

Center for Rehabilitation, Education, Advocacy, Treatment and Employment
Personalized Recovery Oriented Services

LESSON PLAN

Component: IR

Service: Integrated services for MICA

Class: Tobacco and You

Goal: To provide information to assist students in making the decision to quit smoking. To provide support and treatment of nicotine dependence.

Objective: Student will increase knowledge of why it is important to quit smoking, physical effects of tobacco use and what helps people quit smoking. Students will learn to identify patterns of their smoking/nicotine dependence and some common triggers for their smoking. Students will discuss their ambivalence and determine their motivation level as they progress through the course. Students will learn about medication/nicotine replacement treatment that are available for increasing the success of making a quit attempt. Students will explore new coping strategies to cope with stress instead of smoking. Students will identify habits closely associated with smoking behavior and explore new behaviors to replace smoking in order to develop a quit plan or a plan to reduce nicotine use. Students who have made a decision to quit will create their individual Quit Plan and receive support as they make this difficult change in their life. Students will develop supportive relationships with others who are considering a nicotine free life.

Topics:

Terms and definitions
Why is it important to quit smoking?
Why are tobacco products addictive?
What helps people quit smoking?
Medications and NRT treatment
The challenges of quitting
Coping with challenges
How to support others to quit smoking

Resource:

Learning About Healthy Living: Tobacco and You, by Jill Williams MD,
RWJMS Division of Addiction Psychiatry

*This resource is complete with a facilitators guide with goals, objectives, suggested approaches, lesson plans and handout/worksheets.