Adolescent Smoking Cessation Center at UCLA

Treatment Manual for Adolescents

Cognitive-Behavioral Motivational Enhancement Therapy for Smoking Cessation Using A Six-Week Intervention
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INTRODUCTION TO THIS MANUAL ................................................................. 4

SESSION 1: Setting the stage for being a non-smoker .............................................. 4
INTRODUCTION ..................................................................................................... 4
HOW ADDICTED AM I TO CIGARETTES? ............................................................. 7
EXPLORING BELIEFS AND MOTIVATIONS ........................................................... 7
HOW DO YOUR BODY AND MIND GET HOOKED ON CIGARETTES? ....................... 8
WHICH TRIGGERS MAKE YOU WANT TO SMOKE? .............................................. 9
HOMEWORK ASSIGNMENT ............................................................................... 11
SESSION 1 HANDOUTS ..................................................................................... 13

SESSION 2: Setting the quit date ......................................................................... 20
WELCOME AND DIARY REVIEW ......................................................................... 21
REVIEW PERSONAL TRIGGERS AND TRIGGER CYCLE ....................................... 21
PERSONALIZED QUIT PLAN .............................................................................. 22
WITNESSING WITHDRAWAL .............................................................................. 23
HOMEWORK ASSIGNMENT ............................................................................... 24
SESSION 2 HANDOUTS ..................................................................................... 25

SESSION 3: How to not light a cigarette .............................................................. 29
WELCOME AND DIARY REVIEW ......................................................................... 30
TRIGGER AND QUIT OUTCOME ANALYSIS ......................................................... 30
STRATEGIES TO REMAIN FREE OF SMOKING .................................................. 31
ALCOHOL/DRUG USE, PARTIES, AND OTHER RISKY SITUATIONS ....................... 32
HOMEWORK ASSIGNMENT ............................................................................... 34
SESSION 3 HANDOUTS ..................................................................................... 35

SESSION 4: Staying a non-smoker ...................................................................... 40
WELCOME AND DIARY REVIEW ......................................................................... 41
TRIGGER AND QUIT OUTCOME ANALYSIS ......................................................... 41
REVIEW REWARDS ............................................................................................ 42
SOCIAL SUPPORT AND REINFORCEMENT ......................................................... 42
RELAPSE SURVIVAL .......................................................................................... 44
HOMEWORK ASSIGNMENT ............................................................................... 45
SESSION 4 HANDOUTS ..................................................................................... 46

SESSION 5: Where you at? ................................................................................. 47
WELCOME AND DIARY REVIEW ......................................................................... 48
TRIGGER AND QUIT OUTCOME ANALYSIS ......................................................... 48
REVIEW REWARDS ............................................................................................ 49
HOMEWORK ASSIGNMENT ............................................................................... 49

SESSION 6: Smoke-free, that's me ................................................................. 50
WELCOME AND DIARY REVIEW ......................................................................... 51
TRIGGER AND QUIT OUTCOME ANALYSIS ......................................................... 51
REVIEW REWARDS ............................................................................................ 52
COMPLETION OF INTERVENTION ..................................................................... 52
SESSION 6 HANDOUTS ..................................................................................... 54
Introduction
This treatment manual was developed for use in a smoking cessation trial for adolescents and young adults aged 14-21 at UCLA’s Adolescent Smoking Cessation (ASC) Center project. This clinical trial evaluates the efficacy of 6 weeks of cognitive-behavioral motivational enhancement (CBME) therapy in the presence of nicotine replacement therapy (NRT). Youth who smoke on average at least 5 cigarettes per day in the last month, who commenced smoking 6 months prior to study initiation, and are nicotine dependent are eligible to receive 4 weeks of NRT (“the patch”) and 6 weeks of CBME in order to quit smoking and to remain quit.

This CBME intervention was designed in accordance with youth smoking cessation guidelines established by the American Cancer Society and the U.S. Department of Health and Human Services. The treatment mode presented starts with evidence based cognitive-behavioral therapy and tailors these principles to be accessible and acceptable to adolescents over age 14. As such, this manual is consistent with current guidelines that advocate interventions with cognitive-behavioral principles for smoking cessation in adolescents. This intervention also incorporates motivational enhancement principles. Additional topics include individual feedback and role-playing, enhancement of social support, and education emphasizing relapse prevention.

As individualized treatment approaches are advantageous, this manual-based intervention is intended for delivery with a personalized approach. Treatment principles should be modified to fit the presentation of the client. The overall goal is to help each individual recognize the situations, behaviors, and mood states that are likely to disrupt their quit attempt, and to devise the best possible strategies for resisting urges to smoke. Although other problems, including mental health issues are likely to be acknowledged, this intervention focuses on smoking cessation. Counselors do not intervene in comorbid conditions, i.e. depression, anxiety, or other substance use. To the extent that comorbidities contribute to smoking, counselors and youth work together to devise skills and alternative behaviors that reduce or eliminate smoking in these particular situations.

Guide to Intervention
The intervention is designed for delivery in 6 sessions, delivered once a week with each session requiring 20–40 minutes. Each session is organized into 4-6 modules. Each module is divided into individual topics or exercises. In general, content is bulleted with specific instructions or paraphrased information. Topics that are current are given the attention necessary to lead to resolution. Topics that have less relevance are presented and discussed, but likely receive less focus.

*Text in italics* denotes content that should be stated directly to the youth, paraphrased as needed. *Text in bold* denotes content that should be emphasized.

Handouts are distributed frequently over the course of the intervention and will be reviewed as needed.
SESSION 1

Setting the stage for being a non-smoker
INTRODUCTION

Introduce Yourself
- Explain your background, your treatment/research experience, why you are interested in interventions.
- Learn more about youth and background, if you haven’t already.
- Build rapport by talking about what led them to come here today.

Overview of the Program
- Explain 6 week counseling program (CBME intervention).
- Goals are:
  1. Develop a “Quit Plan” which will list specific strategies that you can use to achieve your goal of quitting smoking.
  2. Identify specific ways to help you get control over cravings and urges to smoke and to stop smoking.
  3. Nicotine Replacement Therapy (NRT) will be available for additional support if you like (and if doctor recommended).

Introduce Tokens of Appreciation
- We use them to show how much we appreciate your contributions to the sessions.
- I will give you a token when I want to make sure you know how much I appreciate something you say or do.
- If you appreciate something I say or do, please give me a token.
- When we give each other tokens, we must say something to make it clear what it is we appreciate. It is also important that we hand the token directly to each other.
- The idea is to share positive feelings by distributing our piles of tokens by the end of the session.

