a former member of the Los Angeles County Board of Supervisors. He is an alumnus of UCLA where he received his undergraduate degree in Political Science and graduate degree in Public Health.

# Presenter Profiles

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## **Angelica Garcia**

### ***Project Return Peer Support Network***

Angelica Garcia has been working with Project Return Peer Support Network for 4 1/2 years. As a Senior Program Manager Angelica Garcia oversees El Centrito de Apoyo, a Spanish language client-run center, the Warm-Line an afterhours support line for consumers and PRPSN's Community Integration Program. As a member of CORE (Community Organized for Resource Enhancement), Garcia's goal is to introduce mental health services into the "seven cities" which comprise the largest concentration of Spanish speaking communities. Garcia is passionate about reducing stigma and strengthening families and communities that are affected by mental illness. On a national level Angelica Garcia is integrally involved in Tenemos Voz a new national Hispanic consumer advocacy organization. Angelica Garcia trained as a certified WRAP facilitator through the Mary Ellen Copeland Center and a certified Procovery Facilitator through Procovery Institute.

## **Kirsten Hansen, MPP**

### ***California Center for Tobacco Cessation, University of California, San Diego***

As the Curriculum Development Manager, Kirsten is responsible for the development and coordination of all trainings and CTC resources. Kirsten joined the California Smokers' Helpline in December 2005 as the Outreach Coordinator. She has been involved in tobacco cessation professionally since 2003. Prior to the Helpline, she served as Executive Director of the California Tobacco Control Alliance, which advocates for increased access to tobacco cessation treatments. She has held prior assignments as Director of Women's Health at the California Medical Association Foundation, Development Director at Women's Way in Philadelphia, and Consultant to the Food and Drug Administration's Office of Women's Health. Kirsten received her Master of Arts in Public Policy from the Rockefeller College of Public Affairs and Policy in Albany, NY and two BAs from the University of California, Irvine in Drama and Comparative Culture.

## **Colleen L. Haydon, MPH, MSW**

### ***Project UNIFORM (Undoing Nicotine Influence From Our Respected Military)***

Colleen Haydon is the Program Manager for Project UNIFORM (Undoing Nicotine Influence From Our Respected Military) where she builds military-civilian public health partnerships to address tobacco use. Ms. Haydon has extensive experience in community organizing, young adult advocacy, and tobacco control. She is a Certified Tobacco Treatment Specialist (CTTS) through the Mayo Clinic and holds a Master of Social Welfare degree and a Master of Public Health degree.

# Presenter Profiles

## **Renata J. Henry, MEd**

### ***Maryland Department of Health and Mental Hygiene***

Renata J. Henry is currently the Deputy Secretary for Behavioral Health and Disabilities, at the Maryland Department of Health and Mental Hygiene. As Deputy Secretary, Ms. Henry provides executive direction to three program administrations - Mental Hygiene, Developmental Disabilities, and Alcohol and Drug Abuse. This position is created with the intention of bringing these three administrations together to better coordinate services for populations with co-occurring disorders. Ms. Henry has over thirty years of experience in the behavioral health field, serving in various clinical and administrative positions in community-based mental health and substance abuse organizations, as well as in state and county government. Prior to becoming the Deputy Secretary, she was the director of Division of Substance Abuse and Mental Health, an operating division of Delaware Health and Social Service, where she was responsible for the administrative direction and oversight of public sector behavioral health services for adults in Delaware. During her tenure as director, she has emphasized the collaboration between systems to ensure that policy and practice are aligned to support a quality behavioral health system across the life span. Ms. Henry strongly believes that principled and visionary leadership at all levels is critical to moving the behavioral health field into the 21st century. Ms. Henry has provided leadership at a national level in various capacities. From 2002-2006, she served a four-year term on the National Advisory Mental Health Council for the National Institutes of Health. From 2005-2007, she was the president of the board of directors of the National Association of State Mental Health Program Directors, where her agenda focused on the development of NASMHPD partnerships with other national organizations to support mental health and substance abuse system transformation. Ms. Henry has participated on numerous committees, expert panels, and task forces, which have advised the Substance Abuse and Mental Health Services Administration (SAMHSA) on behavioral health policy, practice, financing, and cultural competence issues. She has also presented at various conferences, policy academies, and professional meetings. Ms. Henry holds a bachelor's degree in social work from the University of Wisconsin and a master's degree in education from Antioch University. She is the mother of two wonderful daughters and says they are her greatest achievement.

