

Help Make Smoke-Free Living Part of our Healthier Lifestyles

A Resource Guide for leaders of self-help and peer support groups



Smoke-free healthy living as a topic in your self-help group...

- ? Do any members of your support group smoke?
- ? Have you discussed smoke-free living or related healthy lifestyle issues at group meetings?
- ? Are group members open to discussing and supporting members in moving toward a smoke-free healthy lifestyle (including healthy eating, better exercise, and stress reduction)?

Self-help and peer support groups provide a unique space for information sharing and mutual support. The Self-Help Resource Centre designed this guide for leaders of self-help and peer support groups who want to find free information materials and consider ways to introduce topics related to smoke-free healthy living within (or along-side) regular group meetings.



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1. Basic Elements of Smoke-Free Healthy Living

We recognize that the factors determining a person's ability to maintain a "Smoke-Free Healthy Lifestyle" are numerous, complex and often interdependent. This is why a self-help peer support environment can provide an important space for exploring the specific details and challenges in each member's life. Here are some basic elements as a starting point for your group to explore:

Reducing Exposure to Second-Hand Smoke

Public policies or voluntary efforts to create smoke-free spaces help non-smokers eliminate health risks related to tobacco and help smokers in moving towards quitting.

Quitting Smoking (if you smoke)

Smoking greatly increases your chance of having a heart attack, stroke, getting cancer and/or chronic obstructive pulmonary disease (COPD), and many other health problems. It is also extremely costly. It is helpful for smokers to remember that smoking is an addiction and for every reason a smoker has for smoking, there is a strategy and intervention that can help you become smoke-free.

Relaxation and Stress Management

Sharing experiences and learning new ways to relax and manage stress improves our overall health and supports smoke-free living. http://www.cmha.ca/english/coping_with_stress/ is a very comprehensive site about stress and how to deal with it.

Healthy Eating

Following *Canada's Food Guide to Healthy Eating* helps to reach and maintain a healthy weight and to lower your risk of developing chronic diseases such as heart disease and diabetes. For smokers, healthy eating is a key ingredient of a successful quitting strategy. The following link will take you to the Food Guide: <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

Exercise

Canada's *Physical Activity Guide to Healthy Active Living* recommends 30 to 60 minutes of moderate physical activity most days of the week. Whether going for walk, joining an exercise or dance group, or swimming, 30 to 60 minutes a day can be easy to achieve! For more information, check out Health Canada's Physical Activity Guide at <http://www.hc-sc.gc.ca/hppb/paguide/>.

Support for Addressing Other Life Challenges

Some life situations and circumstances may put great stress on individuals impeding their efforts to quit or causing relapse (e.g. dealing with another addiction, bereavement, family breakdown). Encouraging someone to reduce the number of cigarettes smoked while offering support to help them address their other life challenges is a viable option when smoke-free living is not within that individual's short-term perspective. **Important Note:** *Although reducing the number of cigarettes smoked is one of the stages towards quitting (building skills and confidence towards smoke-free living), reduction does not eliminate the many health risks posed by smoking.*

2. Using the Stages of Change Model with Quitting Smoking

The Stages of Change model recognizes that there are many stages involved in changing an addictive behaviour. Group leaders should be familiar with this model because members of your group are likely to be at different stages of change and this will affect how you choose to approach the topic of smoke-free healthy living. Note however, that this model may not apply to teenage populations and other specific groups such as pregnant women, yet for the generalized population of adult smokers, it can be very useful.