Let youth know how much you appreciate their sharing and willingness to work on becoming smoke-free by giving them a token. Tokens can take many forms: gum, sugar-free candy, poker chips, pennies, stickers, etc. It is the process of giving positive reinforcement that is important. This is a technique that should be employed throughout the intervention. Anytime you see “praise”, “encouragement”, or any other positive affirmation phrase, think about the tokens.

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Review Smoking Diary
- Review diary and provide youth with feedback.
- Give praise/tokens for entries.
- Have youth look at their smoking diary and have him/her see if they can establish patterns of when smoking occurs.

HOW ADDICTED AM I TO CIGARETTES?
- From baseline data collection, review Cigarette Dependence Scale-12\(^2\) & Smoking History Questionnaire\(^3\).
- Discuss previous quit attempts and past smoking behavior.
- Explain results and level of addiction.
- Employ a non-judgmental style.
- Inform youth it is helpful be self-aware of current dependence level.

EXPLORING BELIEFS AND MOTIVATIONS

Exercise: Review “Test your Tobacco IQ” Pamphlet
- Review youth’s responses and the correct answers.
- Encourage discussion about the topics.

Exercise: Pros and Cons of Smoking Chart (Handout #1)
- Give youth Handout #1 “Pros and Cons Chart” and pencil to take notes. If necessary use two sheets.
- Go through all possible responses, guide youth if necessary.
- Encourage responses and discussion, record ideas.
- Coach youth in filling out the chart.
- If youth has difficulties generating pros and cons give Handout #1a and ask them which of the listed items apply to them.
- Compare Pros and Cons list.
- Encourage responses, give positive encouraging comments.

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Give Handout #2 “What is in the Cigarettes You Smoke?”
- Youth may not have been previously aware of every specific chemical.
- Encourage discussion, elicit feedback from youth.
- Let youth provide comments on all the poisons shown to be in cigarette smoke.

**HOW DO YOUR BODY AND MIND GET HOOKED ON CIGARETTES?**

**Explanation of Nicotine Addiction**
- For this explanation, use a lock and key to demonstrate how the reward circuits operate.
- When you smoke a cigarette, you inhale nicotine. This nicotine goes into your bloodstream and then into your brain.
- Immediately after inhaling, this nicotine causes a “kick” or “rush” of adrenaline, which stimulates the body and increases heart rate and blood pressure. For most smokers this rush is a good feeling.
- Nicotine also activates “reward circuits” in the brain by increasing levels of dopamine. Dopamine is a chemical in your brain that is released to make you feel good. Eating food is another activity that increases dopamine.
- After time, your brain starts to associate smoking with “feeling good”. As you start smoking more frequently and more cigarettes per day, your brain will start needing more nicotine to reach the same level of “feeling good”.
- Eventually, your brain will get used to the steady dose of nicotine and need it to simply feel normal. At this point smoking has become an automatic behavior, and this means you are hooked on cigarettes.

Now that we’ve discussed the biological side of nicotine addiction, we will focus on the behavioral or habitual side of smoking, and how we can help you quit by changing your behavior and thought processes.
WHICH TRIGGERS MAKE YOU WANT TO SMOKE?

Exercise: What is a Trigger?
- Ask youth to define a “trigger” as it relates to smoking cigarettes.

Explanation of Triggers
- A trigger is any stimulus that sets your brain off to wanting to smoke. This could be a certain feeling (positive or negative), a place, a person, a memory, or an activity.
- You have probably developed habits where you usually smoke after certain activities. Can you think of 1 or 2 of these activities? (e.g. smoking after eating, while driving, when someone else smokes, or during school/work/study breaks).
- You might also usually smoke when you have certain moods or feelings, can you think of any? (e.g. feeling stressed, nervous, bored, or tired).
- Because smoking becomes an automatic behavior, your body becomes “trained” to expect a cigarette every time a trigger activity or feeling happens.

\[\text{Trigger} \rightarrow \text{Smoking} \rightarrow \text{“Feeling good”} \rightarrow \text{Becomes Automatic Behavior}\]

Exercise: Personal Trigger List
- Provide youth with Handout #3a “When I am...” to complete their personal trigger list.
- Assist youth in recognizing their personal triggers.
- After youth generates ideas, provide Handout #3b “Common Triggers”.
- Review trigger list with youth and encourage them to add to their list.

Introduce and Explain the Trigger Cycle Model
- We want you to be able to identify your personal triggers and to stop the thoughts before they lead to cravings.
- Once the craving starts, it’s very difficult to resist smoking. The goal is for you to learn how to “thought-stop” or stop the thoughts that leads to cravings.
- These activities were not smoking triggers before you started smoking. We’ll try to discover the underlying mechanisms that lead to your smoking behavior so we can find ways for you to interrupt this cycle and quit. We have to “re-train” your brain so these triggers stop causing the desire to smoke.
Give Handout #3c: Trigger Cycle
- Encourage youth to provide a trigger example and plug into the cycle in order to clarify, increase understanding, and increase communication on this topic.
- Give positive feedback.

Handout #3c: The Trigger Cycle

The goal is to interrupt the trigger, or “thought-stop”, which will help to eliminate the cravings. Change the thought and associate it with something positive (not smoking).
Explain Bio-Psycho-Social Model

- We have adopted a “Bio-Psycho-Social Model” of nicotine addiction. This is short for:
  1. Biological - Over time your body and brain become dependent on a certain level of nicotine in your bloodstream and expect it on a regular basis. When levels are below this threshold, you become motivated to light up.
  2. Psychological - Smokers become mentally “used to” the behavior of smoking, and smoking becomes a way to relieve negative mental states, such as stress, nervousness, or boredom.
  3. Social - There are people, places, events, and other signals in your environment that usually cause smoking or the desire to smoke.
- Certain external triggers cannot be eliminated or controlled.
- For example, you have to eat, and you will probably want to smoke afterwards, because your body and mind are used to it.
- What you CAN control are your responses to these triggers.
- Your “old response” was to think about smoking, to crave a cigarette, and finally to smoke a cigarette. Once you start thinking about it and the craving starts, it is very difficult not to smoke.
- We’ll identify the events, perceptions, and thoughts that you have the power to control to help yourself quit, such as:
  1. Avoiding places where you usually smoke
  2. Dealing with stress and boredom in new ways
  3. Thinking about or doing something else when a trigger happens
- Over time, it will become easier to break the trigger cycle that leads to smoking.