## **Dior K. Hildebrand, RN, PHN**

### ***Los Angeles County Tobacco Control and Prevention Program***

Dior Hildebrand is a Public Health Nurse with Los Angeles County Department of Public Health. She has served in multiple positions, including most recently with the Tobacco Control and Prevention Program (TCPP)/Project TRUST as the Project Coordinator for the Social Service Unit. Here she works closely with local school districts, behavioral health and substance use agencies to bring tobacco cessation resources and supportive tobacco policies to their facilities. She has assisted with the development of protocols for the distribution of nicotine replacement therapy, staff education and training on pharmacology and tobacco cessation techniques. Prior to coming to TCPP she worked at a county health center as a Community Liaison Nurse where she gain extensive experience working on community networking and mobilization, policy advocacy, and development. She has over 20 years experience working in the health care field and received her nursing degree from Mount Saint Mary's College.

## **Ruth Hollman, PhD candidate**

### ***SHARE! the Self-Help And Recovery Exchange***

Ruth Hollman is a cultural anthropologist with more traditional fieldwork experiences in Australia and Thailand. She has spent the last 20 years studying self-help support groups in Los Angeles. She is the Founder and Executive Director of SHARE! the Self-Help And Recovery Exchange that operates two self-help centers where more than 140 support groups meet each week. SHARE! is also the self-help clearinghouse for Los Angeles County keeping track of 12,000 free self-help support groups. Ruth is the President of the National Network of Mutual Centers, the professional association for self-help clearinghouses in the United States and Canada.

# Presenter Profiles

## **Dori S. Hutchinson, ScD, MS**

### ***Center for Psychiatric Rehabilitation at Boston University***

Dori S. Hutchinson, Sc.D. has worked at the Center for Psychiatric Rehabilitation at Boston University for 27 years. She currently serves as the Director of Services Division which serves women, men and youth with serious psychiatric illnesses who may also be homeless, at risk for homelessness and experience significant co-morbidities. She is currently the Principal Investigator of the Boston University Campus Suicide Prevention Program. Her programs have included: Hope and Health: an evidenced-based program of health education and lifestyle interventions for persons with serious mental illness and serious medical issues; the Recovery Center- a Holistic health Adult Education program that helps people develop readiness to change; The Training for the Future Computer Program; a vocational training program; Jump Start-a Career Oriented Peer Mentoring Program for Young Adults with mental illness: The College Mental Health Initiative and Individualized Recovery and Health Promotion Services for persons with serious mental illness. She was also a project director of a NIMH funded pilot study evaluating the quality of inpatient care for women with psychiatric disabilities who were trauma survivors. She serves as an Associate Professor at Sargent College of Health and Rehabilitation Sciences at Boston University. Dr. Hutchinson was the 2000 recipient of the International Association of Psychosocial Rehabilitation Services Association's (IAPSRs) Early Career Research Award for her contributions on health issues for persons with serious psychiatric disabilities and in 2010, received the Armin Loeb Award from the United States Psychiatric Rehabilitation Association (USPRA) for her work in promoting the health of people with mental illness. She served as the chairwoman of the research committee of the International Association of Psychosocial Rehabilitation Services Association (IAPSRs) in 2002-2004. She is also a current Board of Director member and sitting Treasurer of USPRA. Dr. Hutchinson has developed and implemented recovery-oriented service initiatives that assist people who have mental illness assume their rightful roles as students, employees, residents and members of their communities. She provides training nationally to organizations and providers who wish to deliver recovery-oriented services and conduct relevant program evaluations. Over the last 25 years she has also developed health service initiatives in community rehabilitation settings, inpatient settings and educational settings that provide health promotion knowledge and skills to empower people with psychiatric disabilities to change their lifestyles and recover their functional health that has resulted from the consequences of living with a serious psychiatric illness.

## **Stacy Ignoffo, MSW**

### ***Respiratory Health Association of Metropolitan Chicago***

Stacy is the Senior Director, Programs and Professional Services for Respiratory Health Association of Metropolitan Chicago (RHAMC). She is responsible for strategic planning, budgeting, and developing and implementing RHAMC's lung health initiatives, professional education programs and research. Issues include tobacco control, chronic obstructive pulmonary disease, lung cancer, tuberculosis, influenza, asthma and women's lung health. Stacy has over 12 years experience working in tobacco control and is currently the Project Director for the Communities Putting Prevention to Work: Chicago Tobacco Prevention Project. Stacy has a Master's degree in social work from Washington University.



