

A.T.T.A.C.

AHEC Tobacco Training And Cessation

GULF COAST SOUTH AHEC'S TOBACCO CESSATION PROGRAM OFFERINGS

- ◆ What is the difference between *Tools to Quit* and *Quit Smoking Now*?
 - Both programs offer education on the health effects related to tobacco use, the benefits of quitting and what to expect when quitting. A trained Tobacco Cessation Specialist guides participants as they identify triggers and withdrawal symptoms, and brainstorm ways to cope with them.
 - *Tools to Quit* is an intense two (2) hour seminar where the participants receive information on how to prepare to pick their own quit date in order to be more successful.
 - *Quit Smoking Now* contains the same information delivered over a six-week period. In the *Quit Smoking Now* program, participants quit the day of the third meeting.
 - Both programs provide NRT, written materials, a quit day bag of goodies and follow up support.
 - Programs are evidence driven and comply with the Public Health Services Clinical Practice Guidelines for Treating Tobacco Use and Dependence.
 - For more information on GSAHEC's cessation programs, please call 941-552-1280.

TOOLS TO QUIT TWO (2) HOUR SEMINAR OUTLINE

- ◆ **WELCOME AND INTRODUCTION (10 MINUTES)**
 - Consent & Release Forms
- ◆ **HEALTH EFFECTS OF TOBACCO USE AND BENEFITS OF QUITTING (30 MINUTES)**

Objective – Educates smokers on the negative health effects of tobacco use including increased risk of morbidity and mortality

 - Health Effects of Tobacco and Changes when Users Quit
 - Carbon Monoxide, TAR and the Chemicals in Tobacco
 - Reasons to Quit
 - Second and Third Hand Smoke
 - Activity: personal inventory of last 14 years; illustrates what 14 years of lost life would mean in real terms
- ◆ **CHALLENGES AND AIDS (55 MINUTES)**

Objective – Discusses the nature of addiction as it relates to nicotine and tools for quitting tobacco use.

 - Nicotine Addiction
 - Life without Nicotine
 - Why do You Smoke?
 - Pharmacological Treatments
 - Preparing for Triggers/What to do Instead of Smoking
 - Withdrawal Symptoms and Coping with Cravings
 - Count Down to Quit Day: Setting a Quit Plan
 - Web and Phone Resources (including the Florida State QuitLine)
- ◆ **NRT DISTRIBUTION (15 MINUTES)**
- ◆ **CONCLUSION AND CLOSING PAPERWORK (10 MINUTES)**
 - Follow up Form, Quit Day Selection and Evaluation



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QUIT SMOKING NOW SIX WEEK GROUP OUTLINE

◆ **SESSION ONE: TOBACCO: FRIEND OR FOE?**

Objective – Educate tobacco users on the negative health effects of tobacco use and begin preparation to quit

- Consent & Tobacco Use Assessment forms
- Effects of Tobacco on Health
- Forms of Tobacco
- Pharmacological Treatments
- Quit Day selection and preliminary preparation

◆ **SESSION TWO: MANAGING ADDICTION**

Objective – Help tobacco users understand their addiction to nicotine and identify solutions to barriers they might encounter while quitting

- Why Do You Use Tobacco?
- Addiction Pathway
- Barriers to Quitting
- Reasons/Benefits of Quitting

◆ **SESSION THREE: LET'S QUIT NOW!**

Objective – Tobacco users quit using tobacco this week

- Coping with Withdrawal
- Symptoms of Recovery
- What to do Instead of Using Tobacco
- Financial Cost of Using Tobacco
- NRT Distribution

◆ **SESSION FOUR: PREVENTING RELAPSE**

Objective – Teach participants tools to cope with triggers and cravings

- Avoiding Triggers
- Managing Stress

◆ **SESSION FIVE: DEVELOP A PLAN FOR LIFE WITHOUT TOBACCO**

Objective – Help participants identify healthy changes that support their new tobacco-free lifestyle

- Nutrition and Exercise (managing short term weight gain)
- Rewards

◆ **SESSION SIX: CONGRATULATIONS! NOW, STAY THE COURSE!**

Objective – Review successful techniques for quitting and staying quit beyond the end of the group

- The Recovery Process
- Follow up, the Florida State QuitLine and Program Evaluation

