

Guidelines for choosing a tobacco cessation program

From the Michigan Department of Community Health Tobacco Section

Different treatment programs work best for different people and are often part of an on-going process. When choosing a program, consider matters like time, cost, location and instructor methods.

- Choose a research-based, peer-reviewed program.
- Look for tobacco cessation courses that may be offered at a local hospital, or through your health plan, the American Lung Association, or the Seventh Day Adventists.
- Ask your doctor, nurse or health plan for recommendations for programs with a good reputation.
- When looking for a program, ask for details regarding the cost and duration of the course.
- Are the presenters are trained cessation counselors and do they have a background in health?
- Will your health insurance or wellness plan cover all or part of the cost for attending?
- Look for programs that teach avoidance, stress management, coping, interpersonal and refusal skills. It should also address diet, exercise and other health behaviors.
- Will the program help you decide if you are ready to quit? Will it help you determine your motivation for quitting smoking? Will it help you pick a quit date?
- The program should highlight the short and long-term consequences of tobacco use.
- Diverse instruction methods should be used. (lecture, video, group interaction, demonstrations)
- The program should help you to develop accurate social norms about smoking (most people don't smoke).
- The program should teach awareness-an understanding of how your tobacco use is influenced by others.
- The program will be enhanced & more effective for you in a building where participants cannot access tobacco products & where policy discourages smoking.
- You can improve your success at quitting by choosing a program with courses that have at least four to seven sessions and are at least 45 minutes in length.
- Are refresher courses offered or can you drop in on another session if you have a slip or feel a need for some extra support?
- Is nicotine replacement therapy or Zyban discussed or encouraged? Pharmaceutical treatment used in conjunction with a cessation class increases your chances of staying tobacco-free.

Types of Cessation Programs

Group Programs
One-on-one Counseling Programs
Self Help Programs
Computer-based/Internet Programs

Telephone Cessation
Twelve-step Programs
Inpatient Programs
Alternative treatment (hypnosis, etc.)

For a free quit kit, call the Michigan Department of Community Health-Health Promotions and Publications website at 1-800-537-5666.

To enroll in a free quit smoking telephone coaching program call the Michigan Department of Community Health "I Can Quit" Line at 1-800-480-QUIT.