



Interested in Becoming Trained as a Freedom From Smoking® Facilitator?

The American Lung Association is dedicated to supporting tobacco-free lifestyles throughout all communities we serve Nationwide. Since it was first introduced over 41 years ago, the [Freedom From Smoking®](#) program has helped hundreds of thousands of Americans end their addiction to nicotine and begin new tobacco-free lives.

Our program boasts a 57% quit rate at 6 months when used in combination with an FDA-approved cessation medication. Freedom From Smoking® is based on proven addiction and behavior change models. The program offers a structured, systematic approach to quitting, and its positive messaging emphasizes the benefits of better health.

Evaluation studies and other research have shown that people who participate in Freedom From Smoking®:

- Experience both immediate and long-term health benefits.
- Learn to address and overcome the physical, mental and social aspects of their addiction.
- Are six times more likely to be tobacco-free one year later than those who quit on their own.
- When used in combination with tobacco cessation medication(s), up to 60 percent of Freedom From Smoking® participants report having quit by the end of the program.

American Lung Association trained [Freedom From Smoking® facilitators](#) are nurses, healthcare workers, community members, or anyone with an interest in supporting their community who has been tobacco-free for 12-months or longer. Active facilitators have the unique opportunity to serve your community in a tangible way by helping people break their addiction!

For more information on our gold standard tobacco cessation program, Freedom From Smoking®, visit Lung.org.





How Will You Bring Freedom From Smoking® to Your Community?

Freedom From Smoking® Group Program:

As a trained Freedom From Smoking® facilitator, you will have the skills and knowledge to lead a group program/clinic to support individuals through their quit journey. Group programs take place in small groups of not more than 16 participants and can be conducted in community settings, workplaces, hospitals, and really almost anywhere. Freedom From Smoking® group programs can be delivered virtually, as well, to support those individuals who may have difficulty traveling, or simply prefer the virtual modality.

Freedom From Smoking® facilitators will ensure each participant received their own copy of the participant workbook that is designed to guide each session and assists in works through their quit plan. Over the course of eight sessions, you will lead group participants as they work through the quitting process together. Sessions cover topics like:

- Tobacco cessation medications
- Lifestyle changes that make quitting easier
- Preparing for Quit Day
- Managing stress
- Avoiding weight gain
- Developing a new self-image
- How to stay tobacco-free for good

One-on-One Counseling:

Individuals trained as Freedom From Smoking® facilitators are able to apply the skills and lessons learned during their training to provide one-on-one tobacco cessation counseling to individuals. This is a great option for those in which a group setting is not preferred. Freedom From Smoking® produces a Self-help Guide that Freedom From Smoking® facilitators can use in these one-on-one settings.

For more information on Freedom From Smoking® facilitator training, as well as the program in general, visit Lung.org.