Stage	Description	Ideas for Facilitators
Pre-Contemplation	There is no desire to change the behaviour in the near future and the person most likely has not identified with a convincing reason for change. Example: "I smoke and have not thought about quitting."	Provide members with specific, personalized information and help them correct any misconceptions about quitting. Loose discussion of pros and cons, as well as the benefits of quitting smoking, can help to discover members' feelings about smoking and quitting. SUPPORT IS KEY!
Contemplation	The person wants to make change in the near future but is wary of making a decision. Barriers to change may seem insurmountable. Example: "I smoke and have started thinking about quitting."	Continue providing personalized information that members can relate to, while more seriously discussing the costs and benefits of quitting. Help members find and develop quitting strategies that work for them, while supporting their transition to taking action. Encouragement and motivational techniques are key. Remember, that barriers to change are different for everyone.
Preparation	There is the intent to change behaviour within one month or an attempt to quit. The person is ready and willing to take action at this point. Example: "I smoke and I am preparing to quit."	Help members decide a quit date that is realistic and support the change by building an environment that is conducive to change. Provide as much information and as many resources to SUPPORT the person's efforts! Try Social Support Network Mapping (see Section 3 of this guide).
Action	The person has taken action and there has been a recent change in behaviour. Example: "I quit smoking 3 weeks ago."	Members will need help with relapse-prevention skills and techniques such as trigger control, coping with pressures from others and lifestyle enhancement. Reinforce the basic elements of healthy living discussed in Section 1. Be sure to support and reinforce the quitter's successes.
Maintenance	The person has quit for more than 6 months and is integrating smoke-free healthy living into their daily routine. Example: "I quit smoking 6 months ago."	Some vigilance may be required to prevent relapse. Be sure to remind members to focus on successes rather than failures and provide lots of encouragement during hard times. Continue to congratulate!
Relapse	The person has fallen back into old habits and behaviours. Example: "I am smoking regularly again."	It usually takes 4 or 5 attempts before someone can quit for good, but remind members that each attempt offers the chance to learn new skills and techniques that will help in the future. Through words and actions, show the support you have for them throughout this process.

3. Exercises for Facilitating Group Discussion

Below are several ideas for group discussion related to the topic of smoke-free healthy living? Some of the resources in Section 4 can provide you with many more.

Lead Questions

As an introduction to learn if group members are interested in smoke-free healthy living, simply asking questions can facilitate discussion. Some questions might include: How long have you smoked? Do you want to quit? Have you tried to quit? What kinds of changes have you thought about making? Do you feel you have the resources and support to make these changes? How much do you know about quitting smoking and healthy living and are you interested in receiving more information during group meetings?

Social Support Network Mapping Exercise

This exercise can help group members identify both those people in their lives that will provide a supportive role during change and those who will not be as supportive. Have group members take a piece of paper and write their name in the middle. Advancing in circles out from their own name, ask them to write the names of the people closest to them (e.g. family members) and others who are important in their lives (e.g. Co-workers, community). They should then put circles around the names of those people they feel will support them in “kicking the habit” and put squares around the names of those people they feel will not be as supportive. Discuss as a group whether the map helps clarify how to use our social supports when making behaviour changes. More information about this exercise is available in the resource called Planning Guides, referenced in Section 4.

Quotes to Inspire

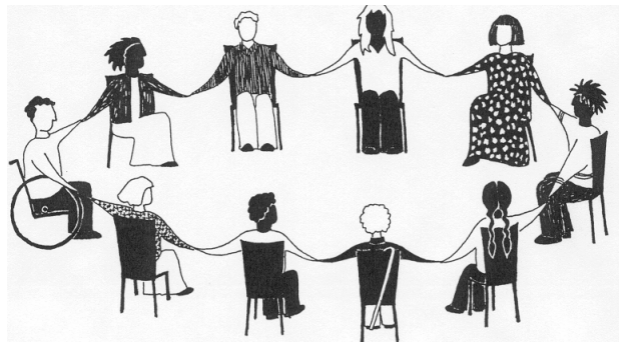
An inspirational quote related to your specific group issue or a theme related to healthy living can motivate discussion by encouraging members to be open in sharing their feelings, beliefs and values. An example is:

“Character cannot be developed in ease and quiet. Only through experiences of trial and suffering can the soul be strengthened, ambition inspired and success achieved.”

-Helen Keller

Here are several websites where you can find quotes of your own to use for this exercise:

- ? www.toinspire.com
- ? <http://www.heartsandminds.org/quotes/quotes.htm>
- ? Related to Kindness: <http://www.inspirationpeak.com/cgi-bin/search.cgi?keyword=kindness>
- ? Related to Success: <http://www.inspirationpeak.com/success.html>



4. Information Materials You Can Order

BROCHURES

Smoke-Free Help

The brochure includes information about medications, self-help booklets, telephone help lines and web-based resources for smoking cessation. It was produced by The Program Training and Consultation Centre. Order online for FREE from www.ptcc-cfc.on.ca or call 1-800-363-7822.

One Step at a Time: If you want to help a smoker quit

This brochure (available in French and English) is aimed at friends and loved ones who want to help a smoker quit. It discusses techniques for smoking cessation that work and do not work. It was produced by the Canadian Cancer Society. It is available online in a PDF format. You may also order it from www.cancer.ca or by calling the Cancer Information Service at 1-888-939-3333.