Using a “pack wrap”

- Each participant should be given several pack wraps at each visit.
- The pack wrap is attached to the current pack of cigarettes.
- Whenever a cigarette is removed from the pack - before it’s smoked - the youth should write on the pack wrap the date, the time, the situation s/he is in where the cigarette was smoked, and how the youth felt at that time.
- At each session, you should review the pack wrap to help identify triggers and situations that lead to smoking.

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Exercise: Calendar and Dots

- It is useful to both you and I to know where you are in the non-smoking process at all times. Marking a calendar as you go along helps in several ways:
  1. It’s a reminder of where you are in the stages of quitting. (The way you are feeling might be related to changes in body chemistry.)
  2. You can feel proud of the days that you have not smoked a cigarette.
  3. Becoming a non-smoker can seem to take a long time unless you can measure your progress in short units of time.
- Each time we meet, we’ll note which days you smoked and which you did not on this calendar. The calendar covers the time that you are in this program. You may decide to continue the exercise following the program.
- This simple procedure will help us see your progress more easily.
- Using Handout #3, enter the date the youth opened consent at the top and enter the dates for the rest of the expected CBME portion of the study.
- For each day the youth smoked, have the youth put a black dot on that day. For each day the youth did not smoke, have the youth put a star on that day.
- This exercise will be done at beginning of each session when you review the smoking diary.
- Keep the calendar in the youth’s chart.

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HOMEWORK ASSIGNMENT

My Smoking Diary

- Give youth a blank smoking diary.
- This is to record daily smoking behavior and triggers.
- Bring this back weekly for review.
- This is a critical component of the intervention.
- Every week the youth should bring in the smoking diary from the past week and expect to fill out a new one during the next week.

NOTE: HANDOUT 3C “THE TRIGGER CYCLE” WILL BE REVIEWED AT ALL OF THE SESSIONS. KEEP YOUR COPY OF THIS HANDOUT TO REFERENCE IN THE NEXT SESSIONS.
## The Pros and Cons of Smoking

<table>
<thead>
<tr>
<th>Pros</th>
<th>Smoking</th>
<th>Not Smoking</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cons</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
The Pros and Cons of Smoking
Some samples

<table>
<thead>
<tr>
<th>Pros</th>
<th>Not Smoking</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoking</td>
<td></td>
</tr>
<tr>
<td>Cool hanging out with friends</td>
<td>Keep your body healthy</td>
</tr>
<tr>
<td>Less shy</td>
<td>Get on better with partner/parents</td>
</tr>
<tr>
<td>More confident</td>
<td>Save money</td>
</tr>
<tr>
<td>More sexy</td>
<td>Feel better</td>
</tr>
<tr>
<td>Relaxed</td>
<td>Don’t smell like smoke</td>
</tr>
<tr>
<td>More friends</td>
<td>Less short of breath</td>
</tr>
<tr>
<td>Fit in with crowd</td>
<td>No withdrawal</td>
</tr>
<tr>
<td>Fun</td>
<td>Sleep better</td>
</tr>
<tr>
<td>Look cool</td>
<td>Self-respect</td>
</tr>
<tr>
<td>Lose/control weight</td>
<td>Don’t expose friends/family/pets to second-hand smoke</td>
</tr>
<tr>
<td>Gives me something to do</td>
<td>It’s cool to be healthy</td>
</tr>
<tr>
<td>Don’t have to deal with withdrawal</td>
<td></td>
</tr>
<tr>
<td>Cons</td>
<td></td>
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<tr>
<td>Body takes a beating</td>
<td>I’ll be lonely</td>
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<tr>
<td>Spend less money</td>
<td>Can’t fall asleep</td>
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<tr>
<td>Relationships suffer</td>
<td>Can’t concentrate in school/work</td>
</tr>
<tr>
<td>Parents/friends get mad at me</td>
<td>Will still be too shy</td>
</tr>
<tr>
<td>No self-esteem</td>
<td>Losing friends</td>
</tr>
<tr>
<td>Cravings</td>
<td>Have to face insecurities</td>
</tr>
<tr>
<td>Get respiratory infections easily</td>
<td>No fun</td>
</tr>
<tr>
<td>Ashamed</td>
<td>Parties won’t be fun</td>
</tr>
<tr>
<td>Could get caught</td>
<td>Nervous</td>
</tr>
<tr>
<td>Loss of control</td>
<td>I’ll withdraw</td>
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<tr>
<td>Stopped eating</td>
<td>Be called a wimp</td>
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<tr>
<td>Anxiety without a cigarette</td>
<td>No more “smoke-breaks”</td>
</tr>
<tr>
<td>Bad skin</td>
<td>Don’t know what to do with my hands</td>
</tr>
<tr>
<td>Bad role model for siblings</td>
<td>Might gain weight</td>
</tr>
</tbody>
</table>

Adapted from California Smoker’s Helpline manual, 2008
What is in the cigarettes that you smoke?

There are over 4,000 chemicals in tobacco smoke and at least 69 of those chemicals are known to cause cancer. Below is a list of the main ingredients in cigarette smoke.

- Nicotine is one of the main ingredients in cigarette smoke. It is colorless, odorless, and poisonous. It used to and is still used to kill insects. Also, nicotine is highly addictive.

- Another ingredient is Tar. Tar is a gooey blackish substance, which enters your lungs as a residue from tobacco smoke. Tar is used to pave roads.

- Also, there is Formaldehyde. This substance is highly toxic and has been used as embalming fluid for dead bodies.

- Furthermore, you can find Ammonia in your cigarette smoke. Ammonia is in highly noxious cleaning fluids and also occurs in your urine.

- To mention one more favorite: Acetone. Acetone is the noxious, poisonous stuff in nail polish and nail polish remover.

- Here is one last one out of a list of 4,000 toxins: Carbon Monoxide. Carbon Monoxide is the stuff that destroys the environment and kills if inhaled in large quantities, coming out of car exhaust.

Adapted from California Smoker’s Helpline manual, 2008
When needing a break or wanting to get away from things...
List of Possible Triggers for Smoking

Certain time of the day (e.g. after school)
In the car alone
On a break during work/school
At parties
Feeling stressed/bored/lonely/insecure
Wanting to look cool
When talking with friends
After a big meal
With coffee
During walks
When offered a cigarette
Alone in my room
When going out with friends
After a fight with friends/family/partner
When listening to music
Instead of eating a snack
While watching TV
In the alley behind bars/restaurants
When with friends who are smokers
Feeling angry at parents/friends/partners
After having seen someone looking cool smoking on TV/movies
When overwhelmed with tasks and/or feelings
TRIGGERS: The goal is to interrupt the trigger, or “thought-stop”, which will help to eliminate the cravings. Change the thought and associate it with something positive (not smoking).
I started this program on ____________________.

