

# ORIENTATION – SAN FRANCISCO STOP SMOKING PROGRAM

## PURPOSE

To introduce the program, tell the participants what to expect, and set an overall positive tone for the series.

## AGENDA

Item	Time
0.1 Acknowledgement	5
0.2 Introduce program and facilitators	10
0.3 An overview of the program	5
0.4 You can do it!	5
0.5 “What It Takes” Flipchart: “Skill Power, not Will Power”	10
0.6 Break, “Are you enjoying this cigarette?” exercise	20
0.7 Quit smoking methods - NRT and other medications	30
0.8 The decision making process	10
0.9 Are you ready to quit smoking?	20
0.10 “I’m a non-smoker” exercise	10
0.11 Next week	5

## MATERIALS

### **Each Class:**

- Sign In Sheet
- Water
- Blank flipchart/easel
- Hand Sanitizer
- Miscellaneous Supplies
- Pens
- Whiteboard Markers
- Box of Tissues
- Cinnamon Sticks

### **Orientation Materials**

- Decision Guide
- Class Calendar & Outline
- Class Agreement
- Are you ready to quit smoking?
- Are you kidding yourself about cigarettes?

## PREPARE AHEAD

- Orientation Packets & Handouts
- Flip Charts:
  - Program overview and class structure
  - Skill-Power, not Will-Power
  - NRT types and methods

### **Flip-Chart!**

Throughout the facilitators’ guides for this class, this icon will indicate the suggested times to use a flip-chart, or a white board.



## CLASS CONTENT

### 0.1 Acknowledgement (5 minutes)

- Allow for extra time for stragglers to come to the class, starting 10 minutes later than the scheduled time. Take this extra time to walk around and casually get to know participants.
- Thank the participants for coming, and acknowledge that it is a big and courageous step for participants to come to check out the class.
- Ask for a show of hands or acknowledgement to the question: *How many of you have been thinking about this for quite a while?*

### 0.2 Introduction (10 minutes)

- Facilitator introduces self and describes connection to the program.
- If facilitator was a former smoker, describe their quitting experience and speak about how that will enable them to empathize with the participants.
- For those who are not former smokers, this may mean talking about their commitment to making a difference or overcoming another health challenge. Sharing about a difficult experience is a good way to relate to the group.

### 0.3 An Overview of the Program (5 minutes)

- Tobacco Free Project and the classes at San Francisco General Hospital started in 1988 and has helped many people become smoke/tobacco-free.
- Free program, paid through taxes and a big settlement by the tobacco companies.
- Share overall organization of class structure (a good time to use a flip-chart!):



Weeks 1-2 Preparing to Quit	Class will help you understand your smoking habit and discover the best method for you to become smoke-free
Week 3-4 Deciding on a Quit Date	Participants get to choose a quit date that works best for you between Class 3 & 4. Classes will be structured to provide support in managing cravings and dealing with emotions so that you will be successful at becoming smoke-free
Week 5-6	Class will help you maintain being smoke-free by addressing lifestyle changes and preventing relapse.

- Explain that today is about deciding whether or not right now is a good time for people to quit. This orientation will provide information to help participants make that decision.

### 0.4 You can do it! (5 minutes)

- Express how the combination of individual desire, quit methods and group support is a recipe for success in quitting. A few points to touch on:
  - Millions of people have successfully quit with the right tools and support

- 7 out of 10 (70%) of smokers say they want to quit smoking
- There are many ways to quit, and each person is different. The class will help each person identify what will work for them.
- The facilitators know about successful tools and methods to quit. The support group structure is designed to be there for you throughout the process and is an addition to your chosen quit method (ie. NRT).

### 0.5 What it Takes – Skill Power, not Will Power! (20 Minutes)



Pass out the “Agreements” handout. If available, post these agreements on a flip chart, or write them on the white board. The “Agreements” handout has all the dates of the class on it and what is expected of the class. Explain that there are 3 things to consider to ensure success in the program:

- 1. Come to all the sessions-** Coming to all the sessions makes a **big** difference
    - Each session builds on the previous session.
    - Make a commitment to yourself and the class to come to every session.
    - Only six sessions to be together, provide support, and get down to the business of addressing your tobacco use.
    - If you have an emergency, we would like you to call us to let us know that you won’t be coming. You should commit to being at every session -- it is that important!
  - 2. Do everything that the program suggests.**
    - There is no single way that will work for everyone, try all ideas provided to see which techniques will work for you.
    - You will be asked to change what you **do** every day by replacing unwanted smoking- behavior with new healthier behaviors.
    - At first some of the things we ask you to try may be awkward or feel uncomfortable. But if you keep at it, eventually, it will become easier and more automatic. That’s how you change a habit.
  - 3. The third requirement is that you give and receive support.**
    - Come to class and be open to share your experiences- what is working, what is not, and how you are feeling.
    - Be willing to be there to support others who may be having a harder time. That is how support groups work. We help each other and we do it together.
- Remind participants that stopping smoking is not about giving something up. It is about getting their life back and discovering their non-smoking selves.
  - Suggest that participants attend relapse prevention classes after the class concludes.

