

"SECOND WIND"

Smoking Cessation Facilitator Training
February 18, 2009
Yakama Nation

AGENDA

- 9:00 Welcome/Introductions /Door Prizes
- 9:15 Facilitator's Role, Counseling Skills, Utilizing the System
- 9:45 Session 1: Pharmacological aids, Commercial Tobacco Products, Quit Date
- 10:15 Break
- 10:30 Talking Circle-Training
- 11:00 Activity
- 11:45 Process
- 12:00 Lunch Provided
- 12:30 Pharmacotherapy
- 1:15 Session 2: Traditional Tobacco Use, Talking Circle
- 1:45 Session 3 and Session 4: Withdrawals, Relaxation Techniques
- 2:15 Incentives and Documentation
- 2:30 Break
- 2:45 Session 5: Communication Skills
- 3:00 Activity
- 3:15 Process
- 3:30 Session 6: Benefits to Quitting, Celebrating Success
- 3:45 Questions and Evaluation



*For more information, call WTPP at 503.416.3272 or visit the website:
www.npaihb.org/programs/project/washington_state_tobacco_coordinators*

Training hosted by the Northwest Portland Area Indian Health Board Western Tobacco Prevention Project through funding from Washington State Department of Health Tobacco Prevention and Control Program. Training provided by Muscogee (Creek) Nation Tobacco Prevention and Control Program, developers of "Second Wind" program curriculum.