



CoveCare
Center

COUNSELING THAT
EMPOWERS CHANGE

**PROSper
Group Protocol**

Date: October 3, 2016

Title: Freedom From Nicotine (aka Freedom From Smoking)

Component: Community Rehab. & Support (CRS)

Service: Wellness Self-Management

Population: Any member of the PROSper population who wants to quit smoking

Frequency: 1 time per week

Duration: 50 minutes

Description: This group is for PROSper clients who would like to quit nicotine. The group will provide education and resources based on *The Freedom from Smoking Program* from the American Lung Association.

Mode of Work:

A. **PURPOSE:**

1. To educate members on the health issues related to nicotine, and to the benefits of not using
2. To provide information and resources about nicotine cessation
3. To provide an atmosphere in which members are supported in their efforts to quit nicotine
4. To develop a plan for nicotine cessation

B. **GROUP FRAMEWORK:** Educational articles, handouts and pamphlets, group discussions and support from peers and the group facilitator.

Expected Outcome: Members will be able to quit nicotine and maintain cessation.