# Presenter Profiles



## **Tony Klein, MPA, CASAC, NCACII**

### ***Unity Behavioral Health, The Unity Hospital of Rochester***

Anthony Klein has over 20 years of clinical, administrative, and training experience. He has a Masters of Public Administration degree with a concentration in Healthcare Management and holds numerous state, national and international credentials in substance abuse counseling and training. Known for his work as an advocate for addressing tobacco dependence in addiction services, he designed a tobacco treatment model that utilizes evidenced-based practice guidelines anchored in 12-Step teachings and therapeutic community principles. Mr. Klein served as a member of the New York State Partnership for the Treatment and Prevention of Tobacco Dependence, the workgroup that consulted New York State Office of Alcoholism and Substance Abuse Services on drafting Regulation 856 requiring NYS certified substance abuse providers to develop tobacco-free services. He provides ongoing training throughout New York State to help community providers to integrate tobacco interventions into their programming. Past and current positions include principal investigator of the Rochester Recovery Group Home Project, a 3-year NYS DOH funded study designed to evaluate a systems approach for tobacco-free residential services, instructor for the National Council on Alcoholism and Drug Dependence - Rochester Area, training consultant and instructor for Outreach Training Institute in New York City and consultant to the Professional Development Program, State University of NY at Albany. In addition, Mr. Klein serves as Manager of Outpatient Services, Unity Chemical Dependency in Brighton, NY.

## **Tami A. MacAller, MPH, CHES**

### ***California Diabetes Program, California Department of Public Health***

Tami MacAller is the Senior Health Promotion Specialist with the California Diabetes Program at the California Department of Public Health. She manages the Diabetes and Tobacco Collaboration including the Do you cAARd? taskforce (this project was recently published in the Diabetes Educator Journal). Tami is one of 2 field staff for the state and provides consultation and support to statewide on quality care for on diabetes and diabetes prevention to health care professionals. Tami earned her Master's in Public Health at California State University Northridge; she has a Bachelors of Science in Physical Education from California Polytechnic State University San Luis Obispo and post graduate work in Exercise Science from California State University Long Beach. Tami began her work in diabetes as an exercise specialist and case manager with the Diabetes Treatment Center at Doctors Hospital in Lakewood, California and has over 25 years in the health field as a public health educator, facilitator and trainer in many health arenas. This experience includes work in diabetes education, physical and exercise therapy, wellness, breast cancer prevention, childhood injury prevention, student health, alcohol, tobacco and other drug prevention, nutrition, and HIV/AIDS. Tami also has diverse experience in program planning and development, managed health care, community collaboration, training and facilitation, curriculum and materials development, as well as social marketing.

# Presenter Profiles

## **William J. McCarthy, PhD**

### ***University of California, Los Angeles, Division of Cancer Prevention and Control Research***

Dr. McCarthy is Professor of Public Health and Professor of Psychology at UCLA. Dr. McCarthy has spent 30 years researching health-related lifestyle choices, particularly tobacco use, healthy food choices and daily physical activity. He has authored many publications on how menthol in cigarettes might have contributed to smoking topography differences between African American smokers and white smokers and whether mentholated cigarettes increased risk of lung cancer. His most recent tobacco-related publications have focused on ethnic differences in tobacco use, environmental influences on tobacco use and modeling the effects of smoking history on lung cancer risk in nonsmokers. He is and has been the lead evaluator since 2001 of the biennial In-school Survey and Evaluation of Tobacco Use Prevention Education programs for the state of California. He will be speaking on his most recent tobacco-related research effort, namely the evaluation of a Smoking Reduction Program designed to reduce tobacco use among residents and staff of transitional shelters for the homeless. He currently chairs the Wellness Committee for the California Division of the American Cancer Society. For these and other community-based tobacco control efforts, he was awarded L.A. County's "Fitness Leader Award" in 1994 by the Los Angeles County Board of Supervisors and the American Cancer Society 1994 Capitol Dome award.

## **Stephen S. Michael, MS**

### ***Arizona Smokers' Helpline at the University of Arizona***

Mr. Michael currently serves as the Director of the Arizona Smokers' Helpline housed at the UA Zuckerman College of Public Health. He has over 20 years of experience in behavioral health settings. He holds a Master's degree in Rehabilitation Counseling with a focus in Substance Abuse. He has worked in both the public and private sectors providing services to people with behavioral health issues including addictive behaviors and chronic mental illness. He is a National Past-President for the Association for Ambulatory Behavioral Healthcare. He became involved with tobacco control in 1997 as a member of the evaluation team for the Arizona Tobacco Education and Prevention Program. He returned to tobacco in 2006 as the director of the ASHLine which provides quit tobacco services to all Arizona residents who want to quit tobacco. Mr. Michael is the author of a white paper outlining a framework for quality improvement for tobacco quitlines in North America. Most recently, Mr. Michael has participated as a member of the Behavioral Health Advisory Forum that released a white paper with recommendations regarding the use of tobacco quitlines for those diagnosed with mental illness or substance use disorders.

