COUNSEL TO QUIT®

BRIEF TOBACCO INTERVENTION TRAINING

Research shows that just 3-10 minutes of counseling from a healthcare provider can increase an individual's success in quitting by 60%.

YOUR ADVICE MATTERS!

Counsel to Quit® trainings provide healthcare professionals information and skills to appropriately screen patients for tobacco use, strategies to advise cessation, and opportunities to connect to local cessation referral options. Counsel to Quit®'s effectiveness has been documented in the Journal of Substance Abuse Treatment.

At the conclusion of this training, participants will be able to:

- Explain their clinical role in tobacco dependence treatment
- Describe and deliver brief interventions to assist tobacco users in quitting according to the *Ask, Advise, Refer* model
- Refer patients to local cessation resources and the Illinois Tobacco Quitline
- List effective tobacco cessation medications

The 60- or 90-minute Counsel to Quit® training is intended for healthcare and behavioral health providers and costs $500 for up to 30 participants. Additional travel costs may apply.

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

RESPIRATORY HEALTH ASSOCIATION®