

# The Breathing Association's Workplace Tobacco Cessation Program

# Quit for Good

## Overview

### A Structured Program

- Six consecutive weekly 30 minute classes; three months following this start of the program, there will be an in-person follow up gathering to congratulate their hard work and assist with possible lapses and/or relapses.
- One to one follow-up support for a full year
- Class size of 6 to 10 participants
- Classes held at your facility accommodating your business schedule

### Evidence-based

- Classes are facilitated by one of our Certified Tobacco Treatment Specialists
- Education on how tobacco use impacts the body and brain, the addiction cycle and the benefits of quitting
- Education about the impact of tobacco use on the family, finances and the workplace
- Information on the most effective over-the-counter and prescription nicotine replacement therapies and medications

### Individualized

- Individualized quit-plans to track habit, behavior and manage cravings
- Tips on how to talk to your physician about your quit plan
- Access to follow-up support for 12 additional months

### Group Support

- Small group education and counseling generates positive group dynamics and support
- Support team building both on and off the job
- Relapse prevention, stress management and strategies

The Breathing Association is a local non-profit organization. Since 1906, we are the leading resource for promoting lung health and preventing lung disease in Central Ohio through education, detection, service and treatment.

The program is headed up by our lung clinic's Director of Lung Health and the clinic's manager of tobacco treatment and cessation.  
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**The Breathing  
Association**  
Better Breathing for Better Lives

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## FAQ

### **What is the best day and time to hold class?**

We suggest choosing a class time that straddles shifts so that two shifts' employees can attend. We suggest Tuesday, Wednesday, or Thursday as the best days, to minimize scheduling issues. We are flexible to accommodate plant schedules. Class is once per week for six consecutive weeks.

### **What is tobacco/ nicotine costing us?**

Studies show that tobacco/ nicotine use can lead to higher insurance costs, higher absenteeism, higher medical and disability costs, and lower productivity. Quitting is a win-win for everyone.

### **Should we make the class mandatory for our tobacco-using employees?**

No! We don't support this strategy. Employees should sign up so that we get motivated, engaged attendees.

### **Why 6-10 employees?**

In our experience, 6-10 is a perfect number for class. It's enough participation to get a group process going, but small enough that each employee can get individual attention within class. If you have less than 6 or more than 10, we can discuss options.

### **Smokers or smokeless users?**

Can both participate in the program? Yes, we take smokers and users of smokeless tobacco (dip/chew) as well as users of e-cigarettes in our program. The curriculum covers all of these forms of tobacco use.

### **How literate do employees need to be, to succeed in class?**

Employees are given a workbook and written handouts, so they will be more successful if they have basic reading comprehension.

### **Should we pay employees to attend class?**

This is a company philosophy decision. Most of our clients do not pay for class time, but some do to encourage employees to attend.

### **What equipment is needed to be provided by us?**

We need a quiet conference room with a door that can be closed, and a whiteboard/chalkboard/ large sheets of paper with easel. We prefer to use a company laptop/projection system, but if needed we can bring our laptop/projector. If using company equipment, we will need the visitor login.

### **Do employees need a doctor or prescription medication?**

Employees are provided information on all over-the-counter and prescription FDA approved medications to help them quit. We encourage them to choose a medication based upon their prior experience, their lifestyle, their level of nicotine dependence and their insurance or other statuses. Participants need to see a physician to obtain prescription medication. If they choose, they can be seen in our clinic by our resident CPN to obtain a prescription.

**Tobacco use, whether smoked, dipped or chewed, is the leading PREVENTABLE cause of death, lung disease and many cancers. It contributes to increased health care costs and lost productivity, which affects your bottom line!**

  
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