

Let's Begin to Quit

Smoking Cessation Support Programming Made Easy
for Churches and Groups to Conduct

2-Day Outline to Coordinate with Participant's Engagement
with Taking Control.

FrameWork Health, Inc.
Staunton, Virginia

2020

Let's Begin to Quit!

Tobacco Cessation Seminar Lecture Outline

Method Two Preparation Sessions enhance a self-help motivational program, **Taking Control**, which is used daily at home for 14 days. From this little workshop or seminar group support may be organized or helping partnerships formed.

DAY ONE

1. Introduction

Welcome; Get Acquainted; Leader's Bio

2. Reason for this seminar

- Smoking and its consequences are a world community concern; someone encouraged you to come
- Addicted people need help
- I believe we have an effective solution

Affirm their attendance & their interest in seeking instruction and help

3. Present personal philosophy basis

Whole Person approach to health promotion: Physical, Social, Mental/Emotional, Spiritual

4. Overview of seminar

This is an orientation session to help you to plan a Quit Date. Tonight you may feel compelled to sign a Preference statement. When we meet the second time you may be ready to sign a Commitment statement and set the Quit Date. [Both of these forms may be found in the Taking Control Workbook.] But you may have questions or concerns; this is the opportunity to voice them while we consider together the cost of quitting and the cost of not quitting.

- Commitment of the Leader: To facilitate improved quality of life by presenting techniques and resources for changing behavior and practicing health
- Commitment of the Attendee: Carefully consider quitting tobacco use within the (week, __ weeks, month, __ months) and by the end of the seminar declare your preference to quit.

5. Business

Registration form, fees, orientation to the environment (bathrooms, exits, snacks/food, etc.)

SEMINAR PRESENTATION & DISCUSSION -- How Did You Begin?

Opening questions to stimulate sharing:

How have you been treating your body?

Has your tobacco use affected your body's integrity? What part in particular?

Any idea how much money tobacco use has cost you in 1 year? (Add it up: purchase expense, illness and/or surgery, increased cleaning of environment and vehicle. . .)

Harmful Effects of Smoking chart

[Found in the Taking Control Workbook and PPTs.]

What brought you here tonight? -- To Learn How to Quit? -- To Discover If You Can?

Characterizing Addictive Behavior

On waking up in the morning, you reach for the cigarette pack you conveniently laid on the bedside table the night before to light one up before your feet hit the floor. You smoke another one soon after this one is spent while you dress and grab coffee and a donut/bagel. You smoke another one as you drive to work . . . maybe more.

Did you notice the song of the birds at the feeder as the sun's rays began to fill the yard?

Did you smell the fresh cool air of the morning? Did you consider taking a walk before a good breakfast?

When an unusually complex task at work has delayed your usual morning break, you abruptly announce that you *must* take your break now and head for the smoking spot outside a back entrance.

Do you have a guilt-ridden conscience over escaping responsibility and leaving tasks to others?

When it is 10:00 at night and you are just getting ready for bed, you notice you are out of cigarettes. Knowing you will need one first thing in the morning, you put on your coat, hop in the car, and drive to the nearest convenience store.

Do you think . . . "What am I doing this for? Going out in the cold like this when I should be in bed?"

Does this sound familiar?

Discussion

Suggested Visuals: *Cigarette smoking – Smoker in a vice* (There are many images in Google)

Smoking Personality – Risk Taker

What Makes Nicotine Unique?

The Psychoactive Chemical

Tolerance

Dependence

Nicotine-reinforced behavior

The Process

a set of actions, reactions

the behavior becomes a "high"

rituals

Present “Brain Sense” and “Why Should You Quit?” PPTs

Are E-Cigarettes a good alternative, safer?