## **Ariel Mindel, MC**

### ***Mental Health America of Illinois***

Ariel Mindel is the Program Director of Public Education and Disaster Mental Health at Mental Health America of Illinois (MHAI). She earned her Master's in Counseling from Arizona State University in 2007 and has worked for MHAI since January 2009. Her clinical experience has included providing counseling services to children, adolescents, families and seriously mentally ill adults, in addition to completing a residency training program in implementing Dialectical and Cognitive Behavioral Therapies. Her professional counseling experience has included home and school-based child and family therapy, wilderness therapy with adolescents and families, and individual and group counseling with adults. Her role at MHAI includes functioning as Program Coordinator for the early intervention program TeenScreen and providing mental health screenings for youth in schools. Additionally, as Program Director, Ariel conducts presentations on mental health and mental illnesses as part of the Changing Minds Program, provides information and screenings at health fairs, composes and submits grants for funding, and assists with the Illinois Suicide Prevention Alliance. She assists in coordinating the Mental Health Empowerment Project which provides education to mental health and other healthcare providers on current mental health topics, including smoking cessation programming for persons with mental illnesses. Ariel is trained as a School and Community Assistance Team (S.C.A.T.) volunteer in the NOVA model, and is a member of the Disaster Mental Health Subcommittee for the Chicagoland Community Organizations Active in Disasters (C-COAD).

# Presenter Profiles

## **Anand Pandya, MD**

***Cedars-Sinai Medical Center, Department of Psychiatry and Behavioral Neurosciences***

***National Alliance on Mental Illness (NAMI-National)***

Anand Pandya, MD is a consultant to the National Alliance on Mental Illness (NAMI-National) and a psychiatrist at Cedars-Sinai's Department of Psychiatry and Behavioral Neurosciences where he has served as Interim Chair and Vice-Chair. Dr. Pandya is board certified by the American Board of Psychiatry and Neurology in general psychiatry and forensic psychiatry. He is a member of several professional societies including the American Psychiatric Association, the Indo-American Psychiatric Association and the American Medical Association. Dr. Pandya co-founded Disaster Psychiatry Outreach (DPO), a non-profit that provides volunteer psychiatrists who assist those devastated in the aftermath of a disaster. The DPO responded to the September 11th attacks in New York City with large scale psychiatric services as they have to over a dozen disasters since 1998. Dr. Pandya serves on the Board of Directors of The Menninger Clinic and has served two terms as the President of NAMI, the nation's leading mental health advocacy organization. Dr. Pandya was the first editor of *Disaster Psychiatry: Intervening When Nightmares Come True* which won the Kenneth Johnson Book Award and is a co-editor of *Disaster Psychiatry: Readiness, Evaluation and Treatment*, published in 2011 by the American Psychiatric Press. He has published extensively in the peer-reviewed publications on subjects related to psychiatry and trauma and has won numerous awards for his work in disaster psychiatry. After earning his bachelor's degree in mathematics and philosophy with honors at Harvard College, Dr. Pandya went on to earn his medical degree at New York University (NYU) School of Medicine in New York. He completed an internship and residency at Columbia University/Columbia-Presbyterian Medical Center in New York, where he served as chief resident. He completed a fellowship in psychiatry and the law at NYU where he served in a variety of leadership roles including the Director of the Ambulatory and Community Psychiatry for Bellevue Hospital.

## **Urmi N. Patel, PsyD**

***Los Angeles County Department of Mental Health, Adult System of Care Administration***

Urmi N. Patel received her Masters in Marriage and Family Therapy from the University of Southern California in May 2002 and her Doctorate in Clinical Psychology from Alliant International University/California School of Professional Psychology in June 2006. She became a licensed clinical psychologist in the State of California in March 2008. Her professional experience includes providing clinical care to the serious and persistent mentally ill youth and adults in Los Angeles County since 2000, particularly in various settings throughout the San Gabriel Valley. Dr. Patel transitioned into administration in January 2007 when she became a clinical supervisor and program director for Contracted agencies, and implemented Mental Health Services Act (MHSA) programs, specifically Full Service Partnerships and Wellness programs, from ground up. She moved to the County of Los Angeles Department of Mental Health in January 2009 where she quickly moved to Headquarters, specifically Adult System of Care (ASOC) administration, and became involved in the implementation of the second component of MHSA, Prevention and Early Intervention (PEI). Since joining ASOC, Dr. Patel has become the Countywide Program Liaison for the Wellness and Client-Run Centers, the supervisor of the Adult Suicide Prevention team, and the Practice Lead for PEI Adult Evidence Based Practices, including Group Cognitive Behavioral Therapy for Depression, PEI Crisis Oriented Recovery Services (CORS), and Seeking Safety. She provides several trainings throughout the County; including Recovery Documentation and Community Outreach Services Documentation training.

