

# THE COURAGE TO QUIT

Center for Smoking Cessation at Seton Health

## Evidence Based Cessation Treatment for Homeless Residents at Rescue Missions

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# NYS Tobacco Cessation Centers

- 19 Cessation Centers blanket NYS
- Mission is to work with healthcare providers to ensure that they are taking a proactive approach with patients who smoke (Public Health Service Guideline – Treating Tobacco Use and Dependence)

# PHSG Key Guideline Recommendations

- The overarching goal is that clinicians strongly recommend counseling and medication treatments to their patients who use tobacco
- Individual, group, and telephone counseling are effective, and their effectiveness increases with treatment intensity MORE IS BETTER
- Practical counseling (problem solving/skills training)  
Social support delivered as part of treatment
- The combination of counseling and medication is more effective than either alone.
- For those not ready to quit clinicians should use motivational interventions (daily follow-up)

# The Courage to Quit

- 2-year grant awarded to Seton from the American Legacy Foundation in 2008
- To set up sustainable evidence based cessation services at 6 homeless shelters in the Capital District
- Services included:
  - ✓ Weekly counseling
  - ✓ Free cessation medications (2-week starter kit from Quitline, Prescription Assistance, Medicaid benefit, (patches and gum provided by Cessation Center when available)
  - ✓ Provider 5A intervention
  - ✓ Social support (daily follow-up by champion)

# Resident who Smokes

NYS Cessation Center  
or  
Tobacco Control Specialist  
County or State Health  
Department

Provides on-going  
technical  
assistance

Trains new champions

Provides flyers, posters  
and educational materials

Provides updates on  
Medicaid Benefit

Trains new healthcare  
providers

Assists with Prescription  
Assistance Program

## Not Ready to Quit

Referred to services  
at intake.  
Health care  
provider  
intervention.  
Daily follow-up by  
champion.

Healthcare  
Clinic

Brief Intervention –  
5 A's

Referral to Quitline

Discusses medication

Prescription Assistance

Refers to on-site group

## Wants to Quit Smoking

On-site  
Counseling/Support  
Group

Education

Group  
Support/counseling

Medication discussed

Refers to Healthcare  
Clinic

On-site  
Champion

Facilitates weekly  
support group

Markets program on-  
site and community

Provides follow-up to  
clients between group  
sessions (social  
support)

Assists uninsured

# Sustainability

- Model successful in all shelters
- Sustainable only in Rescue Missions
  - 100% administrative support
  - Adequate staffing
  - Longer length of stay
  - Structured environment
  - On-site medical clinic or mobile unit
  - Consistent with religious programming

# Shelters Other Than Rescue Missions

Sustainability unsuccessful:

- Shelters lacked adequate structure and staff to implement program services.
- Program coordinator conducted weekly counseling,  
Getting outside volunteers did not work
- Short term residence - length of stay 30 days
- Residents instructed to leave premises during day
- Medical services not provided on-site or by mobile vehicle.

# for Homeless Residents at Rescue Missions

- **Data collected from 3 Rescue Missions:**
  - Bowery Rescue Mission - Manhattan
  - City Mission of Schenectady - Schenectady
  - Capital City Rescue Mission - Albany
- From October 15<sup>th</sup> 2009 – August 15<sup>th</sup> 2011
- “Readiness to Quit” form filled out at each visit (assessed stage of change and smoking status).



# Capital City Rescue Mission – System Change



# Bowery Mission - Manhattan

Same as Albany and Schenectady Missions  
except:

- No smoking policy
- Requires all long term residents to quit smoking
- Requires all residents who smoke to attend **8 session structured program**
- Structured program offered 5x per year.

Oct. 15<sup>th</sup> 2009 – August 15, 2011

- 391 homeless residents at three Rescue Mission Shelters attended at least one session.
- 205 (52.4%) attended more than one session.
- 44 years - average age of participants.
- 22 years - average number of years smoked.
- Compared stage of change and smoking status from 1<sup>st</sup> and last visit

## Oct. 15<sup>th</sup> 2009 – August 15, 2011

- 205 participants came to more than one session.
- Percentages of participants who participated in more than one session:
  - 88% Bowery Rescue Mission
  - 31% City Mission of Schenectady
  - 36% Capital City Rescue Mission

Oct. 15<sup>th</sup> 2009 – August 15, 2011

- 47.6% indicated “no” to the question,  
“Have you used tobacco today?”  
(abstinent >7 days)
  - Bowery Mission - 79%
  - Albany - 31.4%
  - Schenectady - 32.4%

**Sustainable Evidence  
Based Cessation  
Services**

**Faith-based  
Ministry**

**Resources  
Provider Intervention  
Counseling  
Medication  
Social Support  
Technical Assistance**

# Training for Health Care Providers

Training conducted  
By Tobacco Cessation  
Professional

- On-site Clinic
- Off-site Clinic
- Mobile Units



# Training for Health Care Providers

- Brief Intervention PHSO recommendations, 5 A and 5 R model.
- Medicaid and Medicare cessation medication benefits for plan members and reimbursement for healthcare providers.
- Pharmaceutical Company Sponsored Prescription Assistance program for uninsured, (Pfizer and Glaxo-Smith-Kline for cessation Medications)
- OTC cessation medications availability: Quitline, Tobacco Control Program, County Health Departments, Community grant.