Steps to Make Your Home Smoke-free

This brochure includes information about second hand smoke and children, the chemicals in second-hand smoke. It includes window cling decals to advertise a smoke-free environment. It was developed by Community Partners for Smoke-Free Homes. It is available for FREE in limited quantities or \$0.20 per brochure in bulk from www.ptcc-cfc.on.ca.

BOOKLETS AND GUIDES

One Step At A Time: for smokers who don't want to quit and ***One Step At A Time: for smokers who want to quit***

The first booklet helps smokers deal with people who nag them to quit and to make an informed choice about smoking. The second booklet provides information about the process of quitting for people who are thinking about, preparing to, or are in the process of quitting. Both can be ordered for FREE from the Canadian Cancer Society by calling 1-888-939-3333.

Planning Guides

This is a comprehensive information package specifically designed to use the Stages of Change Model. The package supports ongoing intervention with clients at various stages of progression through the quitting process. It includes many facts, statistics, diagrams and charts to facilitate learning. It is produced by COMMIT To a Healthier Brant and may be ordered online for FREE from www.ptcc-cfc.on.ca or by calling 1-800-363-7822

On the Road to Quitting: Guide to becoming a non-smoker

This guide was developed by Health Canada in collaboration with experts from University of Waterloo. It was designed to help smokers make an action plan to quit. It also addresses how to maintain a smoke-free environment. You can access it online at <http://www.hc-sc.gc.ca/hl-vs/pubs/tobac-tabac/orq-svr/choosmethod-choisisezmethode-eng.php> or order it for FREE by emailing TCP-PLT-questions@hc-sc.gc.ca with your request.

Stop Smoking! A Program for Women

This kit outlines a 15 to 17 session, group format program for women. It provides group facilitators with information and materials to help women find the underlying causes for smoking and then aid them in finding alternatives. It is available from the Canadian Public Health Association and can be ordered for \$35.00 plus GST and shipping and handling by emailing info@cpha.ca

Quit for Life: Facilitator's Guide, Evaluation Guide for Facilitators and Quit For Life Handbook

Quit 4 Life, created by Health Canada, is a program that focuses on children and teens from 12 to 18 years old. The facilitator's guide gives information and guidance for each session of the program, facts about smoking and techniques on working with children and teens. It can be ordered online for free from <http://www.hc-sc.gc.ca/hl-vs/pubs/tobac-tabac/quit-cesser-guide/how-comment-eng.php>

Healthy Ways to Prevent Stroke: A Guide for You and Healthy Ways to Prevent Stroke: A Facilitator's Guide

This resource and facilitator's guide helps put smoking into a broader context of healthy living. The main topic is stroke prevention, yet the information about the basic elements of healthy lifestyles can be applied generally to smoke-free healthy living. The booklet includes many references to peer support and the facilitator's guide is full of ideas for activities led by peers. It was produced by the Self-Help Resource Centre. Download in PDF format from www.selfhelp.on.ca or call 1-888-283-8806 to order a free copy.

5. More Help on this Topic

Local Public Health Units in Ontario all provide smoking cessation information and services. For more information about public health units and the services they provide in your area, call the Ontario Ministry of Health INFOLine at 1-800-268-1154 or visit their website at http://www.health.gov.on.ca/english/public/contact/phu/phuloc_mn.html

Program Training and Consultation Centre (PTCC) is an organization that provides free consultation, information, networking opportunities, FREE resource packages and referral services related to tobacco control. More information is available at www.ptcc-cfc.on.ca or call toll-free 1-800-363-7822.

Smoker's Helpline is a phone line that offers confidential advice, support and information for smokers. It is operated free of charge by the Canadian Cancer Society. You can call 1-877-513-5333, Monday through Thursday from 8:00am to 9:00pm and Friday 8:00am to 5:00pm

Canadian Cancer Society at www.cancer.ca or call 1-888-939-3333. **Lung Association** at www.lung.ca or call 1-888-566-LUNG (5864). **Heart and Stroke Foundation** at www.heartandstroke.ca, where you can find information as well as the phone numbers for provincial offices.

Health Canada develops many programs and distributes many information packages and fact sheets related to smoking and how to quit. You can learn about all of these aspects, and more, about the entire country or your specific province. For more information, visit www.gosmokefree.ca.

Ontario Self-Help Network (OSHNET) increases awareness about self-help and mutual aid in diverse communities by providing networking and information resources across Ontario. OSHNET also provides training and consultation about starting new self-help groups. For more information visit www.selfhelp.on.ca or call 416-487-4355/1-888-283-8806.

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