# Presenter Profiles

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## **Sandra Pieschel MPA, BSW, RN, CDE**

***Providence Holy Cross Medical Center, Mission Hills, California***

Sandra has had active involvement in chronic disease management for more than three decades with hospital-based management of CardioPulmonary Rehabilitation and Diabetes programs. Cardiovascular disease, diabetes and tobacco prevention efforts continue to be her passion as demonstrated by her frequent local, state and national clinical presentations and her longstanding participation in professional associations. Sandra is a past president of the California Society for Cardiac Rehabilitation, currently serves as legislative liaison for the California state networking body of the American Association of Diabetes Educators and is a recipient of many Oregon state awards for tobacco-use cessation projects from the American Heart Association, American Cancer Society and American Lung Association.

## **Sarah A. Planche, MEd**

***California Tobacco Control Program, California Department of Public Health***

Sarah Planche is a Program Consultant and Cessation lead for the California Tobacco Control Program. She started her career in tobacco cessation as a smoking cessation counselor in 2000 where she has facilitated both individual and group counseling in out-patient and in-patient settings. She is a tobacco treatment specialist specializing in Motivational Interviewing. Her current projects include improving cessation among the behavioral health community, creating sustainable systems level change, improving health care provider interventions, and integrating tobacco cessation into electronic health records. She obtained her graduate degree in Health Education from Boston University.

## **William H. Polonsky, PhD, CDE**

***Behavioral Diabetes Institute***

Dr. Polonsky is CEO and Founder of the Behavioral Diabetes Institute, the world's first organization wholly dedicated to studying and addressing the unmet psychological needs of people with diabetes. He is also Associate Clinical Professor in Psychiatry at the University of California San Diego. Dr. Polonsky received his PhD in clinical psychology from Yale University and has served as Senior Psychologist at the Joslin Diabetes Center in Boston, faculty member at Harvard Medical School and Chairman of the National Certification Board for Diabetes Educators. A licensed clinical psychologist and certified diabetes educator, he has served on the editorial boards of Diabetes Care, Diabetes Forecast, Clinical Diabetes, Diabetes Self-Management and Diabetes Health. In addition to his many diabetes-related professional publications, he is authored several books for the lay audience (e.g., Diabetes Burnout: What to Do When You Can't Take it Anymore) and co-edited several others for health care professionals (e.g., A CORE Curriculum for Diabetes Education). Dr. Polonsky's most recent research has focused on: quality of life in diabetes, diabetes-related distress and depression, hypoglycemic fear, blood glucose monitoring behavior and attitudes in patients with type 2 diabetes, physician and patient attitudes towards insulin and oral medications, group-based behavior change programs, the influence of continuous glucose monitoring on quality of life, and emotional and behavioral responses to the diagnosis of diabetes.

# Presenter Profiles

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## **Connie C. Revell, MA**

### ***California Center for Tobacco Cessation, University of California, San Diego***

Connie C. Revell is a consultant and facilitator who works with groups to focus on results and make measurable progress toward achieving them. Until September 2010 she served as deputy director of the Smoking Cessation Leadership Center at the University of California, San Francisco. She now consults with the Center for Tobacco Cessation at UC San Diego. As a specialist in results-based accountability and partnerships for results, she has helped form partnerships around teenage pregnancy, watershed protection, national security, infant mortality, homelessness and other topics in addition to tobacco control. She has worked extensively with a wide array of national leaders in mental health and substance use disorders to help promote smoking cessation in those populations, and has consulted with SAMHSA in helping create the National Mental Health Partnership for Wellness and Smoking Cessation. She has worked as a consultant for a number of state and local governments in Oregon, Hawaii, Minnesota, Vermont, Michigan and Washington. Her international work was primarily in Canada, Western Australia, Tasmania, and Sierra Leone, West Africa. From 1995 to 1999 she was director of the Oregon Option, part of the reinventing government initiative of the Clinton-Gore administration and she also worked on performance in the Obama administration. Ms. Revell worked more than ten years in Oregon state government helping develop the Oregon Benchmarks, the state's measurable indicators of progress toward its twenty-year vision. Much of this work focused on public health, and she served as president of the National Public Health Information Coalition in 1994. A former journalist with degrees from the University of Montana and Stanford University, she is the recipient of Vice President Gore's Hammer Award for Reinventing Government.

## **Catherine J. Saucedo, BA**

### ***Smoking Cessation Leadership Center, University of California, San Francisco***

Ms. Catherine J. Saucedo is the deputy director for the Smoking Cessation Leadership Center at the University of California, San Francisco. The Smoking Cessation Leadership Center (SCLC) is a national program office of the Robert Wood Johnson Foundation. The SCLC aims to increase smoking cessation rates and increase the number of interventionists who help smokers quit. As deputy director, Ms. Saucedo works to assure the strategic goals and plans of the center and its' partners are met. Ms. Saucedo has more than 20 years of professional non-profit and for-profit experience in marketing, social marketing, and development and has managed over 100 non-profit marketing and fundraising campaigns, raising millions in funding for. A specialist in results-based accountability, her experience applies well to the center's work in creating tobacco cessation initiatives and partnerships for results. A graduate of L'Institut d'Aix-en-Provence, France, and California State University, Northridge, Ms. Saucedo earned her Bachelor of Arts degree in French language and culture, with a minor in art history.

