



Smoking Cessation Registration Form

Not-On-Tobacco

Program Description:

The program is designed for teens between the ages of 13 and 19 who want to quit smoking. The first meeting is not your quit date! This is a group based quit-smoking program composed of 10 weekly sessions. The meetings are composed of one same sex facilitator and small groups of teen smokers (5-10 people). The meetings are separated by gender with a female facilitator for the female group and a male facilitator for the male group.

Topics:

- Identifying Triggers
- Setting a Quit Date
- Anxiety with Weight
- Stress Management
- Relaxation Techniques
- Journaling
- Dealing with Withdrawal Symptoms
- Replacing Old Habits

Instructors:

All facilitators have been trained and certified through the American Lung Association.

Location:

Nationwide Children's Hospital
700 Children's Drive
Columbus, OH 43205

or a location near you

Program Start Dates:

- January (third week)
- April (fourth week)
- August (fourth week)

Program Times:

After school, exact time to be announced.
**(Exact dates and times of classes will be determined before each group start day. Days and times are chosen based on group members' availabilities.)

Cost:

There is no charge for this program. Each participant will be given \$5 in cash for each session they attend to help offset travel expenses. Teens in N-O-T can drop out of the program at any time with no penalty charge.

Effectiveness of N-O-T:

A review published in the November 2005 issue of *Journal of Adolescent Research* evaluated the N-O-T program from research published over a five-year period. More than 1,100 adolescents from five different states were considered for this review. Outcomes for the N-O-T program were compared to those of a brief intervention in which the adolescents were given quit-smoking advice and self-help brochures.

Eighty percent of the adolescents in N-O-T completed the program, and of these 80% almost 20% quit smoking. The vast majority of those who did not completely quit smoking reduced their smoking. Across these studies, adolescents in N-O-T were twice as likely to quit smoking over those who received a brief intervention. Additionally, the quit rates for N-O-T are consistent with, or exceed, the average overall quit rates found in other teen smoking cessation programs.

Horn, K., Dino, G., Kalsekar, I., & Mody, R. (2005). The impact of Not on Tobacco on teen smoking cessation: End-of-program evaluation results, 1998 to 2003. *Journal of Adolescent Research*, 20(6), 640-661.

For Questions or More Info:

**Call us at 614-355-3445 or
Email at Sherecce.Fields@NationwideChildrens.org**

Name

Address

City State Zip

Phone

Alternate Phone

There is no charge for this 10 week program.

Please check the program series you would like to take:

January April August

Please drop off or mail this form to:

**Nationwide Children's Hospital
Attention: Sherecce Fields
700 Children's Drive J1401
Columbus, Ohio 43205**

Or call 614.355.3445 to register.



Nationwide Children's Hospital

Not-On-Tobacco

Teen Quit-Smoking Program



700 Children's Drive
Columbus, Ohio 43205

