

# **TOBACCO FREE**

## **FAMILYWORKS SMOKING CESSATION SUPPORT**

### **Courage to Quit**

Courage to Quit is a comprehensive tobacco treatment program that can be delivered to groups or individuals. The program is consistent with proven smoking treatments as outlined in the U.S. Public Health Service Clinical Practice Guideline (Fiore et al., 2008). Each FamilyWorks provider has at least one trained Courage to Quit program leader. Courage to Quit is a six session program that is typically spread out over seven weeks. The program is flexible in regards to day, time, and location. Programming can be tailored to meet the needs of developments. Respiratory Health Association (RHA) will provide print and electronic marketing materials to outreach potential participants.

CHA residents can call their FamilyWorks provider or CHA Assistant Director of Clinical Services at 312-786-3252 to request more information.

### **Nicotine Replacement Therapy**

FamilyWorks providers are available to help CHA residents apply for and access health insurance. FamilyWorks providers are also available to assist residents in utilizing health insurance to see a primary care physician in order to learn if nicotine replacement therapy is appropriate for them.

### **Individual Counseling**

FamilyWorks providers have licensed clinicians on staff who are available to meet with residents for individual and group counseling. Individuals who are changing patterns and behaviors can find support in meeting with clinicians. Counseling services can be used in conjunction with or independent of Courage to Quit attendance.

### **Community Resources**

FamilyWorks providers are available to help residents research and access community resources and supports. This support includes the IL tobacco quit line (1-866-QUIT-YES or 1-866-784-8937), community smoking cessation classes, and community health services.