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<th>Monday</th>
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SESSION 2

Setting the Quit Date
WELCOME AND DIARY REVIEW

Welcome youth back to counseling

Review “My Smoking Diary” and pack wrap
- Give praise (tokens) for entries, give positive feedback, and elicit comments from youth.
- Encourage efforts.
- Ask youth to recognize patterns in their smoking behavior.

Review calendar and dots
- For each day the youth smoked, have the youth put a black dot on that day.
- For each day the youth did not smoke, have the youth put a star on that day.
- Encourage efforts.
- Ask youth to recognize patterns in their smoking behavior.

REVIEW PERSONAL TRIGGERS AND TRIGGER CYCLE

Exercise: Trigger Cycle Review

The goal is to interrupt the trigger, or “thought-stop”, which will help to eliminate the cravings. Change the thought and associate it with something positive (not smoking).

- Pull out copies of Handout #3c “The Trigger Cycle”
- Encourage youth to discuss personal triggers.
- Have youth review trigger cycle and plug in three triggers from smoking diary.
- Example: Youth used “being at a party” as trigger. The thought of smoking occurred when youth saw friend smoking. Craving started and youth smoked.
- Assist youth in using the trigger cycle model, if necessary.
- Encourage questions and discussion.
PERSONALIZED QUIT PLAN

Set the Quit Date (if not already set)
- Set quit date for today, tomorrow, or the next day.
- Have youth select a date and praise efforts towards quitting smoking.
- Have youth sign Handout #5 “Contract to Quit” paper.
- Give youth a wallet size “Contract to Quit” card with their quit date on it.

Validate youth’s decision to set a quit date. Provide encouragement and motivation for their commitment to quitting smoking.

Exercise: Motivation to Quit (10 reasons to quit)
- Give youth blank index card to list their ten most important reasons to quit.
- Give praise and encouragement for sharing.
- Give youth Handout #6 “Reasons for Quitting”. Ask youth to use some examples from the list if they have difficulty providing ten reasons on their own.
- Encourage discussion.

Trash Your Stash
- Very often smokers keep “stashes” of cigarettes in all kinds of locations, just so they will not run out of cigarettes.
- Examples: desk drawers, glove box in the car, on the window sill, under the porch, in a locker, in a gym bag, in the closet, etc.
- Ask youth if they have cigarette “hiding places”, and encourage youth to disclose them.
- Hiding places can be very counter-productive to your efforts to quit.
- Whenever the craving hits and you don’t have to go and actually buy cigarettes it is even more difficult to resist the urge and break the cycle of thoughts - craving - smoking.
- Encourage youth to clear out all cigarettes on hand and in hiding places before the quit date arrives. Youth also should dispose of lighters, ashtrays, rolling papers/tobacco, and any other items that remind youth of smoking.
- Getting rid of cigarettes and items that remind you of smoking is a huge step into the right, healthy direction!!
- Encourage youth to dispose of items at home.
- Give praise for efforts and sharing.

I am burnt out. Aren’t you?
Exercise: What to do Instead of Smoking
- Give youth blank index card to make a list of things they can do instead of smoking.
- Give youth Handout #7 “What to Do Instead of Smoking”.
- Encourage discussion.
- Give praise and encouragement for sharing (tokens).
- Next week we’ll talk about strategies for not smoking at parties, which can be difficult.
- Express the importance of having a plan of action when thoughts and cravings occur.
- Explain that the longer youth remains smoke-free, the fewer cravings will occur. It is important to have a plan as to what to do instead of smoking, especially in the first few days of quitting.

QUIT PACK

Provide Youth with Quit Pack. This should include:

- Toothpicks
- List of healthy low calorie snacks
- Rubber bands
- “I Quit” pamphlet
- Facts about smoking pamphlet
- “No smoking” stickers/postcards
- Water bottle
- Sugar free gum
- Stress ball
- Breath mints
- Chapstick

WITNESSING WITHDRAWAL

Nicotine Withdrawal Expectations
- Give youth Handout #8 “The Nicotine Patch”.
- Most people who quit smoking will experience some physical withdrawal symptoms, especially heavy smokers.
- It helps to be aware of the physical feelings youth may have after quitting smoking.
- Realize that these physical symptoms should go away within a few days.
- Common withdrawal symptoms include:

<table>
<thead>
<tr>
<th>Heavy craving for nicotine</th>
<th>Tension and irritability</th>
<th>Fatigue or drowsiness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Headaches</td>
<td>Coughing</td>
<td>Trouble falling asleep</td>
</tr>
<tr>
<td>Increase in appetite</td>
<td>Sore throat</td>
<td>Lack of concentration</td>
</tr>
</tbody>
</table>
Fighting Back Against Withdrawal
- If using NRT, the patch should help relieve some of these symptoms.
- You can use other common methods to deal with these symptoms (exercise, sugar-less candy or cough drops, eating a balanced diet, getting more sleep, drink less caffeine, etc).

HOMEWORK ASSIGNMENT

My Smoking Diary
- Give youth a blank smoking diary.
- Record daily smoking behavior and triggers.
- Bring back weekly for review.

Pack wrap
- Give youth more pack wraps if needed.
- Record daily smoking behavior and triggers.
- Bring back weekly for review.

Dispose of smoking paraphernalia at home, before the Quit Date.
Contract to Quit

I, __________________ , agree to quit smoking on __________.

If I feel the need to smoke, I will use the strategies and skills I am learning to cope with my craving. By making this commitment, I will be a healthier person and will reward myself for my efforts.

_____________________                 ____________________
ASC Counselor                         Signature

I, __________________ , agree to quit smoking on __________.

I, __________________ , agree to quit smoking on __________.
REASONS FOR QUITTING

I don’t want to be a bad role model for friends/siblings.

I want to take better care of my health.

I don’t want to smell like cigarettes.

I want to stop fighting with my parents about smoking.

I don’t like the cough and frequent colds smoking gave me.

I don’t want to expose my family/friends/pets to second hand smoke.

I want to quit spending so much money on cigarettes.

I want my teeth to be whiter.

I want to do better in running/playing ball/riding my bike.

I don’t want to be dependent on any substance.

I want to be free of addiction.

