

Group II: “Quitting Smoking” Goals, Objectives and Suggested Approaches

The focus of Group II is to help smokers quit the use of tobacco. All smokers with a desire to try to quit smoking in the next month should be appropriate for Group II. Other positive indicators for treatment include a strong desire to stop smoking completely, past quit attempts, willing to use tobacco treatment medications and willingness to commit to attending all group treatment sessions. The type of participants recruited will largely determine the actual success rate achieved in any group, although combination treatment of tobacco treatment medications plus counseling are believed to yield the highest success rates. The added treatment effect of the group setting partly comes from seeing others make quit dates and succeed. The clinician should be careful about including participants in Group II that are clearly stating that they are not ready to quit. Including these participants can contribute to a negative effect on the group, and/or the individual.

Objectives for Group II: Quitting Smoking

1. Learn how to create a quit plan.
2. Learn what a quit date is.
3. Learn about how to achieve early abstinence from tobacco.
4. Learn about how to increase support for quitting.

Chapter 1: Making a Quit Plan

Objectives for this Chapter:

- Review the components of a quit plan.
- Learn to make a quit plan.

After reading this section, individuals will be able to:

- Take steps towards quitting and setting a quit date.
- Begin to think about the steps involved in their own quit plan.

Suggested Approach:

- After reading these pages, encourage individuals to talk about their own quit plans.
- Discuss how setting an exact date, called the quit date, allows the smoker to make preparations that can make the quit attempt more successful. Consider the pros and cons of having a quit date on a weekday versus a weekend when less support may be available.
- Compare a quit plan with a treatment plan. Ask group members if they have input into their mental health treatment plan. How is the quit plan similar? How is it different?

**Chapter 2:
Preparing to Quit**

Objectives for this Chapter:

- Set a quit date.
- Change smoking patterns.
- Remove all tobacco and tobacco related products from home and car.
- Prepare medication plan with input from the physician or other prescriber.

After reading this section, individuals will be able to:

- Take steps towards quitting and setting a quit date.
- Begin to think about the steps involved in their own quit plan, including preparing to use tobacco treatment medications.

Suggested Approach:

- Allow members to discuss aspects of their quit plan that may be different from others. Stress to the group that there is no “right” or “wrong” way to quit and that everyone may have a different approach that works best for them.
- As members begin to quit, encourage them to use their nicotine medications (gum, inhaler, nasal spray, lozenge) in group so that others may see this and ask questions. Reinforcing the use of medications to other group members is a positive approach that may encourage others to quit.