



Quit for Good! Tobacco Cessation Program

Quit for Good is an eight-week tobacco cessation program offered to all MCPS employees free of charge. The program is led by a nurse practitioner and various Kaiser Permanente clinicians. All employees are welcome to participate, regardless of medical plan enrollment. Both Kaiser and non-Kaiser members are welcome.

The program is offered in sessions of 25 employees each. Employees must register for the program by e-mailing wellness@mcpsmd.org.

During classes, participants can expect—

Week 1: Program Kickoff

- Program overview/purpose
- Benefits of smoking cessation
- Clinical perspective from nurse practitioner and/or medical doctor
- Comments from a former smoker
- Risk assessment and blood pressure (BP) screenings
- Carbon testing and mobile screenings for smokers

Week 2: Getting Started

- Importance of preparation and commitment
- Complex nature of tobacco dependence
- Tobacco cessation aids
- Kaiser Permanente Pharmacist discusses side effects of prescriptions

Week 3: Preparing to Quit

- Learning from previous quit attempts
- Avoiding Triggers
- Coping Strategies
- Making a Quit Plan
- Sign quit smoking pledge
- Former peer smoker who has quit after many attempts

Week 4: Becoming a non smoker

- Quit night
- Coping strategies
- What to expect after quitting
- Presentation and Q&A session with Robert Dill Med, LMFT, LPC, CASC, and Manager of Kaiser Permanente Mind Body Program and Department of Integrative Medicine

Week 5: Your nontobacco lifestyle. Building on successes/Congratulations!

- Feelings after quitting
- Sharing successes
- Maintaining a healthy weight
- Healthy eating and physical activity relapse
- Plan a smoke-free future
- Presentation by Kaiser Permanente Nutritionist/Registered Dietician on healthy eating and maintaining weight
- Tai Chi/Yoga and stress management demonstration

Week 6: Group Support

- Sharing successes
- Assertive communication
- Journaling as a therapeutic aid

Week 7: Group Support

- Relapse prevention
- Recovery
- Nurse practitioner and other Kaiser Permanente clinicians to present, answer questions as needed

Week 8: Closing Ceremony

- Class champions share experiences/tips/successes
- Post-program blood pressure screenings
- Post-program survey
- Resources for participants to stay smoke-free