I want to prove to myself that I can quit and remain free of smoking.

I don’t want to hide my smoking habit any more.

I am afraid to get cancer.

I want my skin to look better.

I don’t want to get in trouble with school/parents/friends.

My doctor told me to stop smoking.

I know someone who has lung disease. I don’t want that to be me.
WHAT TO DO INSTEAD OF SMOKING

Go for a walk
Listen to music
Chew on a straw, gum, or toothpick
Brush your teeth
Do a crossword puzzle
Play a computer game
Cook your favorite meal
Take a nap
Read
Knit
Doodle
Exercise
Wash your hands
Wash the dishes
Clean your room
Peel an orange
Call a friend
Go to the gym
Shoot hoops
Do a deep breathing exercise
Surround yourself with non-smokers
Fiddle with a rubber band, paper clip, etc.
Go to places where you must not smoke (the movies, restaurant etc.)
Remind yourself why you quit (take reasons list from your quit pack)
Remember smoking won’t make the problem go away
Think about the health benefits of quitting
Learn a new sport or hobby
Let people know you need help
Tell yourself “I am a non-smoker”
Surf the internet for “quit tips”
Take a shower or bath
Eat low calorie snacks
Say “I can do this”
Play ping-pong

Adapted from California Smoker’s Helpline manual, 2008
The nicotine patch releases a constant amount of nicotine into your bloodstream, which takes up to three hours to pass through the layers of skin and into the your blood. However, the nicotine in tobacco smoke passes almost instantaneously into the blood through the lining of the lungs.

The patches are similar to adhesive bandages. Our medical professional will give you the size/dosage of patch that is appropriate for you.

The patch must be worn all day, and cannot be put on and removed as a substitute for a cigarette. Most of the patch products are changed once every 24 hours. One particular patch is worn only during the waking hours and has to be removed during sleep.

Wearing the nicotine patch lessens chances of suffering from several of the major smoking withdrawal symptoms such as tenseness, irritability, drowsiness, and lack of concentration.

Some side effects from wearing the patch may include:
- Skin irritation
- Dizziness
- Racing heartbeat
- Sleep problems
- Headache
- Nausea, vomiting
- Muscle aches and stiffness

Adapted from American Lung Association Manual, 2007
SESSION 3

How to not light a cigarette
WELCOME AND DIARY REVIEW

Welcome youth back

Review “My Smoking Diary” and pack wrap
- Review diary and provide youth with feedback.
- Have youth look at their own smoking diary and establish patterns.
- Identify successes.
- Comment on each and every sign of success.
- Identify setbacks and areas where youth needs more help and practice.
- REMIND YOUTH: Every cigarette not smoked is a success and brings youth a step closer to becoming smoke-free for good!
- Give ample praise and encouragement!

Review calendar and dots
- For each day the youth smoked, have the youth put a black dot on that day.
- For each day the youth did not smoke, have the youth put a star on that day.
- Ask youth to recognize patterns in their smoking behavior.

Discuss Disposal of Smoking Paraphernalia

TRIGGER AND QUIT OUTCOME ANALYSIS

Exercise: Trigger and Quit Outcome Analysis
- Identify triggers that may have prompted youth to smoke.
- Look at how youth dealt with triggers and how they managed to stay away from smoking.
- Show them how to compare the amount of cigarettes smoked (if youth has smoked) or the amount and types of triggers encountered.
- Let’s look together at the top three triggers that caused you to want to smoke/smoke. Can you tell me a little bit about these situations/feelings that made you think of smoking?
- Talk to youth about how to avoid these situations and how to deal with such feelings, etc.
- Show the trigger cycle again (Handout #3c) and plug these particular feelings/situations in the cycle.
- Try to have youth find matching quit tricks from their quit pack and practice how to interrupt the cycle.
- Being aware of personal triggers is important for breaking the cycle and becoming smoke-free!
STRATEGIES TO REMAIN FREE OF SMOKING

Exercise: Deep Breathing Relaxation Technique

- I’ll show you how to use deep breathing to relax. It is a helpful tool in any stressful situation, such as when you have very strong urges to smoke.
- Encourage youth to sit in a comfortable position.
- If when you smoked, you inhaled deeply, you probably were breathing in a way, which actually promoted relaxation. People who stop smoking often experience increased tension because of the lack of smoke breaks where they practice deep breathing and relaxation.
- This exercise will show you how to breathe without cigarettes in a way that slows down the pace of your whole body and promotes general relaxation.
- Close your eyes and let your mind focus on a restful scene or word like “calm”, or anything which gives you a feeling of mental quietness.
- Deep breathing should be done with your belly muscles. Let your stomach go out as far as possible as you inhale. Fill your lungs completely. Feel your stomach expand as though it were being filled by a balloon. Breathe in through your nose, out through your mouth.
- Now, let the air out and feel your stomach return to its normal position. As you do the exercises, pause comfortably at the end of each exhalation until you feel ready to take the next deep breath. Imagine the air you breathe in as light, and you are directing that light all through your body. With each breath, the light moves further into your body, all the way to your toes. Relax. Let your shoulders drop.
- Repeat deep breaths several times.
- Ask youth for feedback on the exercise and give praise for participation.

The 5 Ds

- Give youth Handout #9 “The 5 Ds”.
- The 5 Ds represent 5 strategies to break the trigger cycle and avoid smoking:
  1. Delay - if you can resist the urge for 5-10 minutes, the urge to smoke will pass.
  2. Deep Breathing - use deep breathing to relax when you feel the need to smoke.
  3. Drink Water - drinking 6-8 glasses of water per day will cleanse your body and help you feel better.
  4. Do Something - find an activity to take your mind of cigarettes (walking or other exercise).
  5. Dialogue - call and talk to a friend who is supportive of your quitting smoking.
- Give youth pre-printed index card with the 5 Ds on it to keep in their wallet, pocket, or Quit Pack.

University of Arizona, Arizona Health Sciences Center. Adapted from QuitSmokingSupport.com, 2008
List of Healthy Snacks
- Give youth index card “List of Healthy Low-Calorie Snacks”.
- Youth should prepare snacks ahead of time to help curb cravings.
- Encourage youth to eat a healthy, balanced diet in general, especially if worried about gaining weight.

Exercise: Money Saved by Quitting
- Give youth Handout #10 and index card “How Much Money Will You Save?”
- Elicit discussion from youth on what they could do with the extra money.

Health Benefits
- Give youth Handout #11 and index card “Health Benefits”.
- Review health benefits of quitting smoking.

