



Partners in Quitting® (smokeless version) – Talking Points

How the phone course works:

- All phone calls are triaged using outcome-focused protocols to assure high-quality, consistent care.
- Participants receive a course manual containing educational lessons and tools. Participants then schedule additional phone calls at times that are convenient for them.
- Participants review lesson materials and complete any personal discovery activities before each phone call.
- Calls are scheduled at regular intervals. Each phone call is tailored to meet a participant's individual needs.
- Following completion of the call, outcomes are documented to track the participant's progress.

Session 1

- **Use Ask, Assess, Advise, Agree to determine the individual needs of the participant**

ASK

- HIPAA questions to confirm identity
- Complete participant profile screen and assessment questionnaire
 - Tobacco use pattern
 - Tobacco use history
 - Previous quit attempts and methods used
 - Readiness to change
 - Nicotine replacement therapy plan

ASSESS

- Complete Behavior Change Questionnaire
 - Readiness to change
 - Assess for current stage- from contemplation to action stage
 - Assess confidence ability to quit using
 - Assess physical activity and nutrition
- Level of knowledge/interest
 - Are they insightful/aware of chewing behavior, triggers, quit aids?

- Receptive to phone intervention?

ADVISE

- Partners in Quitting® (smokeless version)
- Link to flyer on website
- Explain phone line structure and goals
 - Calls with health educator
 - Overview of course manual- *Enough Snuff*
 - To assist with understanding chewing behavior, selecting alternatives, creating a quit plan. Post-quit focus is on managing stress, staying motivated and preventing relapse
 - Nicotine replacement therapy
- Discuss participant role – set behavior change goal
- Discuss participant expectations – frequency and purpose of calls
- Explain program completion
- Review community resources

AGREE

- Discuss next steps participant will take
 - Review course manual- *Enough Snuff*
 - Schedule next appointment
- **Coach training tips on the role of counseling with chewing tobacco users:**
 - Help participant determine the “rewards” they are getting from the behavior
 - Help them find replacements for those “rewards”
 - Help participant find ways to cope with reduced “rewards”
 - Help problem solve difficulties with goals, especially related to relapse
 - Respond to their interest or lack of interest
 - Reinforce any perceived benefits

Session 2

- **Review chapters from *Enough Snuff*:**

Introduction

Purpose: Outline the steps in quitting

Topic: Overview

Key Messages:

- The course manual is designed to help tobacco users who are ready to quit by walking them through the process of quitting
- There are four key steps to quitting chew or snuff: Get Ready, Plan to Quit, Deal with Withdrawal, and Staff Off Chew and Snuff