

TOBACCO FREE ADAGIO HEALTH



Services:

PA Free Quitline:

1-800-QUIT-NOW (1-800-784-8669)

A phone-based cessation service for ages 14 and older, the PA Free Quitline is sponsored by the Pennsylvania Department of Health and offers free counseling and coaching to tobacco users who want to quit.

Cessation Counseling & Support

Eight-week coaching sessions are offered to adults in places of business or local community centers. Six-week coaching sessions covering tobacco, nicotine and vaping are offered to teens in schools and other locations.

Educational Training Sessions

Professional tobacco cessation trainers provide courses on behavioral health and wellness, substance abuse and prevention, LGBTQIA+ sensitivity and cultural competency, professional development and more.

My Life, My Quit

The My Life, My Quit program is a free and confidential service for teens who want help quitting all forms of tobacco, including vaping.

PA QuitLogix

This initiative provides healthcare providers and other professionals with tools to refer patients, clients, employees and others directly to the PA Free Quitline.

tobaccofree.adagiohealth.org • 1-800-215-7494

Tobacco Resistance Unit (TRU)

The Tobacco Resistance Unit (TRU) is a Pennsylvania initiative to help young people ages 12 to 18 stay tobacco and nicotine-free.

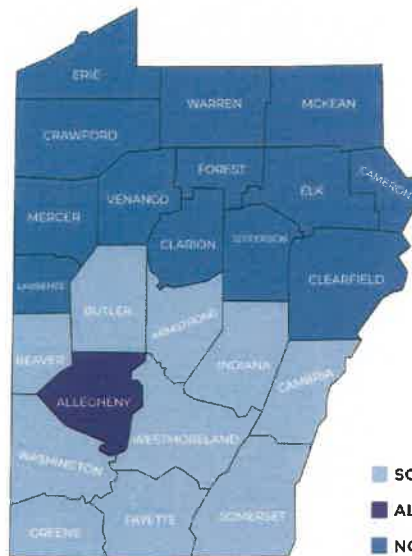
TRU+ Alumni Network

The TRU+ Alumni Network is for any former TRU members and young adults 18-21 years old who remain committed to creating a tobacco-free future for Pennsylvania.



Adagio Health also offers assistance in implementing tobacco-free policies including:

- Young Lungs at Play
- Tobacco Free Worksites
- Smoke-Free Multi-Unit Housing
- Smoke-Free Campuses



Tobacco Free Adagio Health's program serves 23 counties in Western Pennsylvania:

Allegheny, Armstrong, Beaver, Butler, Cambria, Cameron, Clarion, Clearfield, Crawford, Elk, Erie, Fayette, Forest, Greene, Indiana, Jefferson, Lawrence, McKean, Mercer, Somerset, Venango, Warren, Washington, and Westmoreland.

Education, counseling, and support are offered to adults and teens.

- SOUTHWEST DISTRICT
- ALLEGHENY DISTRICT
- NORTHWEST DISTRICT



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Tobacco Free Adagio Health

Tobacco Cessation Services for southwestern Pennsylvania counties:

Allegheny, Armstrong, Beaver, Butler, Cambria, Fayette, Greene, Somerset, Indiana, Washington, and Westmoreland



Offered to you at NO COST!

Tobacco Free Adagio Health offers FREE in-person or virtual tobacco cessation classes to groups or individuals. These classes are taught by Certified Tobacco Treatment Specialists (CTTS). Each session will take approximately an hour, once a week for 6 weeks. After completing the 7 sessions, the Tobacco Free Adagio Health team will follow up 30 days later to check in and offer any additional support needed.

HERE'S HOW IT WORKS:

Session 1: Get Ready to Quit

- Identify reasons to quit and barriers to success
- Discuss the types of Nicotine Replacement Therapies (NRT) and non-nicotine aids.
Nicotine patches, gum and lozenges can be provided at no cost to participant
- Introduce deep breathing and options for stress control and fitness

Session 2: The Habit and the Addiction

- Understand how the habit and addiction developed
- Identify triggers and alternatives
- Discuss how to break the habit and addiction

Session 3: My Quit Plan

- Create and personalize quit plan
- Finalize Nicotine Replacement Therapy
- Practice positive self-talk and rewards
- Prepare to get rid of all nicotine/tobacco products and accessories

Session 4: Quit Day

- Begin Nicotine Replacement Therapy
- Prepare for the next 48 hours
- Create a slip/lapse plan
- Discuss anticipation, uncertainties, questions, concerns, and etc.

Session 5: The First 48

- Held 48 hours after Quit
- Share successes and slips

Session 6: The New You Renovation

- Celebrate one week point of being smokefree
- Share experiences from the weekend/week
- Understand stress and coping strategies
- Discussing fitness and nutrition as a fuel to your smokefree lifestyle

Session 7: Staying Quit

- Understand the stages of behavior change
- Prepare for the event of relapse
- Discuss a plan for coming weeks

Session 8: One Month Follow Up

- Review quitting journey
- Establish long term plan
- Address any questions/needs/concerns

After that – the Tobacco Free Adagio Health team remains available to provide continued support, even after individuals quit smoking. We keep in touch via text message and can provide additional cessation counseling as needed. **And after they quit, each participant is eligible to receive a \$50 gift card!**