Exercise: Rewards
- Have youth generate personal rewards for success in quitting in both the short term (1 day to 1 week) and the long-term (multiple weeks of remaining smoke-free).
- Encourage them to take notes on an index card so that they can have ideas ready when time calls for a reward.
ALCOHOL/DRUG USE, PARTIES, AND OTHER RISKY SITUATIONS

Introduction to Risky Situations
- Many young smokers also use drugs and alcohol frequently.
- Heavy drug and alcohol use often leads to increased smoking, or an increased desire to smoke.
- Social aspects of smoking (smoking while talking with friends, while hanging out, smoking at parties) are more prevalent for youth than adults.
- Social context, other substance use, and smoking are inter-related and it is important for youth to realize this pattern.

Exercise: The Pros and Cons of Drugs and Alcohol
- Give youth Handout #12 “Pros and Cons of Alcohol and Drugs Chart” and a pencil to take notes. If necessary, use two sheets.
- Go through all possible responses, guide youth if necessary.
- Encourage responses and discussion, record ideas.
- Coach youth in filling out the chart.
- If youth has difficulties generating pros and cons, give Handout #12a and ask them which of the listed items apply to them.
- Compare Pros and Cons list.
- Encourage responses, give positive empathetic comments.

Explore Alcohol and Drug Use
- Discuss the youth’s alcohol and drug use with a non-judgmental approach.
- If they are using/abusing, “feel out” their motivation to reduce these behaviors.
- Point out that these behaviors prime the brain and body for a slip-up with respect to smoking.
- Do not attempt to directly convince youth to drink or use less.
- Instead, help youth realize that heavy drinking and drug use will be an impediment on their quit attempt.

They don't call it a “smokin’” good time for nothing!
Parties and Social Smoking Situations
- Discuss how parties and other situations with more smoking increase the risk they will slip up and smoke.
- For youth that attend parties, determine if they have habitual patterns of places to smoke or people to smoke with.
- It is essential for youth to avoid these places and people.
- If possible, should try to avoid smoking areas near school, apartments/houses where people usually smoke, riding in cars with others that smoke.
- Encourage youth to tell most of their friends they are trying to quit.

HOMEWORK ASSIGNMENT

My Smoking Diary
- Give youth a blank smoking diary.
- Record daily smoking behavior and triggers.
- Bring back weekly for review.

Pack wrap
- Give youth more pack wraps if needed.
- Record daily smoking behavior and triggers.
- Bring back weekly for review.
1. DELAY
   Delay and the urge to smoke will go away in 5 to 10 minutes whether you smoke or not.

2. DEEP BREATHING
   Take 3 deep breaths, meditate, listen to soothing music, practice yoga, or simply relax.

3. DRINK WATER
   Drink 6 to 8 glasses of water per day.

4. DO SOMETHING
   Get up and do something (movement or exercise) to take your mind off cigarettes.

5. DIALOGUE
   Call and talk to a friend who has stopped smoking or somebody who is supportive of your efforts.

Adapted from American Lung Association Manual, 2007
How much money will you save after you have quit?

<table>
<thead>
<tr>
<th>$$$ spent each day</th>
<th>$$$ spent in a year</th>
</tr>
</thead>
<tbody>
<tr>
<td>$ 1</td>
<td>$ 365</td>
</tr>
<tr>
<td>$ 2</td>
<td>$ 730</td>
</tr>
<tr>
<td>$ 3</td>
<td>$ 1,095</td>
</tr>
<tr>
<td>$ 4</td>
<td>$ 1,460</td>
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<td>$ 5</td>
<td>$ 1,825</td>
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<td>$ 6</td>
<td>$ 2,190</td>
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<tr>
<td>$ 7</td>
<td>$ 2,555</td>
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<tr>
<td>$ 8</td>
<td>$ 2,920</td>
</tr>
<tr>
<td>$ 9</td>
<td>$ 3,285</td>
</tr>
<tr>
<td>$ 10</td>
<td>$ 3,650</td>
</tr>
</tbody>
</table>

Imagine all the things you could do with this money!!
Yet another reason to quit and remain free of smoking!!

Adapted from California Smoker’s Helpline manual, 2008
HEALTH BENEFITS

EXPERIENCE BETTER HEALTH WITHIN...

20 MINUTES: Blood pressure decreases, and pulse slows to its normal rate. Temperature in hands and feet increase to normal.

8 HOURS: Carbon monoxide level in the blood drops to normal, and oxygen level increases.

24 HOURS: Breath, hair and body stop smelling like smoke. The chance of having a heart attack begins to decrease.

48 HOURS: Damaged nerve endings begin to recover. As a result, senses of taste and smell begin to improve.

72 HOURS: The body is virtually free of nicotine. The bronchial tubes relax, making it easier to breathe.

2 WEEKS TO 3 MONTHS: The lungs can hold more air. Exercise becomes easier and circulation improves.

1 MONTHS TO 9 MONTHS: Coughing, congestion, fatigue, and shortness of breath decrease. Cilia (little hair responsible for moving phlegm with harmful waste & bacteria out of your respiratory tract) are more effective in cleaning the lungs to prevent infection. Overall energy increases.

1 YEAR: The risk of coronary heart disease is cut in half.

5 YEARS: The risk of having a stroke is reduced to that of a non-smoker.

10 YEARS: The risk of developing lung cancer is cut in half.

15 YEARS: The risk of coronary heart disease drops, usually to the level of a non-smoker.

Adapted from the American Cancer Society
# The Pros and Cons of Drinking Alcohol and Using Drugs

<table>
<thead>
<tr>
<th></th>
<th>Drinking/Using Drugs</th>
<th>Not Drinking/Using Drugs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pros</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cons</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# The Pros and Cons of Drinking Alcohol and Using Drugs

