

MOTIVATING NICOTINE ADDICTS TO QUIT WITH POWER



**AN EFFECTIVE STRATEGY FOR CHURCHES AND
SMALL COMMUNITY GROUPS**

OVERVIEW

Taking Control, supported by the website www.LivingSmart.Live, will provide tobacco cessation coaching through 14 days of instruction in lifestyle change, motivation, and encouragement, using a wholistic approach, to individuals while they are supported by initiatives of churches or other helping non-profit organizations in various ways.

It is designed to engage church or organization members in health promotion without the requirement of formal health care preparation, but the employment of a willing and spiritually-dedicated heart. Training and promotion materials are provided to recruit participants in Taking Control.

INGREDIENTS

- hospitality
- a caring, loving spirit
- some general knowledge of the problems of addiction and effective interventions
- knowledge of leading a discussion and facilitating constructive interaction
- consistent and reliable scheduling and leadership
- sensitivity to opportunities for introducing a spiritual dimension

ORGANIZE

The church(s) or groups will organize for immediate and periodic support group(s).

Set a schedule for:

Promotion of “Let’s Begin to Quit” workshop,

Training/Orienting a team of mentors,

Planning hospitality activities and volunteers,

Frequency and duration of support sessions,

Location,

When the 2-week intervention is completed, then scheduling support sessions on a quarterly pattern will provide a reliable resource for the community, reinforcement for those newly free of tobacco, and an opportunity for them to help others. (Bring graduates into the helping team.)

“LET’S BEGIN TO QUIT” WORKSHOP

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

Designed to Coordinate with Participant’s Engagement
with Taking Control.

Method

Two Preparation Sessions enhance the 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.

(Refer to the Workshop Outline)

INVITING & GAINING RECOGNITION

INVITE

Invitations are one-to-one in a f2f manner (Every member)

Access to the intervention must begin with attendance to first “Let’s Begin to Quit” session

PROMOTE

Advertising in community media; signage on church property

Interviews on radio and/or TV to inform the community of the resource

Information sharing by pastor to other Christian churches, the chaplaincy of local hospitals, posters or leaflets to local industries, informing primary health care providers (physicians, nurses, dentists, health department)

Negotiate for referrals from Primary Healthcare Providers.

Inform local voluntary agencies about your regular service (American Cancer Society, American Lung Association, American Heart Association, United Way members, other community coalitions, etc.)

SOCIAL DESIGN

The key is to make friends . . .

Schedule a Vegetarian Potluck meal and a motivating movie (there are some on YouTube) for participants. Organize a support group from the attendees and reach consensus on a schedule of subsequent meetings.

At or near the 14th day of Taking Control participation, plan a “graduation” ceremony to celebrate their victory. A motivating video is available for this occasion on the website.

Schedule a Vegetarian Celebration Banquet for end of 3rd month for those in the tobacco cessation program; highlight successes and reward them, encourage continuation with support group. Those who struggle reaching success and contemplators of action are invited, this may motivate them to greater determinism and to Action—leading to participation in the next “Let’s Begin to Quit” with Taking Control.

Family-centered activities that showcase positive relationships.

Regular exercise programs: walking, swimming, softball games, aerobics, etc



IMAGINE THE RESULTS!

COST:

Free to the guest participants

A donation from the church/organization for each event

(\$20/participant is suggested)

Visit www.LivingSmart.Live

Framework Health, Inc. is a non-profit organization