PHDMC offers Clinical Best Practice Cessation modeled after the Mayo Clinic. **Scheduled sessions:** we will meet once each week for 4/5 weeks, class duration 60 minutes. All participants will receive NRT (patches) for one month (an $80-$100 value)!

**Topics**

**Week 1 – Thinking about quitting.**
Assessments on readiness as well as introduction on the health issues with tobacco.

**Week 2 – Getting ready.**
All forms of pharmacotherapy are covered and participants make a tentative decision on cessation. Identification on “triggers” are discussed.

**Week 3 – It’s quit week.**
Participants will identify common withdrawal symptoms and key steps for a successful quit. Participants will set a quit date at this time.

**Week 4 – Staying quit for good.**
Participants will report on quit and assessments are done. Participants will gain understanding of most common relapse issues.

**Week 5 – All other concerns.**
Participants will gain knowledge on how stress can cause relapse as well as how healthy eating and active living can impact their success.

PHDMC has a very successful cessation partnership with Kettering Health Network and the Miami Valley Hospital. PHDMC has provided worksite cessation to: CareSource, G.E., DMax, EastWay Behavioral Health and many others in Montgomery County. In the past year, PHDMC has provided cessation services to over 300 community members.

If you have any questions, please feel free to contact Bruce Barcelo, he will be the Certified Tobacco Treatment Specialist facilitating cessation for your organization. Contact info, Tele: (937) 496-4398 or Email: bbarcelo@phdmc.org

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Tobacco kills 52 Ohioans every day. It remains the #1 most preventable cause of death in the United States. We look forward to partnering with you to make a healthier Montgomery County.