# Training for “Site Champion”

- Champion should be a staff member preferably or volunteer who resides there
- Responsibilities are part of their job description
- Coordinates program services with on-site healthcare clinic
- Conducts the weekly support group
- Provides on-going brief support for those in the program and for those who are not
- Enlists assistance from other residents to share duties, provide follow-up, assist during sessions and stand in when needed.
- Promotes program

i.e. Bulletin Boards – High Traffic  
Areas

# *The Courage to Quit*

## SUPPORT GROUP

### Ready to Quit?

Committed to Staying Tobacco-Free?

Stop by Seton Health's FREE on-going weekly support meetings

When: Every Thursday Night

Time: 7:30pm ~ 8:30 pm

Place: Capital City Rescue Mission

Class Room across from Clinic

Contact: Ibrahima Diop



**SETON  
HEALTH**

*Center for Smoking Cessation*



# *The Courage To Quit*

**Phone: (518)459-2550**

**E-mail: [dkeefe@setonhealth.org](mailto:dkeefe@setonhealth.org)**

**Website: [www.quitsolutions.org](http://www.quitsolutions.org)**

i.e. Seasonal Poster



*The Courage To Quit*  
*Support Group to Quit Smoking*  
**“SMOKERS ONLY”**

**Join us for Snack**  
**Support Group**

**When: Friday's @ 7:30**

**Let us help you quit smoking.**  
**Come with your questions and concerns**  
**about the quitting.**

**Learn how to quit.**

**Learn about FREE nicotine replacement**  
**therapy medication;**  
**patches/gum/lozenge/Chantix/Wellbutrin/**  
**Nicotine Inhaler and support meetings.**





i.e. Cut in 4/Handouts for display table, healthfairs, parish meals, soup kitchens...



Want Help Quitting Cigarettes, Cigars,  
Dip/Chew Tobacco????????

Ready to quit Smoking and Stay  
Tobacco-Free?

Want Help?????????

The Courage to Quit and Seton Health  
can help you with support meetings ~

WHEN: Every Wednesday  
11:30 AM -12:30 PM

WHERE: The Roarke Center  
Troy



Want Help Quitting Cigarettes, Cigars,  
Dip/Chew Tobacco????????

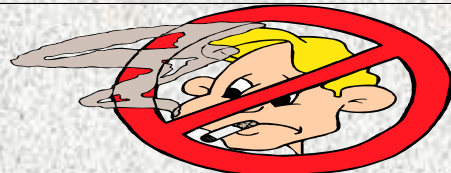
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i.e. One given to all residents who enter shelter, displayed in high traffic area & brochure holders.



**FREE**

Do you want to quit smoking or  
chewing tobacco?

Do you need some help doing this?

*The Courage to Quit* is free and

will help you quit. You can  
receive nicotine patches, gum,  
and/or lozenge, support and lots of  
ideas on how to stay away from  
tobacco. All of this is at no cost to  
you - FREE

No registration is needed. You can  
start at any time. Just show up.

The location is

Albany City Mission  
Thursday Evenings  
259 So. Pearl Street, Albany  
7:30 PM

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# Courage to Quit Toolkit: quitsolutions.org

The toolkit contains a variety of information and resources.

- 2012 Forms
- CO Monitor
- Educational Tools
- Handouts
- Mental Health Resources
- Prescription Assistance Program
- Testimonials
- Cessation Medications
- E-Cigarettes
- Education Websites
- Marketing
- Photos
- Safe Artificial Cigarettes
- Web addresses

# Training Curriculum for Champions

1. Epidemiology to Tobacco Use
2. Principles of Nicotine Addiction
3. Cessation Medications
4. Cessation Medication Resources
5. Site Champion(s) Responsibilities
6. Engaging participants
7. Counseling strategies
8. Integrate into spiritual teaching



# Smoking Cessation Treatment

- Group Counseling -2 formats
  - Open -ended (can join at any time) or
  - Structured 8 – 10 sessions
- 1 - hour sessions for both formats
- Confidentiality
- **Recommendation:** Consider opening the program to public, short term and long term residents and other shelter residents.

# Open Ended Format

- Each shares, strength, hope and experience  
New Participants are asked to share their reasons for tobacco use & quitting.  
  
Group members welcome newcomers by sharing their successes and struggles.
- Introduce a theme for discussion, examples:  
Addiction vs. Habit  
Reasons to Quit > Readiness and Attitude  
Pack Charts? Tracking? Daily Progress?  
Behavior/Lifestyle Changes(s)
- Group Exercise, examples:  
Decisional balance scale, HALT, finding your triggers, etc.
- Facilitator keeps discussion practical, focused and balanced while communicating encouragement.

# Structured Format 8-10 Sessions

- Program layout
  1. Getting started and preparing for quit date
  2. Abstinence and coping
  3. Relapse prevention
- Program recommendations:
  - rxforchange.org
  - Dr. Jill Williams – [jill.williams@umdnj.edu](mailto:jill.williams@umdnj.edu),  
CHOICES program & Healthy Living
  - bhwellness.org

# Contact Information

Peggy Keigley    pkeigley@setonhealth.org

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Courage to Quit Toolkit &  
Break Free Alliance Presentation  
[quitsolutions.org](http://quitsolutions.org) and choose  
*Training/Events* tab