

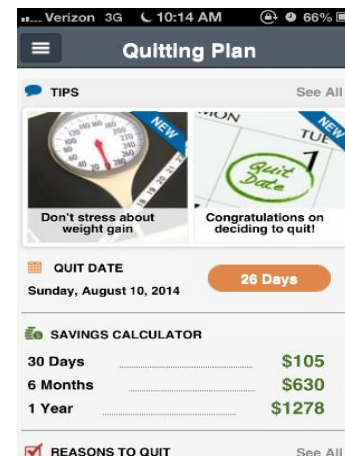
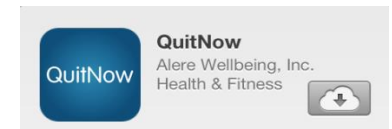


Smartphone Apps

- quitSTART



- QuitNow





Help the Veteran Make a Decision to Change

- Make a list of reasons for change
- Figure out what barriers stand in the way
- Make a list of helpful strategies
 - What's helped in the past?
 - What's helped others?
- Shore up support
- Make small changes
 - PRACTICE change

**Smoking: It takes
5-6 "tries" before
quitting for good so
get started!**



Help the Veteran Build Confidence

**Confidence predicts
success!**

**Research shows that
people who make
changes believe that
they can make changes.**

**Need to think change is
possible.**

- **What can I do?**
 - **Make a plan to:**
 - Start easy
 - Set small goals
 - **Understand that you
will mess up
sometimes**





Step 2: Assist the Veteran to do Something To Change

- **Cut down**
- **Not smoking in certain places**
- **Delay first cigarette of the day**
- **Change the environment**
- **Put up reminders**
- **Try NRT**
 - Patch, gum, lozenges
- **Use on-line resources**
- **Learn your triggers**
 - What are your triggers?
 - What can you do when faced with a trigger?
- **Practice skills**
- **Have a plan: D-Pack**
 - Distract
 - Delay
 - Discuss
 - Deep breathe
 - Drink water



Sample Quit Smoking Skills



Irritable/anxious:

Walk, bath, relaxation,
deep breathing

Down/depressed:

Do something fun, see
someone supportive

Restless/trouble sleeping:

Exercise, stay busy

Hungry/weight:

Drink water and low
calorie drinks, eat low
calorie snacks, chew gum

Talk to your doctor about
NICOTINE REPLACEMENT
PATCH, GUM, LOZENGE



Ways to Break the Habit of Smoking

Miss holding something?
Hold a pencil, squeeze a ball

Miss having something in your mouth?
Chew gum, carry a water bottle, chew a toothpick

Used to smoking after meals?
Change your routine – brush your teeth, go for a walk

Around a lot of smokers?
Spend time in nonsmoking places, keep away from people who smoke (temporarily)

Worried about quitting on your own?
Find someone to quit with you!



How To Set A Small Goal

Behavioral Treatment of Smoking Cessation in SPMI

MY GOAL

Staying Quit Goal Setting Activities (for those participants who are working on staying quit)

I want to stay quit from ___/___/___ to ___/___/___

I want to stay quit because:

1. _____

2. _____

One PROBLEM I could run into in the next few days is:

If this Problem occurs, I WILL:

1. _____

2. _____

Another PROBLEM I could run into in the next few days is:

If this Problem occurs, I WILL:

1. _____

2. _____

I will review my goal with: _____

My Signature _____ Signature of Therapist _____

Tips for Your Quit Day

(Use in goal setting for participants planning for a quit attempt)

Triggers: Make sure to get rid of all your smoking materials and avoid any other 'triggers'

Dealing with Cravings

(adapted from the American Lung Association Freedom from Smoking)

1. **When you have a strong urge to smoke:**
Take a few deep breaths
Remember your determination to quit.
2. **Think of your most important reason for wanting to quit. Say it out loud in front of a mirror.**
3. **Do not start feeling sorry for yourself. By quitting smoking you are doing something good for yourself.**
4. **Do something to distract yourself. Even intense cravings last only 5 to 10 minutes.**
5. **Do something with your hands: knit, doodle, play with coins, write a letter.**
6. **Be good to yourself. Reward yourself with some of the money you've saved by not buying cigarettes (go out for a meal, go to the movies).**
7. **Go places where you don't (or can't) smoke.**
8. **Reduce use of alcohol and caffeine.**
9. **Hang out with people who don't smoke.**
10. **Focus on getting through today without smoking.**



Question 4

What can Peer Specialists do to help Veterans quit smoking?

A lot!

Talk, plan, refer to VA and community resources, be a support.



Ways to Assist Veterans to Quit Smoking

- **Know the available resources and how to refer to them. Suggest talking to a prescriber about NRT.**
- **Discuss past quit attempts**
 - What worked – build on that
 - What led to relapse – plan for that
- **Help individual select a quit date**
 - Remove all tobacco products
 - No smoking that day
 - Plan ahead for how to cope with cravings, triggers, other smokers





Ways to Maintain Change

Resources

Nicotine replacement

Counseling

On line tools

Self help groups and manuals

ASK FOR HELP

Rewards

What's rewarding to you?