# Presenter Profiles

## **Steven A. Schroeder, MD**

### ***Smoking Cessation Leadership Center, University of California, San Francisco***

Dr. Schroeder is Distinguished Professor of Health and Health Care, Division of General Internal Medicine, Department of Medicine, UCSF, where he also heads the Smoking Cessation Leadership Center. The Center, funded by the Robert Wood Johnson Foundation and the American Legacy Foundation, works with leaders of more than 80 American health professional organizations and health care institutions to increase the cessation rate for smokers. It has expanded the types of clinician groups that support cessation, developed an alternative cessation message (Ask, Advise, Refer), created new ways to market toll-free telephone quit lines, and engaged the mental health treatment community for the first time. Between 1990 and 2002 he was President and CEO, the Robert Wood Johnson Foundation. During that time the Foundation made grant expenditures of almost \$4 billion in pursuit of its mission of improving the health and health care of all Americans. It developed new programs in substance abuse prevention and treatment, care at the end of life, and health insurance expansion for children, among others. Dr. Schroeder graduated with honors from Stanford University and Harvard Medical School, and trained in internal medicine at the Harvard Medical Service of Boston City Hospital and in epidemiology as an EIS Officer of the CDC. He held faculty appointments at Harvard, George Washington, and UCSF. At both George Washington and UCSF he was the founding medical director of a university-sponsored HMO, and at UCSF he founded its division of general internal medicine. He has published extensively in the fields of clinical medicine, health care financing and organization, prevention, public health, the work force, and tobacco control. He currently is a member of the editorial board of the New England Journal of Medicine, a director of the James Irvine Foundation, and the Robina Foundation, and chair of the health care Services Board of the Institute of Medicine. He formerly chaired the American Legacy Foundation, was a Council member of the Institute of Medicine, an Overseer of Harvard, and President, the Harvard Medical Alumni Association. He has six honorary doctoral degrees and numerous awards. Schroeder lives in Tiburon, California with his wife Sally, a retired schoolteacher. Their two sons are physicians, one a cardiologist and one a pediatrician. Steve and Sally have four grandchildren.

## **Daryl L. Sharp, PhD, PMHCNS-BC, NPP**

### ***University of Rochester, School of Nursing, The Center for Community Health***

Dr. Daryl Sharp is Associate Dean for Faculty Development and Diversity at the University of Rochester School of Nursing. She also holds an appointment as Associate Professor in the Center for Community Health. Dr. Sharp is a nationally certified advanced practice psychiatric mental health nurse with many years of experience as a clinician, educator, and researcher. In addition to directing the Doctor of Nursing Practice Program from 2007-2011, she served as project director for the University of Rochester School of Nursing (URSON) Tobacco Dependence Intervention Program, which was funded by NYS Tobacco Control Program and provided tobacco dependence interventions for those challenged by serious mental illness. She currently co-chairs the American Psychiatric Nurses Association Tobacco Dependence Council, which has worked collaboratively with the Smoking Cessation Leadership Center directed by Dr. Schroeder to implement and evaluate a national strategic plan designed to increase the delivery of tobacco dependence interventions by psychiatric nurses nationwide. She also is collaborating with an interdisciplinary team at Strong Memorial Hospital in Rochester to design and implement a tobacco dependence intervention program for cardiovascular inpatients who smoke.

# Presenter Profiles

## **John Sheehe, LCSW**

### ***Los Angeles County Department of Mental Health, Co-Occurring Mental Health and Substance Use Disorder (COD) Systemwide Services***

