



Freedom From Smoking (FFS) is a state-of-the-art cessation program developed to help smokers at all stages of the quitting process.

### **Effective Solutions:**

FFS addresses both the physiological addiction to nicotine as well as the social, psychological and emotional aspects of the smoking habit.

- FFS offers several formats, including a group program with a relaxation CD, a self-help guide, and an online option. [www.ffsonline.org](http://www.ffsonline.org)
- FFS has been extensively evaluated and consistently produces positive results

### **Facilitator Training**

- **November 19-20, 2009 - Tigard, OR**
- **January 21-22, 2010 - Tigard, OR**
- **May 13-14, 2010 - Tigard, OR**
- For more information and registration, go to <http://www.mrsnv.com/evt/home.jsp?id=2118>

### **About the Training:**

The cost of the training is \$350. This cost covers two breakfasts, one lunch, facilitator materials, and ten participant handbooks to use for your first training. The training will run from 8:30 - 4:30 on Day One and 8:30 - 12:30 on Day Two. Day One will be dedicated to review of the program and Day Two will focus on facilitation of the classes.

### **About the Program:**

*Freedom from Smoking* provides a supportive and structured approach to quitting smoking. Based on the latest research on addiction and behavior change, this medically sound program addresses the difficulties of quitting with a sensitive, encouraging style. The ultimate goal is to help individuals overcome their addiction and enjoy the benefits of better health.

Delivered in a **small group setting** (up to 12 people), participants get personalized attention and the support of their peers, which they would not get trying to quit on their own. And since no single cessation technique works for everyone, the program includes a variety of evidence-based cessation practices. To meet the needs of different learning styles, each session includes **lectures, group**

**discussions, and skills practice.** The program is delivered over the course of eight sessions. During these sessions, participants are introduced to the following key stages:

- **Preparation phase:** laying the foundation for success
- **Quit day:** affirming the decision to quit
- **Maintenance phase:** providing skills and support to stay smoke free

**More about this evidence based program that has been implemented across the nation since 1981:**

- **Freedom From Smoking was ranked the most effective smoking cessation program in a study of 100 managed care organizations conducted by Fordham University Graduate School of Business.**
- **25% of participants report not smoking one year following the program!\***  
***(Compared to 5% quit rate for those who go cold turkey).***
- **That number increases to close to 60% when the Freedom From Smoking Clinic is combined with smoking cessation medications.\***
- **Conforms to recently identified smoking cessation counseling or advice core measures of The Joint Commission for the quality of care for acute myocardial infarction, heart failure and pneumonia**
- **Meets criteria for intensive tobacco cessation counseling covered by the latest Centers for Medicaid and Medicare Services (CMS) decision**
- **Includes all components of an intensive intervention as outlined in the United States Department of Health and Human Services' Clinical Practice Guideline *Treating Tobacco Use and Dependence***

**To register for the Facilitator Training :** <http://www.mrsnv.com/evt/home.jsp?id=2118>

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