

- Understand that smoking is a problem which has various factors which contribute to why smokers begin and then continue smoking.
- Recognize that in addition to physical factors that having confidence that you can quit and being surrounded by other smokers also contribute to smoking behavior.

**Suggested Approach:**

- Discuss how smoking in the environment keeps others from being able to quit smoking.
- Ask group members how they feel about different factors and which they feel contribute most in their smoking.

**Chapter 5:****What is carbon monoxide?****(Consumer's Handouts Section 5: Chapter 5)****Objectives for this Chapter:**

- Educate the group on the health risks of carbon monoxide.
- Give feedback to group members on their own carbon monoxide level and associated risks.

**After reading this section, individuals will:**

- Know what carbon monoxide is and why it is so dangerous to their health.
- Know their own CO level and what level of health risk they are at in relation to their CO level.
- Understand that their CO level will quickly go down to safe levels by quitting smoking.

**Suggested Approach:**

- After reading these pages, encourage individuals to talk about their knowledge about carbon monoxide before this class.
- Take a CO level of everyone in the group and give them an idea of what their CO level indicates regarding health risk factors.
- Discuss how quitting smoking will quickly make their CO level return to zero.

**Supplementary/ Other discussion information:**

- Most people now have carbon monoxide detectors in their homes like smoke detectors to alert them if this poison is in the air in dangerous levels.
- Carbon Monoxide Meter\* (See Section 8 Appendix/Forms)

- ✓ A carbon monoxide meter measures the amount of carbon monoxide in the body.
- ✓ Carbon monoxide in cigarettes is harmful to your body at any level.
- ✓ Long-term exposure of carbon monoxide even at lower levels can lead to heart disease and heart attacks.
- ✓ The normal level of carbon monoxide in the blood for a non-smoker is usually between 0 and 8 ppm (parts per million).
- ✓ Smoking one pack of cigarettes a day will result in a carbon monoxide level of about 20 ppm.

\*It is strongly recommended that facilities purchase a carbon monoxide monitor to measure their consumer's CO reading. This reading can be a motivator for your consumer in tracking their progress and encouraging them to quit. This cost of a carbon monoxide monitor ranges in price from \$600 to \$1500.

## **Chapter 6: How much does smoking cost? (Consumer's Handouts Section 5: Chapter 6)**

### **Objectives for this Chapter:**

- To learn that buying small items on a regular basis can add up.
- To learn that smoking is expensive.
- To learn the average daily, weekly, monthly and annual amount that they spend on cigarettes.

### **After reading this section, individuals will be able to:**

- Understand that a pack a day smoker spends almost \$2000 per year on cigarettes.
- Learn how much money they will save if they quit smoking and other things they will be able to buy for themselves with that extra money.

### **Suggested Approach:**

- Discuss how much group members spend on other necessities including rent and food and compare the amount of income spent on cigarettes.
- Share with the group that researchers have found that smokers with schizophrenia spend more than 27% of their monthly income on cigarettes – ask if they think they have purchased cigarettes at times instead of food.
- Brainstorm how members would like to spend their money on other things in the future.