

## ◆ **Recommended Component:** **Provide Smoking Cessation Services for Students and Staff**

Simply creating a tobacco-free policy will not solve the main problem faced by smokers who want to quit: it's tough to quit smoking. Providing smoking cessation services for both students and staff will support them directly as they work to meet the policy. Helping smokers quit will increase the chances that your policy will have fewer violations, and that students and staff will be healthier.

According to CDC, 10.0% of states and 42.0% of districts require districts or schools to provide tobacco-use cessation to students when needed. Additionally, 34.3% of districts have arrangements with organizations or professionals not located on school property to provide one-on-one or small-group discussions on tobacco-use prevention to students when needed, and 29.0% have arrangements to provide tobacco-use cessation.<sup>6</sup>

### **Provide Smoking Cessation Services Checklist**

- Seek funding for school-based cessation from tobacco funding sources
- Establish a district-wide policy ensuring access to cessation services
- Create mandatory brief intervention as consequence of violating policy
- Provide voluntary smoking cessation services on demand

- ▶ **Seek funding for school-based cessation from tobacco funding sources.** These may include sources such as state tobacco tax, master tobacco settlement funds, and CDC-sponsored state tobacco programs.
- ▶ **Establish a district-wide policy ensuring access to cessation services.** This will provide ready services to anyone ready to quit smoking.
- ▶ **Create mandatory brief intervention as consequence of violating policy.** This will, at a minimum, introduce cessation support and options to smokers. See the State of North Carolina Tobacco-Free Violation/Intervention Policy included with this hand-out.
- ▶ **Provide voluntary smoking cessation services on demand, if able.** For example, offer the American Lung Association's *Not On Tobacco (N-O-T)* program for students, which is voluntary and implemented by trained facilitators in the school. Provide resources for staff cessation, such as the American Lung Association's *Freedom From Smoking® Online* program and/or support materials. Schools should identify available resources in the community and provide referral and follow up services to students. Local tobacco coalitions or the local health departments often keep a list of available tobacco cessation resources. Consider using a proven, validated program such as those that are certified by the Substance Abuse and Mental Health Services Administration (SAMHSA). Model program information is available online (<http://www.modelprograms.samhsa.gov/template.cfm?CFID=9784845&CFTOKEN=84802>).

## **REFERENCE MATERIALS**

- ◆ State of North Carolina Tobacco-Free Violation/Intervention Policy

<sup>6</sup> Fact Sheet: Tobacco-Use Prevention. CDC's School Health Policies and Programs Study (SHPPS) 2000 (accessed August 4, 2006, <http://www.cdc.gov/healthyouth/shpps/factsheets/pdf/tobacco.pdf>)





## STATE OF NORTH CAROLINA Tobacco-Free Violation/Intervention Policy

### *Enforcement policies for students, staff, and visitors:*

#### **1st Offense**

Tobacco education/alternative to suspension course or a one-day suspension; parent notification

#### **2nd Offense**

Tobacco education/alternative to suspension course is mandatory; parent notification

#### **3rd Offense**

Three-day suspension; parent notification

#### **4th Offense**

Administrator's discretion

*Enforcement for staff* should follow the school's personnel regulations as with any other personnel policy.

*Enforcement policies for visitors:* Communicate, communicate, communicate!