Other ways to spend money

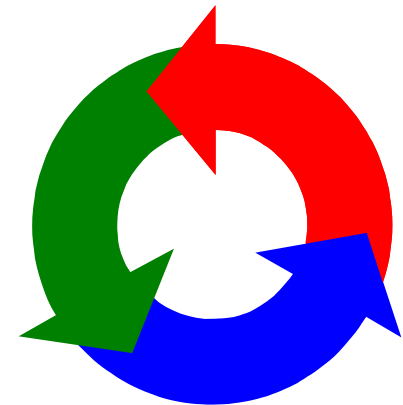
Track positive health effects

Share success with others



Cyclical Model of Change

- **Many will recycle through multiple change attempts and multiple interventions.**
- **Successful change occurs for large numbers of people over time.**
- **Keys to successful recycling**
 - Persistent efforts
 - Repeated contacts
 - Bolster confidence and motivation





Summary

- **Quitting smoking is important.**
- **Quitting can be hard.**
- **Change is possible!**
- **There are things you can do to help Veterans prepare to quit.**
- **There are things you can do once a Veteran is ready to quit.**





Smokefreevet

- Part of Smokefree.gov
- <https://smokefree.gov/veterans>
- *Quitting smoking is one of the best things you can do for your physical health, emotional well-being, and quality of life. Use SmokefreeVET's tools, resources, and support to help you become tobacco-free.*
 - Education on addiction and why people smoke
 - Reasons for quitting
 - How smoking improves health
 - Text messages
 - Speaking to an expert
 - Facebook
 - Build a quit plan
 - Strategies for quitting
 - Information on medications

It doesn't matter where you start. Just start.

Search

smokefree.gov

Ready to Quit

Smoking Affects You

Manage Your Mood

Get Active

Eat Healthier

Tools & Tips



Download quitSTART to help you live smokefree

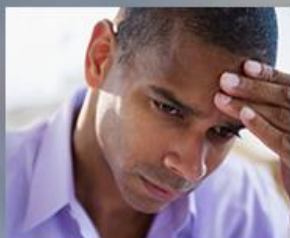


smokefreeTXT
Quit with text messages, sign-up today

quitSTART App
Get support from your phone

Quit Plan
Quitting is easier with a plan

Join us on facebook
Tell us where you are on your quit journey



Depression 101



Get Health Tips by Text Message



Tips for Eating



Find a Quit Method That Works For You



Prepare to Quit



18 Ways Smoking Affects Your Health



Veterans Stay Quit Coach

- <https://mobile.va.gov/app/stay-quit-coach>
- **Features**
 - Educational materials about the benefits of quitting smoking, risks of smoking, medication and nicotine replacement and their efficacy in preventing relapse, and how to cope with urges
 - Perspectives and coping tools for those who smoke after their quit date
 - Access to support contacts or hotlines for preventing relapse
 - Motivational messages and personalized information about the benefits of staying quit
 - Reminders to take any medications or nicotine replacement therapies
 - This App is meant to be used in conjunction with Integrated Care for Smoking Cessation. However, it provides instruction and information for those using it as a standalone tool to be able to do so independently with ease.





STEP 1

Get Ready for your quit date.

1) Pick a quit date.

Pick a day without a lot of stress

2) Write your quit date on the calendar.

This makes quitting more real and helps you plan

3) Start healthy habits.

Start a new physical activity 3X a week;

Stock the house with healthy snacks;

Tell other people to stop smoking in your house or car

> View Step 2

**CALL 1****CALL 2****CALL 3****CALL 4**

FREE



+Call 1-800-784-8669:
It's Free, Confidential,
and Anonymous

Thousands of Marylanders just like yourself have quit using the program. See some of the successes or **tell us your own story.**



Department of Health
and Mental Hygiene

+**The FOUR Steps to Quitting:**
What they are and how we can help

+**The Counseling Process:**
What to expect

+**See the Success Stories**
Meet other people that have quit.

+**Event Calendar**
Get involved. Total Events (2)



Other Resources

- American Lung Association: <http://www.lungusa.org/>
- American Cancer Society: <http://www.cancer.org/>
- Centers for Disease Control and Prevention: <http://www.cdc.gov/>
- MOVE - a national weight management program designed by the [VA National Center for Health Promotion and Disease Prevention \(NCP\)](#), a part of [the Office of Patient Care Services](#), to help veterans lose weight, keep it off and improve their health: <http://www.move.va.gov/>
- The Tobacco Dependence Program (TDP) at UMDNJ provides expertise on quitting smoking through education, treatment, research and advocacy: <http://www.tobaccoprogram.org/>