



## Get Over Tobacco

*Taking Control with Power*

### Case Managed Approach to Tobacco Cessation Help (CMATCH)

## START-UP GUIDE

There are 3 components to CMATCH: Located on [www.LivingSmart.Live/CMATCH](http://www.LivingSmart.Live/CMATCH)

Taking Control – 14-day Individual’s Online Course on Strategies to Quit

“Let’s Begin to Quit” – Mentored Support Workshop for Participants

Phone Coaching for 18 months to Encourage and Hold Accountable

### Preparing Intervention:

1. Promote it with Posters, Invitation Cards (downloads on Sponsor’s Resources page)
2. Recruit workshop volunteers . . . and phone coaches, if desired
3. Plan hospitality elements for workshop (healthy snacks, greeter, pencils and note pads, etc.)
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, with another celebration in Week 4

### Workshop – 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. Workshop Outline guides in content of Workshop. The “Health Professional’s Guide to Tobacco Addiction Intervention” is your source of ideas for talks and discussions

### Taking Control – Individual’s Online Instructional Course

At first workshop direct participant to the online course options and explain how the workshop interfaces with it. Also, direct them to download the Taking Control Guide 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 org.

### Phone Coaching – Long-term

We can discuss that once you get started. Requires some training of coaches with scripts and participant’s informed consent.