Tobacco Cessation Groups
Two General Types of Groups:

OPEN and CLOSED
Open Groups vs. Closed Groups

Open groups are open to anyone, anytime.

Closed groups are open only to those who are appropriate for the objectives of the group.
Learning about Healthy Living: Tobacco and You (Williams, 2004)

Open Group: Tobacco Education Group (Group I)

Closed Group: Quitting Smoking Group (Group II)
Education Groups

• Provide accurate information, and dispel myths or misinformation.
• Encourage clients to consider cessation.
• Curriculum driven- covering specific topics.
• Open to anyone; can meet at any frequency.
Williams’ Learning about Healthy Living Education Group

• This curriculum has 20 weeks of topics that are imbedded in a “general wellness” format.

• Lessons include tobacco specific topics such as, “Why is Smoking Dangerous?”

• Also, general health and wellness topics such as, “How Can I Manage Stress Better?”
### Tobacco Ed - a virtually bottomless well of topics

- History of tobacco use
- What’s in a cigarette?
- Why quitting improves your health
- Why cigarettes are addictive
- Mental Health and Tobacco Addiction
- Tobacco and Diabetes
- Medications for tobacco cessation
- What is Nicotine Replacement Therapy?
- What is the true cost of smoking?
- Managing withdrawal symptoms
- Identifying stressors and triggers
Prevent Misinformation Dissemination

• Facilitators should not be doing all the talking - participants get bored!!
• However, facilitators need to be prepared to correct misinformation repeated by participants immediately!
• If it’s in writing, it carries more weight: Have handouts.
CLOSED GROUPS

• Participants must be assessed for appropriateness and readiness.
• Generally these will be smaller groups.
• Examples: Quit Planning and Support Groups
Williams’ Learning about Healthy Living: Quitting Smoking Group

Focus of this group is to help smokers who are ready to quit using tobacco.
Appropriate participants

• Smokers verbalizing a desire to quit in the next month
• Smokers who have made past quit attempts
• Must be willing to commit to attending all the group sessions
CLOSED GROUPS: Quit Planning

“The facilitator should be careful about including participants...that are clearly stating they are not ready to quit. Including these participants can contribute to negative effects on the group and/or the individual”

(Learning about Healthy Living. Williams, 2004)
1. Learn how to create a quit plan
2. Learn what a quit date is
3. Learn about how to achieve early abstinence from tobacco
4. Learn about how to increase support for quitting
Quitting Smoking Group (6 weeks)

1. Making a Plan to Quit
2. Preparing to Quit
3. Seeking Support While you Quit
4. Saying No to Cigarettes
5. Dealing with Setbacks
6. Celebrating Quitting and a Tobacco-Free Lifestyle
Other Closed Groups: Support and Relapse Prevention Groups

- Post Quit Planning Group
- Only participants who are in the active process of quitting or relapse prevention.
- Participants are going to drive the discussion in these groups.
  - Stressors
  - Triggers
  - Successes
  - How to best provide support to other participants
Group Basics
• Review the material for that week
• Have handouts and supplies ready
• Be at the location early for set up
• Remember you are a role model
• Don’t do all the talking!
• Present an optimistic and encouraging attitude
Group size

• Open groups:
  No limit on size, but the larger the group, the more likely a few will dominate the conversation and the majority will not participate.

• Closed groups:
  Smaller is better. Groups small enough so that there is time for each participant to check-in with progress and concerns.
Group Agreements

The rules of engagement that the group participants generate themselves.
Standard Group Rules

• Arrive on time
• Be respectful of others
• One person talks at a time
• What happens in group, stays in group
• No fighting or physical touching
• No gossiping about group members
• If you need a break, take one
You may need some special group rules with tobacco cessation, such as:
• Be careful about shaming which can happen unintentionally
• Review of how to be supportive
• Participants avoid lecturing and "shoulding" on each other
Closure of the Group

• Critical to have a wrap-up about 10 minutes before the end of group
• Review the major points of the topic or discussion
• Check in regarding understanding of material and/or goals for the coming week
• Reminder of the date, time, and topic of the next group meeting
Available Curriculum

Learning About Healthy Living

TOBACCO AND YOU

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Link to Learning about Healthy Living