

Tobacco Quit Curriculum for Organization and Wellness Coaches

The following activities were adapted from the American Cancer Society Freshstart curriculum. This guiding document is intended to assist organizations and wellness coaches with a framework to guide conversations and activities to support participants through quitting.

	Week 1	Week 2	Week 3	Week 4
Objective	Understand nicotine addiction, health concerns, benefits of quitting, scaling readiness	Preparing to quit, learning from past actions, learn about meds, social support, creating a quit plan	Coping with nicotine withdrawal, triggers, positive reinforcement, stress management	Relapse, building a success toolbox, health benefits over time, maintaining a new lifestyle
Activities to Recommend	Have clients watch a video and take a quiz about nicotine addiction.	Instruct clients to read an article about available meds and encourage them talk with their doctor.	Participants can take a withdrawal quiz to understand their withdrawal symptoms	Have clients read an article about activities to do instead of using tobacco .
	Review the benefits of quitting poster with clients .	Help clients create a quit plan that is right for them.	Have clients read an article to better understand what triggers them to use tobacco.	Have clients read an article about utilizing their support network .
	Help clients fill out the tobacco readiness worksheet .	Review the App Card for online quit resources together.	Encourage clients to track their progress to remind themselves how far they have come!	Encourage participants to continue to see you or participate in another form of counseling or coaching.
	Have clients reflect on these activities and write down their thoughts and a next step in their journal. Sample Guidance: How motivated are you to quit? What needs to change?	Encourage clients to reflect on previous attempts to quit and write them in their journal. Sample Guidance: How have you tried to quit in the past? Have you tried medications to help you quit? What has worked? What hasn't?	Challenge clients to reflect on ways to help them manage stress. Considerations: use a distraction tool, go for a walk, talk to your coach, and reach out to those who are supporting you.	
	Encourage participants to continue to see you or participate in another form of counseling or coaching.	Encourage participants to continue to utilize coaching or counseling services	Encourage participants to continue to see you or participate in another form of counseling or coaching.	

An online version of this curriculum is available at BoulderCountyTobacco.org; click on "Free Materials." Additional quitting resources, including information about the Colorado QuitLine, smoking cessation apps, and tips for creating a quit kit are available on the website. Special thanks to the Boulder Valley Care Network Nurse Care Coaches for their help creating this curriculum.