

**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.