On Medscape -- <https://www.medscape.com/viewarticle/921781>

[https://www.cdc.gov/tobacco/basic_information/for-health-care-providers/Vaporizers, E-Cigarettes and other Electronic Nicotine Delivery Systems \(ENDS\), 2020](https://www.cdc.gov/tobacco/basic_information/for-health-care-providers/Vaporizers,_E-Cigarettes_and_other_Electronic_Nicotine_Delivery_Systems_(ENDS),_2020)

Group Activity

“Why Do You Smoke?” Questionnaire -- All complete it

[Part of Registration process—TCAT is on SurveyMonkey on website.]

Participant obtains Scores in Manipulation/Stress Relief/ Fit Socially/Stimulation/Pleasurable Relaxation and either today or next workshop day joins one of those groups you arrange for interviewing each other and discussing questions from the Small Group Activity Guide.

In Large Group again, report from each group the consensus of responses and discuss.

Decision-Forming

This may be the hardest thing you have ever done in your life: deciding whether to quit using tobacco or not. For some of you it has been an extension of your life since you were 9, 10, 14, 16. You don’t know what it is like to be a non-smoker—forever! This is not a change in your life you can make lightly. There are smoking friends to consider, a smoking spouse/partner too. You may be afraid of the physical symptoms of withdrawal. You may fear that you will fail.

Most smokers and chewers want to quit – 70% of 44.5 million adult smokers. They see their health declining, others persistently beg them to quit, they realize they are modeling a destructive behavior before their children, it is getting too expensive.

The difficulty is real. We now know as a result of research, that some have been predisposed to become addicted from the womb because of Mom’s smoking during pregnancy. Maybe there is a history of depression and you have been using nicotine to avoid it.

For whatever reason, it cannot be as serious as the consequences of failing health you will experience if you continue to use tobacco. I advise you: Do not let tobacco rob you of the quality of life you were created to experience.

Take home the “Cost of Smoking” worksheet to do tonight and complete it so that you have a realistic tool to prod your resolve. You cannot afford to smoke!

The Problem with Control – Who’s Got the Ball?

Daily we face stressful situations of some magnitude. Some days the ball is in our court; some days it is not. Nicotine and tobacco use has led you to believe that it is helping you cope with life. That it is putting you in control. But look, the problem of controlling life is not really solved, is it? So, who is really in control?

You can gain access to the extreme Power of the Universe to make this decision. You can place your whole person in the hands of God and talk all the time with Him about your struggles. He has promised to restore you to health and make a new creation of you. God through His Son has already defeated everything that would defeat you.

“So, give yourselves humbly to God. Resist the devil and he will flee from you. And when you draw close to God, God will draw close to you. Wash your hands, you sinners, and let your hearts be filled with God alone to make them pure and true to Him.”
(James 4:7, 8)

Once you have made your decision to continue on with this program, you will receive assistance in the following ways:

1. Your personal 14-day instruction in an accepted quitting method
2. Encouragement from your new Taking Control community
3. Telephone support

Sign the Preference box on your Registration form and submit it to me.

Return tomorrow at _____. We will help you prepare for your Quit Day.

Day Two

[Day Two of this Seminar can be planned around the **Taking Control** program, which can be used as self-help or group support. Or another comprehensive format may be used. Schedule an enticing vegetarian snack or lite supper table. Plan on some exercise during the session.]

DAY TWO

Introduction

Most smokers and chewers want to quit (70-75%) because:

- They recognize the demise of their health
- Others persistently advise them about it
- They realize they are modeling destructive behavior before their children
- It is economically costly—for the individual.

Campaign for Tobacco-Free Kids, 2020

Research has revealed that nicotine or other substances released by maternal smoking can affect the motivational system of the fetal brain, so as to predispose the child's brain in a critical period of its development to succumb to addictive influences later in life. . . By extension, the possibility of inherited vulnerability and predisposition to nicotine addiction. Result: depression that sweeps down through descendants.

Why Do You Do It?

There has been much research and discussion on why individuals smoke anyway. 9/10th of people begin before age 18, so what makes us vulnerable when we are young?

