

Integrating Tobacco / Nicotine Education Into Groups

This table offers ideas for how to integrate tobacco dependence education into groups (alcohol/drug education, vocational, and health and wellness groups) commonly provided in addiction treatment programs.

TOPIC	Alcohol/Drug Education	Vocational Groups	Health & Wellness Groups	Pregnancy/Parenting Groups
Tobacco 101	Include info on tobacco and nicotine as one of the drugs your program addresses	Many worksites do not allow smoking now: reasons?	What are you smoking? Ingredients, secondhand smoke, impact on self and others; benefits of stopping	Impact on kids, pregnancy; secondhand and thirdhand smoke; possible behavior changes around smoking and/or vaping
Nicotine: the addictive substance	Describe effects of nicotine; as addictive as cocaine/heroin; impact of nicotine on the brain; nicotine and suppression of feelings; smoking histories	Need for breaks interfere in job performance; can a work EAP help with quitting? Health plan options for quitting?	Examine the ways nicotine works “for” and “against” us; What are the good / not so good things about it?	Nicotine’s impact on pregnancy and prenatal health; how does smoking/vaping help you deal with stress? Alternatives?
Quitting process	Examine similarities to stopping alcohol/drug use; Has anyone tried to quit or cut down before?	Seeking support at work; utilizing EAP resources	Ways to ease withdrawal and manage stress when quitting	Ways to take healthy breaks, manage stress when quitting
Advertising/media	How addictions are marketed, “pushed” to consumers, especially youth	Cost of tobacco in comparison to amount that could be saved; smoking’s impact on the budget	What are the messages of these ads about health and body size? What are the realities of smoking?	How does the tobacco industry market to kids? What messages do you want to give your children?

(Continued)

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Stages of Change: change is a process	What are the stages of changing behavior? How can change be promoted? What stage of change are participants in regarding their tobacco / nicotine use?	Identify barriers and facilitators to change, and who can provide support; apply this to stopping smoking	Look at what helps add a positive health behavior, what takes away a negative behavior	Ideas for changes in behavior around smoking/vaping to lower risks; How does being a parent help / challenge the idea of change?
Health information, benefits of stopping	Include health consequences of nicotine addiction, health benefits from quitting	Emphasize how smoking takes a daily quality of life toll: smell, breath, interpersonal consequences, impact on work; stamina, fatigue	Identify benefits of stopping	Include risks of smoking in pregnancy, how quitting benefits to mom and baby; Importance of staying quit after baby is born
Smoking as a recovery issue	Statistics about smoking and relapse to other drugs; dealing with feelings in recovery. Plant seed that there may come a time when you want to quit: use similar tools as for this recovery, etc.	How do you cope with triggers to use on the job? What can you do besides smoke?	Smoking increases stress to body; propose a broader vision of recovery, which includes health and wellness: smoking interferes with a full recovery; similar addictive behaviors	Being a parent in recovery and how smoking interferes with that (secondhand / thirdhand smoke, money, time)
Weight gain after quitting smoking	“Healthy substitutions” in recovery: what to do instead of drink, drug, or smoke?	Packing a lunch for work; self-care on the job; stress management; how to unwind after work; exercise as a daily habit	Nutritional education, ways to begin to exercise; metabolism and weight gain; body image issues and referrals for eating disorders	Healthy weight gain in pregnancy and weight loss after pregnancy
Relapse prevention	Universal recovery tools: HALT; positive self-talk; ask for help; learn from past attempts; identify triggers	Identify stressful situations and plan ahead; apply other recovery tools at work	HALT; cognitive and behavioral skills	Anticipate stressful situations with pregnancy and kids; identify sources of support

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