Some samples

<table>
<thead>
<tr>
<th></th>
<th>Drinking/Using Drugs</th>
<th>Not Drinking/Using Drugs</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pros</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Feels good</td>
<td>Keep your body healthy</td>
</tr>
<tr>
<td></td>
<td>Something to do with friends</td>
<td>Get on better with partner/parents</td>
</tr>
<tr>
<td></td>
<td>Fun</td>
<td>Save money</td>
</tr>
<tr>
<td></td>
<td>Stress relieving</td>
<td>Feel better</td>
</tr>
<tr>
<td></td>
<td>Fit in at parties</td>
<td>Don’t wake up hung over</td>
</tr>
<tr>
<td></td>
<td>Something to do when you’re bored</td>
<td>Self-respect</td>
</tr>
<tr>
<td></td>
<td>Lose inhibitions</td>
<td>Think clearly</td>
</tr>
<tr>
<td></td>
<td>Increase stimulation</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Look cool</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Distract you from a bad mood</td>
<td></td>
</tr>
<tr>
<td><strong>Cons</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Impairs your judgment</td>
<td>I’ll be lonely</td>
</tr>
<tr>
<td></td>
<td>More likely to engage in risky sexual behavior</td>
<td>Will still be too shy</td>
</tr>
<tr>
<td></td>
<td>Can cause nausea, vomiting</td>
<td>Losing friends</td>
</tr>
<tr>
<td></td>
<td>Can induce anxiety/paranoia</td>
<td>Have to face insecurities</td>
</tr>
<tr>
<td></td>
<td>Can cause appetite increase and weight gain</td>
<td>Parties won’t be fun</td>
</tr>
<tr>
<td></td>
<td>Can impair your memory and learning</td>
<td>Nervous</td>
</tr>
<tr>
<td></td>
<td>Can become dependent</td>
<td>I’ll withdraw</td>
</tr>
<tr>
<td></td>
<td>Can get arrested for use/possession</td>
<td>Be called a wimp</td>
</tr>
<tr>
<td></td>
<td>Slower reaction time/impairs driving</td>
<td>Don’t know what to do with my hands</td>
</tr>
<tr>
<td></td>
<td>Can cause liver/pancreas cancer</td>
<td>Boredom</td>
</tr>
<tr>
<td></td>
<td>Can damage lungs</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Can cause problems with parents/friends</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
SESSION 4

Staying a non-smoker
WELCOME AND DIARY REVIEW

Welcome youth back

Review “My Smoking Diary” and pack wrap
- Review diary and provide youth with feedback.
- Have youth look at their own smoking diary and have them establish patterns.
- Identify successes. Comment on each and every sign of success.
- Identify setbacks and areas where youth needs more help and practice.
- REMIND YOUTH: Every cigarette not smoked is a success and brings youth a step closer to becoming smoke-free for good!
- Give ample praise and encouragement!

Review calendar and dots
- For each day the youth smoked, have the youth put a black dot on that day.
- For each day the youth did not smoke, have the youth put a star on that day.
- Encourage efforts.
- Ask youth to recognize patterns in their smoking behavior.

TRIGGER AND QUIT OUTCOME ANALYSIS

Exercise: Trigger and Quit Outcome Analysis
- Identify triggers that may have prompted youth to smoke.
- Look at how youth dealt with triggers and how they managed to stay away from smoking.
- Show them how to compare the amount of cigarettes smoked (if youth has smoked) or the amount and types of triggers encountered.
- *Let’s look together at the top three triggers that caused you to want to smoke/smoke. Can you tell me a little bit about these situations/feelings that made you think of smoking?*
- Talk to youth about how to avoid these situations and how to deal with such feelings etc.
- Show the trigger cycle again (Handout #3c) and plug these particular feelings/situations in the cycle.
- Try to have youth find matching quit tricks from their quit pack and practice how to interrupt the cycle.
REVIEW REWARDS

Discuss Health Benefits and Personal Rewards
- Talk to youth about health benefits of not smoking.
- Ask if they have experienced any of the mentioned health benefits (refer to Handout #11).
- Have them talk about positive experiences of not having smoked/smoked less.
- Review any personal rewards from the past week:
  1. Have they done anything special with the money saved?
  2. Have they/their parents/guardians/friends noticed that they have smoked less or not smoked at all and said something positive?

SOCIAL SUPPORT AND REINFORCEMENT

Building Up Social Support
- Remind youth they should tell friends and family members they are quitting.
- Other people can be powerful motivators to help you quit smoking.
- You can decide how others can be helpful (or hurtful) to you.
- You can ask other non-smokers for support by having them check up on you, encourage you, show approval, or reward you for quitting smoking.
- Other people can do things that disrupt your quit attempt (usually other smokers).
- Ask these people, nicely - but directly, what you would like them to do.
- Remind them you are quitting, let them know it makes it harder when they smoke around you, offer you cigarettes, doubt your ability to quit, or make fun of you for quitting.
- Remember, quitting is easier now than later. You will be glad you were the one that quit smoking.
Role Play Exercise: Surviving the Social Scene

- *Since quitting smoking, you may have encountered problems facing your peers who still smoke, know you as a smoker, or tease you for quitting. You need to get used to being the non-smoker in your group of friends. How do you spend time with your friends who smoke and not smoke yourself?*
- *We want to work together on creating and acting out scenarios that you may experience.*
- *The goal is to help you prepare for times when being a non-smoker is difficult, when you are socializing with smokers.*
- *Give youth Handout #13 “Surviving the Social Scene”.
- *Create a scenario for youth where smoking may or may not happen.*
- *You may review youth’s diary to identify a difficult social scenario during their attempt to quit smoking.*
- *Pick scenarios that are fitting for the particular youth’s situation.*
- *Allow youth to role-play each scenario.*
- *Explain to youth that practicing now will help them resist when others smoke around them.*
- *Remind youth to:*
  1. Respond rapidly.
  2. Make good eye contact.
  3. Respond with a clear & firm “NO” that does not leave the door open for future offers of cigarette smoking.
- *Let youth know they can feel OK being a non-smoker*
- *Role play a situation where the youth is asking YOU to smoke so they can witness effective methods to say “no” and role play one or more situations where you are asking the youth to smoke.*
RELAPSE SURVIVAL

If youth has completely or nearly quit, proceed to “Staying Smoke-Free” and skip “Reassessing Motivation to Quit”.

If youth is still smoking, skip to “Reassessing Motivation to Quit.”

Staying Smoke-Free

- Remind youth that with every attempt they make to quit smoking, they practice quitting.
- Even if they happen to smoke one cigarette, at some point they had successfully made an attempt to quit before the slip-up.
- Every attempt improves the chances they will eventually remain free of smoking for good.
- After every slip up, youth needs to go back to the “drawing board” to look at what was the trigger and how the trigger cycle could have been broken.
- Look into the Quit Pack for ideas and ways to keep away from cigarettes (i.e., use rubber bands to keep ones hands and mind busy in order to resist smoking a cigarette).
- Reinforce the strategies that have been designed for the youth to help them quit.
- Review strategies with youth.
- The longer you stay quit, the more successful your quit attempt will be and the closer you will be to your ultimate goal of quitting smoking for good.
- Every cigarette you have not smoked is a success for you and is a step in the right direction for a healthy, smoke-free life.