## 0.6 Break (20 Minutes)

- Facilitators tell the class that at this class *only*, there will be a break. This will be the only chance during the series for them to go outside and smoke.
- Tell participants that if they want, they can go outside and have a cigarette, but their assignment is to really think about it and to really enjoy it! For some this will be a very revealing exercise. Let them know that they may be asked to share their experience with the group. Smokers who want to take a break are told where to go outside.
- When smokers return, ask the group *what they noticed* and how they felt.



## 0.7 Quit Methods (30 minutes)



- Invite participants to pull out the “Quitting Methods” packet and follow along
- Use a flip chart, poster board, or a white board to go through the Pros and Cons of each method.
  - One page/ section per NRT
  - Advantages and disadvantages
  - How to use the method correctly
  - Length of treatment (amount of time they need to use it)

## 0.8 The Decision Making Process (10 minutes)

- Remind participants that a decision to quit takes time and careful consideration.
- Ask participants to consider the following in making the decision to quit:
  1. **Resolve ambivalence.** While it is perfectly normal to have some feelings that you might not want to quit, you will want to make a commitment to quitting. Acknowledge your feelings but resolve to not let those feelings stop you.
  2. **Believe that it is possible to quit**
  3. **Have confidence in this program**
  4. **Have confidence in yourself.** Remember you are in charge. No one is making you quit and you can decide to remain a smoker. That is the life you have been leading and you can continue to do what you have been doing. It really is your choice. Or you can choose to cut down your use, or go smoke-free. If you choose to continue the class you have a good chance to become smoke-free.

## 0.9 Are You Ready to Quit Smoking? (20 minutes)

Walk through the “Are you Ready” assessment tool with the group, explaining each question and allow time for participants to mark “Yes” or “No”. Make sure to get a lot of participation from the group.

## **Facilitator Script:**

### ***Do I want to quit smoking for myself?***

It's important that you are coming for yourself not because someone else wants you to. Not because your husband, doctor or children want you to. Although they can support your efforts, you will be doing the real work of change every day.

### ***Is quitting a No 1 priority for me?***

Can you take the next 6 weeks and devote yourself to this process? Can you make your health a priority? As we said, if you are going through a major life change such as moving, job loss or death of a loved one perhaps another time might be better.

### ***Have I tried to quit smoking before?***

How many of you have tried before? Can you let go of your past quit attempts and see them in a new light? Perhaps they were just practice. Say goodbye to the past and begin the process with a fresh perspective. Many of you tried to quit in the past but did not have support. This time will be different.

### ***Do I believe that smoking is dangerous to my health?***

Are you noticing and feeling the bad health effects of smoking? Has your health care provider advised you to quit smoking? Many people want to deny that smoking is harming them but the older you get, the more you will notice. If you have any doubts, read the handout called "Are you kidding yourself about smoking?"

### ***Am I committed to quitting smoking even though it may be tough?***

This is where making a commitment to coming every time makes a difference. You may face some challenges and it will not always be easy. This is where group support can help you the most. Keep coming and sharing what's going on. We make it a point to "meet you where you are" and not judge you along the way.

### ***Are my friends, family and co-workers willing to help me quit smoking?***

This is a tricky one! Surely there are people who will positively support you in being smoke-free. See if you can engage one person in being there for you. Let them know how to support you...or how you want to be supported...taking a phone call, being a sounding board during tough times...etc. There may be other people such as family members who smoke or your smoking buddies who may actively discourage you. They may say, "I liked you better when you were smoking." Or they may keep offering you cigarettes. Or leave packs around the house. They may not want to think about quitting smoking themselves or may fear they will lose you as a friend. You may have to arrange

to spend more time with people who don't smoke until you are confident that you can avoid joining them in smoking.

***Besides health reasons, do I have other personal reasons for quitting smoking?***

Most people answer that they want to save the money they spend on cigarettes. Depending on how much you smoke you can save between \$1200 to \$2000 per year or more. Imagine how you will use this extra money. People in our classes report going on trips, going back to school, paying back debt, and smaller things like eating better, getting massages or going to the movies. What will you do with the money you save?

***Will I be patient with myself if I slip up?***

This is very important. If you slip up, will you use this as an excuse to just go back to smoking? Will you give up on yourself? How many of you started smoking when you were teenagers? Despite the health warnings most did not know how hard it would really be to quit! You really could not make an informed choice. Many of you had parents or siblings or friends that smoked. Have compassion for yourself. Know that it takes some people many quit attempts to finally get there. Don't give up on yourself.

**0.10 "I'm a Non-Smoker" Exercise (10 minutes)**

This is a "try it and see what happens" exercise. Facilitators model the interaction by going up to someone in the front row and sticking out their hand and introducing themselves as non-smokers. Participants are encouraged to say hello to everyone in the room and not just those right next to them.



- Invite participants to get up, introduce themselves to another participant as a non-smokers.
- Ask them to go around the room and say the following:  
**"Hi my name is \_\_\_\_\_ and I'm a non-smoker!"**

**0.11 Closing (5 minutes)**

- Ask participants to stay if they have any questions
- Thank them for attending
- Remind them that the next class is next week.