

A.T.T.A.C.

AHEC Tobacco Training And Cessation

WORKSITE WELLNESS PROGRAM OPTIONS

Providing tobacco cessation resources to employees is one of the most responsible, cost effective wellness initiatives a business or organization can implement. Gulfcoast South Area Health Education Center (GSAHEC) offers two programs to help your employees quit using tobacco: ***Tools to Quit*** and ***Quit Smoking Now***. ***Tools to Quit*** is an intense two (2) hour seminar in which participants receive information on preparing for and choosing their own quit date. ***Quit Smoking Now*** provides the same information over a six-week period. In the ***Quit Smoking Now*** program, participants quit the day of the third meeting. Both programs include written materials, a quit day bag of goodies and follow up support. However, we understand that the needs of businesses and organizations vary, so several options are available for employers who are interested in providing free tobacco cessation resources to their employees. Some of these options are as follows:

◆ **PROVIDING THE QUIT SMOKING NOW OR TOOLS TO QUIT PROGRAM AT A BUSINESS OR ORGANIZATION FACILITY**

With this option, GSAHEC will provide:

- Program materials
- Promotional resources for the onsite program coordinator to disseminate
- A trained Tobacco Cessation Specialist to facilitate the program on site

◆ **COORDINATING AN "EMPLOYEE REFERRAL PROGRAM"**

- GSAHEC will provide information about the ***Quit Smoking Now*** or ***Tools to Quit*** programs directly to your employees in Charlotte, DeSoto, Manatee and Sarasota counties. Interested employees will refer themselves to GSAHEC, who will work with them directly to provide services.

◆ **ONSITE PRESENTATION TO DISCUSS QUIT SMOKING NOW OR TOOLS TO QUIT**

This informational session is often conducted during a pre-scheduled wellness or safety meeting to:

- Promote cessation programs currently operating at other nearby locations
- Promote an upcoming onsite cessation program
- Provide information about an employee referral program

By providing tobacco cessation services to local businesses and organizations, GSAHEC improves community health, and employers and employees enjoy the benefits of better health. We can assist you in selecting the best option for your organization and the best time to provide the program to your employees. Please contact us for more information:

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GULF COAST SOUTH AHEC'S TOBACCO CESSATION PROGRAM FAQs

- ◆ **WHAT IS THE BEST WAY TO BEGIN IMPLEMENTING QUIT SMOKING SERVICES AT MY WORKSITE?**
 - GSAHEC has created an online survey that may be used to assess readiness to quit and type of cessation service that will best meet your employees' needs. This survey can be made available to your employees via email or print.
 - If you choose an onsite program for your employees, GSAHEC will provide you with marketing templates for *Quit Smoking Now* or *Tools to Quit* to help you promote the programs. Along with promotion, we encourage you to develop an in-house registration process.

- ◆ **WHAT IS THE DIFFERENCE BETWEEN *QUIT SMOKING NOW* AND *TOOLS TO QUIT*?**
 - 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.
 - Programs are evidence driven and comply with the Public Health Services Clinical Practice Guidelines for Treating Tobacco Use and Dependence.

- ◆ **ARE THERE A MINIMUM NUMBER OF EMPLOYEES REQUIRED TO BEGIN A PROGRAM?**
 - Ideally, you should have ten (10) people registered before a program begins. See below.

- ◆ **WHAT HAPPENS IF LESS THAN TEN EMPLOYEES SIGN UP FOR A PROGRAM?**
 - If there are less than ten people interested at your location, GSAHEC can register your employees at one of our other community based programs.
 - You may also refer those interested in tobacco cessation to the Florida State QuitLine (1-877-822-6669), a telephone-based tobacco cessation counseling program.

- ◆ **IS THERE A LIMIT TO THE NUMBER OF EMPLOYEES WHO CAN BE IN ONE PROGRAM?**
 - If more than 30 people are signed up for a worksite program, GSAHEC would prefer to offer two programs, and will help you determine the most appropriate method of providing these programs.

- ◆ **DOES GSAHEC OFFER ANY INCENTIVES FOR PARTICIPANTS?**
 - Both programs provide NRT, written materials, a quit day bag of goodies and follow up support.
 - We can also offer suggestions on how you can provide other incentives to your employees.

- ◆ **HOW WILL WE (THE EMPLOYER) COMMUNICATE WITH THE *QUIT SMOKING NOW* OR *TOOLS TO QUIT* FACILITATOR?**
 - You should designate a primary contact person for the duration of the program. This person should also promote the program, register the participants, notify facilitator of participants one week before class and provide registered participants with class reminders.

