

# Psychiatry Grand Rounds

## WCM Department of Psychiatry

### Psychology CE Announcement



**Weill Cornell  
Medicine**  
Psychiatry

## UPDATES IN NICOTINE AND TOBACCO USE AND TREATMENTS

**JILL M. WILLIAMS, MD**

PROFESSOR OF PSYCHIATRY

DIRECTOR, DIVISION OF ADDICTION PSYCHIATRY

RUTGERS- ROBERT WOOD JOHNSON MEDICAL SCHOOL

NEW BRUNSWICK, NEW JERSEY

**Zoom:**

<https://weillcornell.zoom.us/j/92812036154>

Meeting ID: 928 1203 6154

Password: 12345

1 CE credit available to WCM Department of Psychiatry full time and voluntary faculty Psychologists, Social Workers and LMHCs, who sign in with their full name, attend the majority of the lecture and complete a survey which will be emailed following the completion of the lecture. Note the survey must be completed within 30 days of the lecture. Please contact

[wcmpsychiatryce@med.cornell.edu](mailto:wcmpsychiatryce@med.cornell.edu) for additional CE information



January 14, 2026



11 AM - 12 PM



Live Online

## ABSTRACT

Rates of tobacco use continue to be 3 times higher in populations with behavioral health comorbidity and consequences effect all aspects of life. Newer trends are emerging including increased use of non-combustible products and co-use with cannabis. Clinical approaches for addressing nicotine and tobacco addiction are effective yet are not widely implemented in behavioral health treatment settings. This session will review strategies for assessment and treatment with an emphasis on working with behavioral health populations.

## SPEAKER

**Jill M. Williams, MD**, is Professor of Psychiatry and Director of the Division of Addiction Psychiatry at the Rutgers University, Robert Wood Johnson Medical School in New Brunswick, NJ. She received her medical degree at Robert Wood Johnson Medical School and completed psychiatry residency training at Duke University. The focus of Dr. Williams work has been in addressing tobacco in individuals with mental illness or other addictions through treatment and systems interventions. Her work has been published in journals including JAMA, Nicotine and Tobacco Research and featured in US News and World Report. She is Medical Director for the TCTTAC Program in NYC, in collaboration with Center for Practice Innovation at Columbia University. In 2015 she was the recipient of the Remarkable Achievement Award of the NJ Psychiatric Association. She is a Distinguished Life Fellow of the American Psychiatric Association and former Chairperson for the APA Council on Addiction Psychiatry. She is co-author of the 2025 book entitled, *Treating Addiction to Tobacco and Nicotine Products*, a Guidebook for Clinicians, published by APA Press.

## LEARNING OBJECTIVES

1. Recognize trends in current tobacco and nicotine use including comorbidities with cannabis.
2. Describe the addicting effects of tobacco and its impact on health, quality of life and behavioral health outcomes.
3. Describe pharmacologic and non-pharmacologic treatment options, with an emphasis on behavioral health populations

## REFERENCES

1. Williams, J. M., MD, & Foulds, J., PhD. (2024). *Treating addiction to tobacco and nicotine products*. American Psychiatric Pub.
2. Peckham, E., Brabyn, S., Cook, L., Tew, G., & Gilbody, S. (2017). Smoking cessation in severe mental ill health: what works? an updated systematic review and meta-analysis. *BMC Psychiatry*, 17(1), 252. <https://doi.org/10.1186/s12888-017-1419-7>
3. Taylor, G. M., Lindson, N., Farley, A., Leinberger-Jabari, A., Sawyer, K., Naudé, R. T. W., Theodoulou, A., King, N., Burke, C., & Aveyard, P. (2021). Smoking cessation for improving mental health. *Cochrane Database of Systematic Reviews*, 2021(3), CD013522. <https://doi.org/10.1002/14651858.cd013522.pub2>

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