COURAGE TO QUIT®

ADULT SMOKING CESSATION PROGRAM

Courage to Quit® is an evidence-based group or individual tobacco treatment program for adults available in multiple formats with flexible content that can be customized for delivery. Courage to Quit®'s effectiveness has been documented in the *American Journal of Public Health.*

Courage to Quit® is a semi-structured smoking cessation curriculum with program booklets to guide participants. It provides information, practice skills, and support to help participants reach their smoke-free goals.

Courage to Quit® sessions cover:

- Addiction and withdrawal
- Quit smoking medicines
- Managing cravings
- Avoiding triggers
- Health benefits of quitting
- Preventing Relapse

Contact Lesli Vaughan at LVaughan@resphealth.org for additional information.

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PROGRAM VERSIONS

There are 2 versions of Courage to Quit® :

	NUMBER OF SESSIONS	QUIT DAY	LANGUAGES	COST
FULL PROGRAM	6 sessions over 7 weeks	Session 3	English Spanish Mandarin	$15 per participant
SHORT PROGRAM	3 sessions over 3 weeks	Session 2	English Spanish Polish	$10 per participant

Each program session is 60-90 minutes.

LEADER TRAINING

If you are looking to gain the knowledge and skills to assist people who are interested in quitting smoking, join one of our Courage to Quit® Leader Trainings. The one-day, comprehensive training will prepare you to lead a group or one-on-one Courage to Quit® program

TRAINING ELEMENTS:

- Trends in tobacco use
- Nicotine addiction
- Behavior change
- Tobacco cessation medications
- Program planning
- Learning styles and facilitation skills

The cost for the training is $150 and includes breakfast, lunch, training materials and continuing education credits. Courage to Quit® Leader Training has been approved for nursing contact hours and continuing education hours for respiratory care practitioners and IAODAPCA.

On-site leader trainings may incur additional costs.

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