John Sheehe received his MSW from UCLA in 1995 and is a graduate of Glendale College as an Addictions Treatment Specialist. John has worked for the past 12 years for Los Angeles County Department of Mental Health. He has coordinated Co-Occurring Mental Health and Substance related Disorders (COD) services across the DMH system for the past six years under the direction of Roderick Shaner, MD, Office of the Medical Director. John has worked actively with the Los Angeles Substance Abusing Mentally Ill Task Force, the Crystal Meth Task force and many other community stakeholder groups in developing grass roots support for integrated COD and HIV/AIDS services. As part of the COD Staff development Committee, He has assisted in the development of the annual COD State Wide COD Conference for the past seven years. Through funding from the Mental Health Services Act, John is also coordinating an on-going DMH system-wide change and development project for COD and HIV/AIDS services through contracts with UCLA Integrated Substance Abuse Programs (ISAP). John represents DMH in fostering collaboration with Los Angeles County Public Health Substance Abuse Prevention and Control (SAPC). He has assisted in the formal MOU agreement between the two departments for increased clinical integration and oversight for the provision of COD services. John has assisted in multiple research projects carried out by Dr. Kate Watkins at Rand Corporation. One such project is the development of an evidence-based model for Group Cognitive Behavioral Therapy for Depression in Substance Abusers (BRIGHT). This model is currently being used in several DMH outpatient and SAPC residential programs. John also worked with the West Los Angeles Geographic Initiative COD services and was a clinical supervisor at Edelman D. Edelman Westside Mental Health Center for six years. Prior to this, he was at Ingleside Hospital as the Social Work Department Manager for both Adult and Adolescent locked units. He has experience with client care in mental health as well as addictions recovery settings across the continuum of care, from acute inpatient, residential, and outpatient services.

## **Sandeepkumar Singh, MD, MHA**

### ***Austin Travis County Integral Care***

Sandeepkumar Singh, MD, MHA is Director of Tobacco Cessation and Infection Prevention and Control at Austin Travis County Integral Care. He is a member of Texas Leadership Academy for Tobacco Dependence Treatment for People with Behavioral Health Problems. He is also a member American College of Healthcare Executives. Dr. Singh has established the road blocks for a Tobacco Free Environment for all Integral Care facilities. He is currently works in collaboration with various organizations including the City of Austin to accomplish tobacco free living. He is an avid advocate of preventive mental health and addiction. He actively promotes awareness via avenues such as the initiative We Can Quit! He believes education and awareness through creative approaches produces change.

## **Gary J. Tedeschi, PhD**

### ***California Center for Tobacco Cessation, University of California, San Diego***

Dr. Tedeschi is a licensed psychologist (#PSY 14241) at the University of California-San Diego School of Medicine's Moores Cancer Center. He has worked there since 1994 as the Clinical Director of the California Smokers' Helpline (a statewide tobacco cessation program). At the Helpline he is responsible for clinical supervision, counseling protocol development, counselor training, and continuing education. Dr. Tedeschi also has several years of previous clinical experience providing psychotherapy for individuals, couples and groups in settings including community mental health, psychiatric in-patient, and university counseling centers. He teaches graduate courses in counseling part time and maintains a small practice in consulting psychology. Dr. Tedeschi holds a PhD in counseling psychology from the University of Missouri, Kansas City; an MA in counseling psychology from Boston College; and a BA in psychology from Kutztown University of Pennsylvania.

# Presenter Profiles

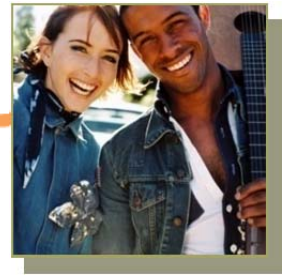


## **John Travers, CPRP**

### ***Mental Health America of Los Angeles – Wellness Center, Long Beach***

John Travers is the Director of Program Services at the Wellness Center, Long Beach a consumer directed program of Mental Health America of Los Angeles. He coordinates both consumer operated self-help support and clinical activities performed by licensed professionals. John has facilitated workshops and institutes, both nationally and internationally, and continues to provide training to community groups and services providers throughout the state. As a Community Integration Coordinator for the Village Integrated Services Agency, John focused his efforts on encouraging individuals to explore, discover or remember an identity other than their present “label of differentness” in order to realize a life beyond the mental health system. John has been influenced and inspired by the writings of Paul Carling (“Return to Community: Building Support Systems for People with Psychiatric Disabilities”), Dr. Mark Ragins (“Building a Road to Recovery”), Community Activators Bruce and Gina Anderson and Dr. Daniel Siegel’s work in Interpersonal Neurobiology and Attachment Theory (“The Developing Mind” “Healing Trauma” and “The Mindful Brain: Reflection and Cultivation of Well-Being”). Mr. Travers is a Certified Psychiatric Rehabilitation Practitioner (CPRP # 159970), and a Certified Chemical Dependency Counselor (CCDC # 23251). He graduated the Los Angeles County Department of Mental Health Peer Advocacy Program in 1997.





