

“Plan to Be Tobacco Free™”

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“Plan to Be Tobacco Free™”

- Created by KCP in 2013
- Addresses need for an educational program to increase access to all tobacco cessation resources and improve medication utilization
- FREE
- One-time 30 or 60 minute session
- Presented by KCP Tobacco Treatment Navigators (TTN)
- Based on U.S. Public Health Service’s Clinical Practice Guideline, *Treating Tobacco Use and Dependence*

Session features:

- PowerPoint presentation
- Resource and medication handouts
- Interactive group discussion
- Nicotine Addiction Test
- Personalized Quit Plan
- Referral to KY Quit Line
- Opportunity for 1-1 questions with TTN afterward

Presentation includes:

- Understanding tobacco/nicotine addiction
- Planning for behavioral aspects/triggers
- Medication options and proper usage
- E-cigarettes
- Quit Now Kentucky/Quit Line benefits
- How health care providers can help
- Recommended Websites
- Cooper Clayton Classes
- Other resources

Provides a program for those who:

- Are unsure about cessation
- Can only attend one session
- Do not have a Cooper Clayton class starting where they live
- Are using non-nicotine medications
- Are pregnant
- Use spit tobacco
- Have family/friends who would like to attend

Presentation Opportunities

- Worksites/Industry
- Health Care Facilities
- Schools/colleges
- Public housing
- Churches
- Others

Presenter Observations

- Attendance is best for existing groups
- Both staff and residents attend in healthcare facilities
- Locations have included housing authorities to drug court classes

Presenter Observations (cont.)

- Late morning or afternoon are best times
- Especially requested by workplaces going smoke-free
- Has increased interest/involvement with Cooper Clayton classes

Participant Feedback

- Very favorable evaluations!
- Like the tailored approach and personalized information
- Really enjoy information on resources and providing them based on readiness to quit
- Like the interaction and chance to share experiences with each other
- Want to recommend others to come

Participant Feedback (cont.)

- Want behavior changes to deal with triggers
- Request suggestions on dealing with feeling deprived and being around other smokers
- Interested in ACA and cessation coverage
- Some want information for others

Thank You
Questions?

