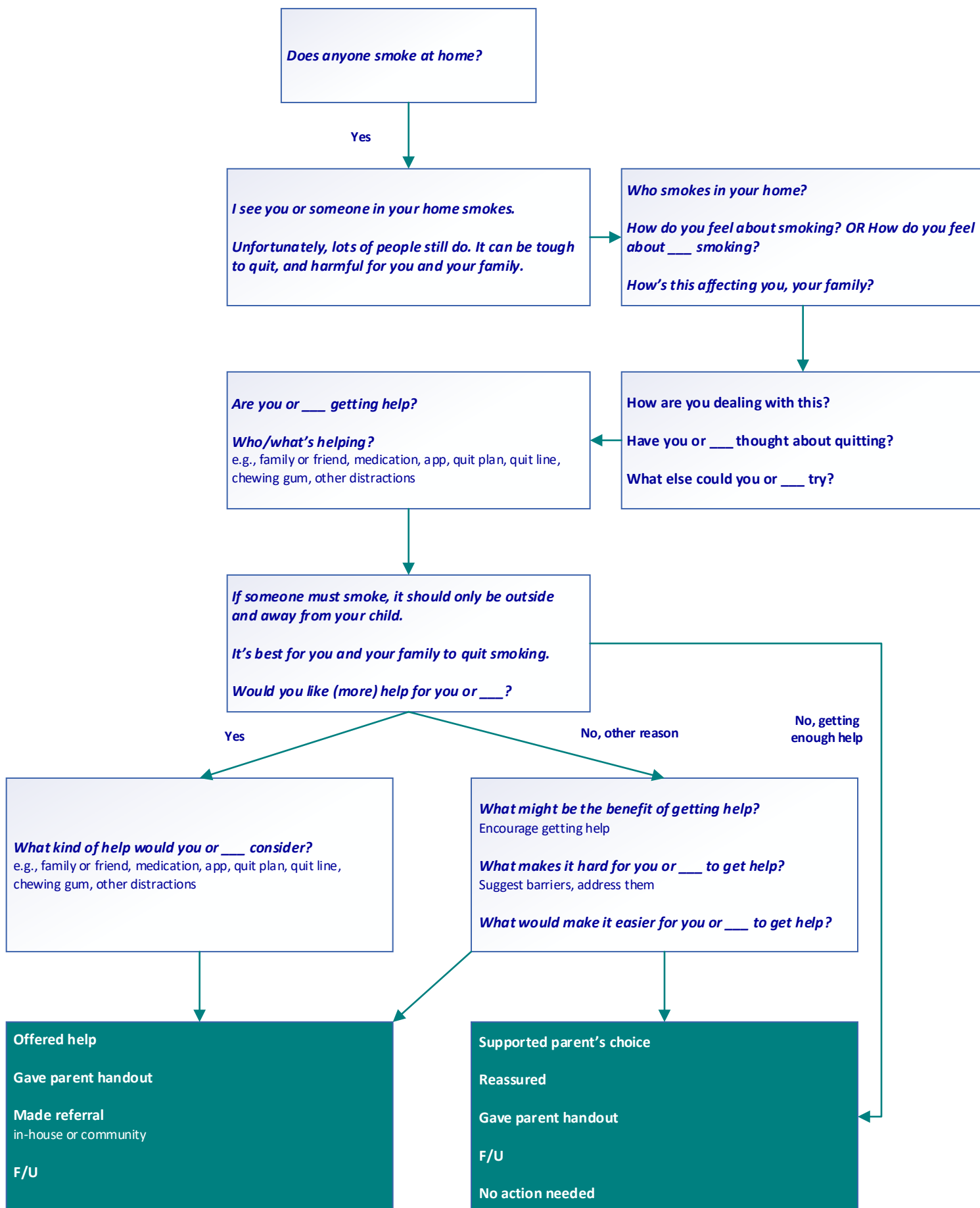


# Guidelines for Approaching Possible Tobacco Use



## **Tobacco Use – Addressing Possible Barriers**

Barrier: **I don't think it's so bad to smoke**

Response:

- Lots of people still smoke. It's tough to quit
- However, it's harmful for you and your family
- Still, I'd like to help you, and am concerned how this affects you, your child, your family
- Would you consider a program to help you quit smoking?

Barrier: **It will get better with time**

Response:

- I hear you that you feel that it will get better with time
- While some things get better with time, how long would you want to wait before getting healthier?
- How would you feel about trying a program to quit?
- If not now, please let me know when you feel ready

Barrier: **I don't think it's affecting my child(ren)**

Response:

- I hear you that you don't think it's hurting your child
- We've learned that kids and other around breathe in the air with the smoke. The nicotine is also on your clothes, rugs
- If you must smoke, it should only be outside and away from your child
- How would you feel about trying to quit?

Barrier: **I don't know where to get help**

Response:

- Yes, it's often hard to know where to get help
- If you're interested, I'm sure your own doctor or nurse can help. Also, I can recommend resources to help you quit
- We have someone here who can help. Would you like me to connect you with her/him?
- Here's a handout with useful info on helplines, websites and other resources

Barrier: **I've tried to quit before**

Response:

- I hear you that you've tried some things before that didn't work. That can be discouraging
- I have some other ideas to try. Would it be okay to discuss these?

Barrier: **I don't have the time**

Response:

- I hear you that there's not the time to deal with this; you're busy!
- Still, do you think this may be important – for you, your family, your child?
- Many resources are online or over the phone
- Would you like us to find someone that can work with your schedule?

Barrier: **Costs too much**

Response:

- I understand you're concerned about the cost
- Many of the resources may be free
- This is so important. Would you like me find something you can afford?