Smartphone Apps

- **quitSTART**
- **QuitNow**
Help the Veteran Make a Decision to Change

• Make a list of reasons for change
• Figure out what barriers stand in the way
• Make a list of helpful strategies
  • What’s helped in the past?
  • What’s helped others?
• Shore up support
• Make small changes
  • PRACTICE change

Smoking: It takes 5-6 “tries” before quitting for good so get started!
Help the Veteran Build Confidence

Confidence predicts success!

Research shows that people who make changes believe they can make changes.

Need to think change is possible.

• What can I do?
  – Make a plan to:
    • Start easy
    • Set small goals
  – Understand that you will mess up sometimes
Step 2: Assist the Veteran to do Something To Change

- Cut down
- Not smoking in certain places
- Delay first cigarette of the day
- Change the environment
- Put up reminders
- Try NRT
  - Patch, gum, lozenges
- Use on-line resources

- Learn your triggers
  - What are your triggers?
  - What can you do when faced with a trigger?

- Practice skills

- Have a plan: D-Pack
  - Distract
  - Delay
  - Discuss
  - Deep breathe
  - Drink water
Sample Quit Smoking Skills

Irritable/anxious:
- Walk, bath, relaxation, deep breathing

Down/depressed:
- Do something fun, see someone supportive

Restless/trouble sleeping:
- Exercise, stay busy

Hungry/weight:
- Drink water and low calorie drinks, eat low calorie snacks, chew gum

Talk to your doctor about NICOTINE REPLACEMENT PATCH, GUM, LOZENGE
Ways to Break the Habit of Smoking

Miss holding something?
Hold a pencil, squeeze a ball

Miss having something in your mouth?
Chew gum, carry a water bottle, chew a toothpick

Used to smoking after meals?
Change your routine – brush your teeth, go for a walk

Around a lot of smokers?
Spend time in nonsmoking places, keep away from people who smoke (temporarily)

Worried about quitting on your own?
Find someone to quit with you!
How To Set A Small Goal

Behavioral Treatment of Smoking Cessation in SPMI

MY GOAL

Setting Quit Goal Setting Activities (for those participants who are working on staying quit)

I want to stay quit from _____ / _____ / _____ to _____ / _____ / _____.
I want to stay quit because:
1. ____________________________________________
2. ____________________________________________

One PROBLEM I could run into in the next few days is:

If this Problem occurs, I WILL:
1. ____________________________________________
2. ____________________________________________

Another PROBLEM I could run into in the next few days is:

If this Problem occurs, I WILL:
1. ____________________________________________
2. ____________________________________________

I will review my goal with:

My Signature ___________________________ Signature of Therapist ____________

Tips for Your Quit Day
(Use in goal setting for participants planning for a quit attempt)

Triggers: Make sure to get rid of all your smoking materials and avoid any other ‘triggers’

Dealing with Cravings
(adapted from the American Lung Association Freedom from Smoking)

1. When you have a strong urge to smoke:
   Take a few deep breaths
   Remember your determination to quit.

2. Think of your most important reason for wanting to quit. Say it out loud in front of a mirror.

3. Do not start feeling sorry for yourself. By quitting smoking you are doing something good for yourself.

4. Do something to distract yourself. Even intense cravings last only 5 to 10 minutes.

5. Do something with your hands: knit, doodle, play with coins, write a letter.

6. Be good to yourself. Reward yourself with some of the money you’ve saved by not buying cigarettes (go out for a meal, go to the movies).

7. Go places where you don’t (or can’t) smoke.

8. Reduce use of alcohol and caffeine.

9. Hang out with people who don’t smoke.

10. Focus on getting through today without smoking.
Question 4

What can Peer Specialists do to help Veterans quit smoking?

A lot!

Talk, plan, refer to VA and community resources, be a support.
Ways to Assist Veterans to Quit Smoking

• Know the available resources and how to refer to them. Suggest talking to a prescriber about NRT.

• Discuss past quit attempts
  – What worked – build on that
  – What led to relapse – plan for that

• Help individual select a quit date
  – Remove all tobacco products
  – No smoking that day
  – Plan ahead for how to cope with cravings, triggers, other smokers
Ways to Maintain Change

Resources

- Nicotine replacement
- Counseling
- On line tools
- Self help groups and manuals
- ASK FOR HELP

Rewards

- What’s rewarding to you?
- Other ways to spend money
- Track positive health effects
- Share success with others
Cyclical Model of Change

• Many will recycle through multiple change attempts and multiple interventions.

• Successful change occurs for large numbers of people over time.

• Keys to successful recycling
  – Persistent efforts
  – Repeated contacts
  – Bolster confidence and motivation
Summary

• Quitting smoking is important.
• Quitting can be hard.
• Change is possible!
• There are things you can do to help Veterans prepare to quit.
• There are things you can do one a Veteran is ready to quit.
Smokefreevet

- Part of Smokefree.gov
- [https://smokefree.gov/veterans](https://smokefree.gov/veterans)
- Quitting smoking is one of the best things you can do for your physical health, emotional well-being, and quality of life. Use SmokefreeVET’s tools, resources, and support to help you become tobacco-free.
  - Education on addiction and why people smoke
  - Reasons for quitting
  - How smoking improves health
  - Text messages
  - Speaking to an expert
  - Facebook
  - Build a quit plan
  - Strategies for quitting
  - Information on medications
Veterans Stay Quit Coach

- https://mobile.va.gov/app/stay-quit-coach

**Features**
- Educational materials about the benefits of quitting smoking, risks of smoking, medication and nicotine replacement and their efficacy in preventing relapse, and how to cope with urges
- Perspectives and coping tools for those who smoke after their quit date
- Access to support contacts or hotlines for preventing relapse
- Motivational messages and personalized information about the benefits of staying quit
- Reminders to take any medications or nicotine replacement therapies
- This App is meant to be used in conjunction with Integrated Care for Smoking Cessation. However, it provides instruction and information for those using it as a standalone tool to be able to do so independently with ease.
STEP 1
Get Ready for your quit date.

1) Pick a quit date.
Pick a day without a lot of stress

2) Write your quit date on the calendar.
This makes quitting more real and helps you plan

3) Start healthy habits.
Start a new physical activity 3X a week;
Stock the house with healthy snacks;
Tell other people to stop smoking in your house or car

> View Step 2

FREE

Call 1-800-784-8669:
It's Free, Confidential, and Anonymous

The FOUR Steps to Quitting:
What they are and how we can help

The Counseling Process:
What to expect

See the Success Stories
Meet other people that have quit.

Event Calendar
Get involved. Total Events (2)

Thousands of Marylanders just like yourself have quit using the program. See some of the successes or tell us your own story.
Other Resources

• American Lung Association: http://www.lungusa.org/

• American Cancer Society: http://www.cancer.org/

• Centers for Disease Control and Prevention: http://www.cdc.gov/

• MOVE - a national weight management program designed by the VA National Center for Health Promotion and Disease Prevention (NCP), a part of the Office of Patient Care Services, to help veterans lose weight, keep it off and improve their health: http://www.move.va.gov/

• The Tobacco Dependence Program (TDP) at UMDNJ provides expertise on quitting smoking through education, treatment, research and advocacy: http://www.tobaccoprogram.org/