

Case Managed Approach to Tobacco Cessation Help (CMATCH)



START-UP GUIDE

There are 3 components to CMATCH: Located on www.LivingSmart.Live

- “Let’s Begin to Quit” – Mentored Support Workshop for Participants
- Taking Control – 14-day Individual’s Online Course on Strategies to Quit
- Phone Coaching for 12 months thereafter to Encourage and Hold Accountability

Preparing Intervention: (Many downloadable materials on Leader’s Resources page)

1. Promote CMATCH intervention with Posters, Invitation Cards
2. Recruit workshop volunteers, mentors, and phone coaches from your church or community group. Train them in a 5-hour session.
3. Plan hospitality elements for workshop (healthy snacks, greeters, attendance management)
4. Schedule workshop to meet 3 x’s in Week 1, 2x’s in Week 2 with one being a “graduation” celebration, weekly next 2 weeks, follow-up in Week 4, and ad lib

Workshop for Participants – “Let’s Begin to Quit . . . Nicotine”

1. Plan first session for Sunday or Monday to correspond with Day 1 of Taking Control
2. Next session should be With Day 2, then Day 4 (Day 3 is Quit Day). Negotiate with participant for subsequent days on weekend and Week 2, and thereafter as you go along.
3. The Workshop Outline guides in content of Workshop sessions in Leaders Resources.

Taking Control – Individual’s Online Instructional Course

At first workshop, direct participant to the online course and explain how the workshop interfaces with it. Also, direct them to download the Taking Control Workbook to accompany it, the Partner Guide for spouse or friend who is their Encourager, and the Nutrition Guide. It is important that they have a supporting Mentor from sponsoring group.

Phone Coaching Support – Long-term for 12 months

Scripted. Requires some training of coaches, with participant’s informed consent. The purpose is to maintain contact, encourage, record progress, and foster accountability as the continuing action of fellowship-building.



Training Guides and documents

- CMATCH Mentoring Guide
- CMATCH Training of Coaches (pptx)
- Coaching Through Stages of Change
- Coaching Agreement example
- Phone Coaching Scripts w/ Training Guidelines
- Building Spiritual Awareness & Intervention Skills
- Orientation & Training Presentation to HCPs (pptx)

Phone Appointment Scripts

- Assessment Interview
- Telephone Coaching Scripts
- Spiritual Dimension to Support Calls



Surveys and Assessments

- [Tobacco Cessation Assessment Tool](#)
- [Stages of Change](#)
- [Social Support](#)
- [Learning Style](#)
- [Perceived Stress Scale](#)
- [Confidence Level](#)
- [Concept of Power](#)
- [Beck's Depression Assessment](#)
- [Satisfaction Survey](#)

Progress Records

- [The PAM Style Questionnaire adapted for Progress in Taking Control](#)
- [Progress Pathway to Tobacco Cessation](#)
- [Cotinine Testing for Nicotine](#)



Support Articles

- [What to Know about Nicotine Use](#)
- [What Is It Like to Quit](#)
- [The First 2 Days after Quitting Smoking](#)
- [How We Develop Cultural Proficiency in Telephone Counselling](#)
- [The Phenomenon of Dependency](#)