**Linda Aragon**, Los Angeles County Tobacco Control and Prevention Program

**Charlotte Bullen**, UCLA Integrated Substance Abuse Programs/Pacific Southwest ATTC

**Janice Casil**, Los Angeles County Tobacco Control and Prevention Program

**Thomas E. Freese**, UCLA Integrated Substance Abuse Programs/Pacific Southwest ATTC

**Christine Li**, Los Angeles County Tobacco Control and Prevention Program

**Alex Olson**, UCLA Integrated Substance Abuse Programs/Pacific Southwest ATTC

**Connie C. Revell**, California Center for Tobacco Cessation, University of California, San Diego

**Beth Rutkowski**, UCLA Integrated Substance Abuse Programs/Pacific Southwest ATTC

**Catherine J. Saucedo**, Smoking Cessation Leadership Center, University of California, San Francisco

**Elizabeth Teshome**, UCLA Integrated Substance Abuse Programs/Pacific Southwest ATTC

**Rachel A. Tyree**, Los Angeles County Tobacco Control and Prevention Program



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Continuing education will be provided at no-cost to qualified participants. If you pre-registered for continuing education (CE) credit, you will need to proceed to the Information Table each day to sign-in and receive a CE evaluation. CE credit will be awarded on a day-by-day basis. At the conclusion of each day, you will need to proceed back to the Information Table to sign-out and hand in your completed CE evaluation form. At that time, if you pre-registered for continuing education credit, you will receive a personalized CE certificate for that day.

Please be sure to address any questions or concerns you may have about continuing education with Summit staff immediately, as no certificates will be issued following Tuesday, March 6<sup>th</sup> (Day 2) of the Summit.

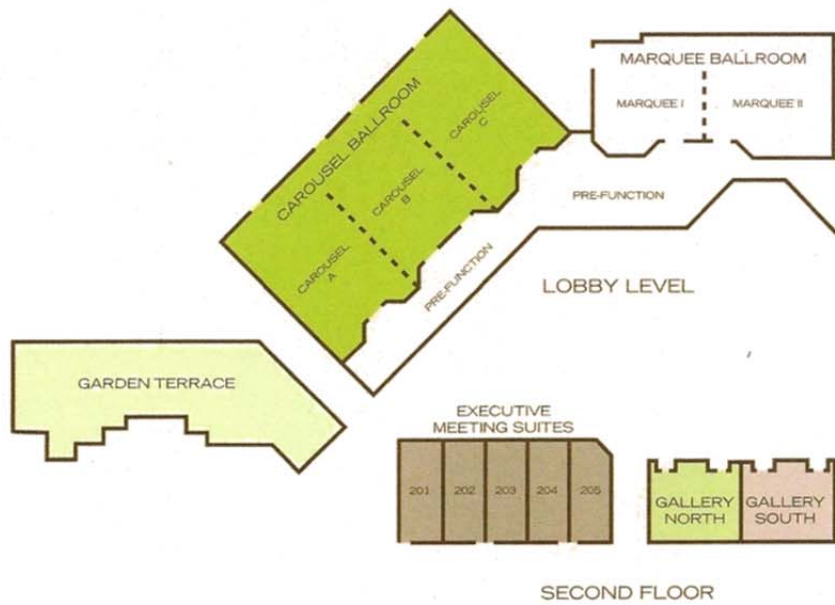
**MFTs & LCSWs:** UCLA Integrated Substance Abuse Programs is approved by the California Board of Behavioral Sciences to offer up to 12 CE credits/contact hours to MFTs and LCSWs (PCE# 2001).

**Certified Drug & Alcohol Counselors:** UCLA Integrated Substance Abuse Programs is an approved provider of CE credits/contact hours for C.A.D.C.s (CFAAP/CAADAC, # 2N-00-445-1113), C.A.T.C.s (CAADE, CP 20 903 C 0613), C.A.S.s (BCAS/CAARR, 5033), and R.A.S.s (Breining Institute, CEP0604111449-ULA-HE). Up to 12 CE credits/contact hours will be offered.

NOTE: CE Credit will be awarded on a day-by-day basis (6.0 CE credits/contact hours per day). Partial credit on any given day will not be available for participants arriving late or leaving the Summit early.







Name of Room	Total Sq. Ft.	Dimensions	Reception	Classroom	Theatre	Banquet	Conference
Caroussel Ballroom	3,078	81' x 38' x 12'	360	190	400	300	96
Caroussel A	931	24' x 38' x 12'	125	50	125	80	36
Caroussel B	1,216	32' x 38' x 12'	150	60	150	90	40
Caroussel C	931	24' x 38' x 12'	125	50	125	80	36
Marquee Ballroom	1,566	58' x 27' x 12'	150	90	150	110	45
Marquee 1	702	26' x 27' x 12'	70	24	70	50	25
Marquee 2	864	32' x 27' x 12'	80	35	80	70	30
Gallery North	416	26' x 16' x 8'	35	18	40	35	20
Gallery South	416	26' x 16' x 8'	35	18	40	35	20
Executive Suites (5)	416	26' x 19' x 8'	15	10	10	10	10
Garden Terrace	2,700	30' x 90'	300	-	350	200	-

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