Typical answers to that question are: [Allow audience to contribute to discussion]

- Negative early experiences at home, at school, after school hours
- Before bans, advertising on TV, but now still in movies
- "Peer pressure"; wanting to "fit in"
- Introduction by fathers to sons as initiation to manhood
- Suggestions by doctors to cure throat ailments
- An individual's low self-esteem, low self-determination (think for self), low self-control
- Rebellion against authority
- Emotional/mental conditions: depression, escape-seeking
- Stress, tension

What Solutions Have You Tried?

- Other addictions
 - Overeating
 - Shopping
 - Gambling (lottery)
 - Alcohol
- Other cessation methods
 - Hypnosis
 - Acupuncture
 - Oral med: Zyban, Welbutrin, Chantix
 - Patch: NicoDerm

- Cold turkey

What have scientists found are the most effective methods?

Of those who try to quit in any given year, only 5% are successful. Usually because they are doing it alone and not trying proven interventions, such as:

- Proactive telephone counseling over many months and coupled with at least one other aid, such as a program like Taking Control.
 - Culturally tailored, gender-specific, and language-appropriate even better
- Use of nicotine receptor blockers such as Chantix
- Support of a caring friend or family member, trained to be supportive and firm.

What is not working?

- Self-help programs without human support
- Limited advice from health providers; persistence is needed

It's a Control Issue

Amazing evidence from NIH supports an old cliché that was kicked around in the 50s , 60s, and 70s – “It takes will power”. For decades scientists have tinkered with theories of familial propensity (heredity), laying down new nerve pathways in the brain, getting the right drug combinations, and even creating a vaccine. This research tells us that . . . “When smokers actively resist cravings, they engage brain areas that focus attention and regulate emotion; that heavy smokers can stave off craving only by keeping virtually all nicotinic receptors in the brain filled; and that nicotine is the only component of cigarette smoke that occupies these receptors.”

As they examined MRIs of study individuals who resisted the cues to smoke, they noticed activity in areas of the brain that control their emotional responses to anxiety-provoking stimuli and in the area where the consciousness of self takes place.

Translation . . .

When you take deliberate steps in the decision-making to quit the use of tobacco, you set the wheels turning biochemically in your brain for successful cessation . . . provided you move ever forward.

- The steps outlined with instructions in **Taking Control** give you purpose and reason for quitting. They are briefly:
 - Set a quit date with time to prepare
 - Prepare your self and your environment and those around you
 - Set realistic goals and plan incremental rewards
 - Build a support net around you; rely on your Mentor
 - Always be prepared for alternative, healthy behaviors
 - Avoid sources of bad cues
 - Develop a relationship with your True Friend, Jesus
- Reduce your sources of stress and anxiety or learn effective ways of coping

- Keep alert and attentive to the cessation process; avoid mind-altering substances (keep focused).
- Regulate your emotions and practice a happy, thankful attitude
- If necessary, use a pharmaceutical aid such as nicotine patch until you are entirely in control

Spirituality

Other, even more important, information is that scientists at Columbia University have found that spirituality and religion reduce the risk of substance abuse. The reverse is that adults who do not consider religious beliefs important are more than 1 ½ x's likelier to smoke cigarettes, more than 3 x's likelier to binge drink, almost 4 x's likelier to use an illicit drug other than marijuana, and more than 6 x's likelier to use marijuana.

There are so many promises in God's Word to elevate our mood and makes us truly happy and to empower us to behave and practice what we know will honor our Creator. It is about the care and keeping of His investment in us . . . His death to award us Eternal Life. We are His when we give our control over to Him and allow Him to work out a wonderful miracle in our lifestyle change.

Texts that come to mind: Select your own

Prayer (allow volunteers)

Discuss with attendees who have committed themselves to quitting at this time with **Taking Control** subsequent supportive sessions/get-togethers on a schedule from now on. Several times during these 2 weeks and regularly more infrequently thereafter. Be sure each participant has a non-tobacco-user supportive partner or Mentor—their selection or a mentor in your group. Maintain contact.