Reassessing Motivation to Quit

- Find out the extent to which the youth is still motivated to quit smoking.
- Ask youth what their reasons were for starting the study.
- Get as specific as possible. What motivated the youth to quit smoking now? Are those reasons still in play? Review Handout #6 if needed.
- If the youth is still motivated to quit smoking, go over the trouble spots in his/her quit attempt as thoroughly as possible, offering any new insights that might be of help. Ask youth to review material from previous sessions that address their specific difficulties in quitting smoking.
- Be encouraging of any efforts made to quit.
- Reward and reinforce identification of reasons to quit, perceived benefits of quitting, triggers, etc.
HOMEWORK ASSIGNMENT

My Smoking Diary
- Give youth a blank smoking diary.
- Record daily smoking behavior and triggers.
- Bring back weekly for review.

Pack wrap
- Give youth more pack wraps if needed.
- Record daily smoking behavior and triggers.
- Bring back weekly for review.
Surviving the Social Scene

Imagine this situation: You’re meeting your friends. As a joke, one of them lights up and blows smoke right in your face. Now you’re annoyed with your friend ... but you’re also craving a smoke like crazy! Dealing with social situations without smoking is going to test your willpower. But you can handle it.

Here are some tips:

Skip the smoking areas when you’re taking a break.

Avoid the outside smoking areas/alleys, when going out with your old friends who are still smoking.

Keep your group of supportive friends around you.

Find a way to say no:
- Respond rapidly
- Give good eye contact
- Respond with a clear and firm “no’ that give a clear message - you are a non-smoker and you are proud of it!

Avoid alcohol:
- Alcohol lowers your willpower
- Substitute juice, water, or a soft drink for alcohol
- Check your Quit Pack for “Reasons to Quit” if you feel low and cannot think of why you want to quit

Make a joke out of your quitting by carrying a straw, toothpick, or carrots.

Have an escape plan if a situation becomes too hard for you to deal with. Remember that the craving will go away in a few minutes, regardless whether you smoke or not. Use the 5 D’s.

Remind yourself: YOU ARE A NON-SMOKER!!
SESSION 5

Where you at?
WELCOME AND DIARY REVIEW

Welcome youth back

Review “My Smoking Diary” and pack wrap
- Review diary and provide youth with feedback.
- Have youth look at their own smoking diary and have them establish patterns.
- Identify successes. Comment on each and every sign of success.
- Identify setbacks and areas where youth needs more help and practice.
- REMIND YOUTH: Every cigarette not smoked is a success and brings youth a step closer to becoming smoke-free for good!
- Give ample praise and encouragement!

Review calendar and dots
- For each day the youth smoked, have the youth put a black dot on that day.
- For each day the youth did not smoke, have the youth put a star on that day.
- Encourage efforts.
- Ask youth to recognize patterns in their smoking behavior.

TRIGGER AND QUIT OUTCOME ANALYSIS

Exercise: Trigger and Quit Outcome Analysis
- Identify triggers that may have prompted youth to smoke.
- Look at how youth dealt with triggers and how they managed to stay away from smoking.
- Show them how to compare the amount of cigarettes smoked (if youth has smoked) or the amount and types of triggers encountered.
- Let’s look together at the top three triggers that caused you to want to smoke. Can you tell me a little bit about these situations/feelings that made you think of smoking?
- Talk to youth about how to avoid these situations and how to deal with such feelings etc.
- Show the trigger cycle again (Handout #3c) and plug these particular feelings/situations in the cycle.
- Try to have youth find matching quit tricks from their quit pack and practice how to interrupt the cycle.
- Review barriers to staying or becoming smoke-free.
- Review successes to staying or becoming smoke-free
- Identify challenges youth sees in the future, both short-term (in the coming week) and long-term (in the coming months).
REVIEW REWARDS

Discuss health benefits and personal rewards
- Talk to youth about health benefits of not smoking.
- Ask if they have experienced any of the mentioned health benefits (see Handout #11).
- Have them talk about positive experiences of not having smoked/smoked less.
- Review any personal rewards from the past week:
  1. Have they done anything special with the money saved?
  2. Have they/their parents/guardians/friends noticed that they have smoked less or not smoked at all and said something positive?

HOMEWORK ASSIGNMENT

My Smoking Diary
- Give youth a blank smoking diary.
- Record daily smoking behavior and triggers.
- Bring back weekly for review.

Pack wrap
- Give youth more pack wraps if needed.
- Record daily smoking behavior and triggers.
- Bring back weekly for review.
SESSION 6

Smoke-free, that’s me
WELCOME AND DIARY REVIEW

Welcome youth back

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- Have youth look at their own smoking diary and have them establish patterns.
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- Identify setbacks and areas where youth needs more help and practice.
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- Give ample praise and encouragement!

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- Review any personal rewards from the past week:
  1. Have they done anything special with the money saved?
  2. Have they/their parents/guardians/friends noticed that they have smoked less or not smoked at all and said something positive?

COMPLETION OF INTERVENTION

Smoking Status Assessment
- At the end of the intervention, different individuals will have achieved various outcomes.
- Adapt your closing remarks to best match the outcome for the individual.
  1. Youth has quit smoking: Congratulate youth on their successful quit attempt, encourage them to be wary of potential slip-up situations, and continue to use strategies for remaining smoke-free. Review challenges identified that may come up in the future and suggest strategies to mitigate these challenges.
  2. Youth has reduced smoking substantially: Congratulate youth on this step towards quitting and encourage them to continue the strategies that have worked so far, working towards an ultimate goal of complete abstinence. Review challenges and barriers identified and suggest strategies to mitigate these.
  3. Youth has continued smoking at same level: Reinforce periods during the intervention where youth did have success, encourage them to build on these small successes. Remind youth that quitting soon is important for their overall health and to reduce risk of long-term dependence. Review challenges and barriers identified and suggest strategies to mitigate these. Reinforce successes identified and suggest other strategies that the youth has not tried to overcome challenges.
Provide Certificate of Completion
- Give youth Handout #13 “Certificate of Completion”.
- Sign the certificate and give to youth.
- Congratulate youth for completing the last session of counseling.
- Remind youth: Regardless of smoking status, they have followed through on their commitment to attend the sessions.
Certificate of Completion

This Certificate of Completion is hereby granted to

for participation in the Adolescent Smoking Cessation Study at UCLA.

Awarded on: ____________

__________________________________
ASC Counselor