

You Can Quit! (Tobacco elimination)

6 30-minute sessions

Course Description:

Smoking-related diseases claim an estimated 430,700 American lives each year. Smoking costs the United States approximately \$97.2 billion each year in health-care costs and lost productivity. It is directly responsible for 87 percent of lung cancer cases and causes most cases of emphysema and chronic bronchitis. If you have tried to quit smoking, you know how difficult it can be. It is difficult because nicotine is a very addictive drug. For some people, it is as addictive as heroin or cocaine. Quitting is hard. Usually people make 2 or 3 attempts to quit (or more), before finally being able to quit.

Quitting takes hard work and a lot of effort, but you can quit smoking.

This course, produced in cooperation with the California Department of Corrections and Rehabilitation, is covered in four 20-minute sessions and was designed to help correctional staff and offenders quit smoking.

Intended Audience: Staff and offenders

Course Scope and Sequence:

Session 1: YOU Can Quit!

Session 2: Keys to Quitting

Session 3: You . . . the Ex-Smoker

Session 4: Quitting for Keeps