

Quit Smoking

Help Is Here

Whether you've already quit or have just made the decision to quit, we have the help you need to make it a life long decision. Our trained Quit Smoking Program counselors will take you through a 6-week program educating you on the physical and physiological aspects behind tobacco addiction. This works on the principle that the more you understand about your addiction, the less likely you are to succumb to it.

Is This You? Our groups are informal and supportive, not condemning and judgmental. We understand the difficulty in quitting and hope through our program and the support of others going through similar experiences you will find the strength to take control of a potentially life threatening habit. Not only will you benefit your own health, but you will benefit those around you by eliminating the effects of secondhand smoke.



Secondhand smoke carries the same deadly toxins as cigarettes themselves and can affect the non-smoker as if they had smoked the cigarette themselves. This means children too. Make today the day you decide to quit. You will never regret it. You deserve to live well.

Our 6 Week Program

The program is based on the American Lung Association's "Freedom From Smoking" program. It is a community-based program designed to be taught to a group rather than on a one-to-one basis. Each member of the group provides support for other members of the group. Through the interaction of group members, an individualized "quit plan" is developed for each person. Persons who are having difficulty in quitting are not judged a failure but are provided with encouragement from their buddy, other group members and the facilitator(s).

It is a seven-session program that runs for 6 weeks. The first three sessions are held at weekly intervals. The third session is the pre-determined Quit Day. The fourth session is held



48 hours later and the fifth session is held five days after that. A week later is the sixth session followed a week later by the final session. Each session is approximately 45 - 90 minutes in length depending on the size of the group. There is a relaxation component to each session and we provide participants with a copy of the relaxation audiotape.

The program is offered free of cost by the Cayman Islands Cancer Society as a community service. We can arrange a time and location convenient for your group.

The outline of the program is as follows:

Session 1 "On the Road to Freedom"

This is an introduction to the program. The overall structure of the program is presented. We



discuss the change process and assess an individual's readiness to quit. We talk about how the smoking habit was developed, explain the health effects of smoking, talk about pharmaceutical aids to quitting smoking and talk about stress management. Homework for the week includes the "Pack Track" to record when you smoke and how you are feeling when you smoke.

Session 2 "Wanting to Quit"

If appropriate for the specific group we will try and have a pharmacist give a brief presentation on the different aids discussed the previous week, we look at other ways of replacing nicotine and substitute behaviours for smoking. "Trigger" situations are identified and coping strategies developed. We introduce the "buddy system" and provide participants with information on how to prepare for Quit Day.



Session 3 “Quit Day”

Smokers are required to bring in all their smoking paraphernalia and dispose of them in a “farewell” ceremony. A panel of ex-smokers shares their experiences with the group. You sign a contract with yourself not to smoke for 48 hours and develop a reward system. Recovery (withdrawal) symptoms are identified.

Session 4 “Winning Strategies”

This session is 48 hours after Session 3. Participants report in on their first 48 hours of being smoke-free. We review your coping strategies, rewards and contracts and for those having difficulty quitting alternative coping strategies are developed. We discuss the benefits of quitting, as are any concerns about the quitting process. Stress management techniques are

identified.

Session 5 “The New You”

We discuss successes and “slips” and modify coping plans if necessary. Long-term strategies for maintaining a smoke-free lifestyle are developed, as are strategies for handling awkward social situations. Weight management concerns are addressed and a nutritionist makes a presentation to the group.

Session 6 “Staying Off”

This session addresses non-smoking self-image and the role of fitness and exercise in a successful quit program, a fitness expert visits to discuss the benefits of exercise. We talk about how to communicate assertively with your friends and colleagues who may be noticing changes in you because of your efforts to quit and we plan your celebration ceremony for session 7.

Session 7 “Celebration” Key elements of the course are reviewed and celebration certificates are presented to the newly smoke-free participants.



QUIT



When and Where?

For upcoming classes, please call the Cancer Society for more information or to sign up. It's FREE! (Note: Weeks may vary slightly from course to course.)

The Society will also teach this program in the workplace.

QUIT! You'll be so glad you did.