

Quit Coach Program Description

UB's Quit Coach Program links students, faculty and staff who want to quit smoking to trained personal Quit Coaches who will guide them to create a quit plan and support them in the weeks and months that follow. Quit Coaches are third year pharmacy students who have been trained about nicotine addiction and possess the information and skills to assist smokers to quit successfully. Quit Coaches are available to help with challenges such as smoking triggers, nicotine withdrawal, stress management and the side effects of nicotine replacement therapy. This program is free to UB community members.

The duration of the Quit Coach Program is three months. Clients will work with the same Quit Coach throughout the program. Quit Coaches will make appointments with their clients at these key times:

- Plan the quit
- Quit date
- One week after quit
- One month after quit
- Three months after quit

Note to clients: These times can be adjusted if your quit date changes or to suit your support needs. If you smoke an unintended cigarette or go back to smoking, you can remain in the program. We realize that this can happen and want you to feel comfortable talking to your Quit Coach about it and readjusting your goals for quitting smoking.

Quit Coach Sessions:

Quit coaching may be done in-person or by phone—as decided upon between the program participant and the Quit Coach. In-person meetings may occur in a formal consultation room setting or an informal setting, such as a coffee shop or lunch meeting—also agreed upon by the program participant and the Quit Coach. The setting should be one in which the client feels most comfortable to meet his/her needs.

During the first meeting the Quit Coach will be collecting contact information, as well as information about the client's current smoking behavior, motivation to quit, and prior quit attempts. Strategies for cutting back and quitting will be discussed. Information about nicotine replacement therapy (NRT), and the myths surrounding it, will also be shared. Subsequent contacts will involve checking-in to see how things are going, discussing what is working well and suggesting options for the challenges the client may be experiencing. The last Quit Coach meeting will include an evaluation of the Quit Coaching Program and resources for future support.

Quit Coach sessions will typically be 20-30 minutes long. The minimum length of a session should be 10 minutes, with a maximum of 60 minutes (this may occur if the client and Quit Coach meet for lunch).

Between Quit Coach Sessions:

Between Quit Coach Sessions clients may contact their Quit Coaches for additional support. It is important that they determine the way that their Quit Coaches would prefer to be contacted (i.e. phone, email, text) and the time of day and days of the week that are appropriate. This will be decided during session #1 when completing program enrollment paperwork. These contacts should range between 5-15 minutes. If clients need to contact their Quit Coaches more than one time per week, it is recommended that they call the State of NY Smokers' Quitline toll-free at 1-866-NY-QUITS or 1-866-697-8487.

Program participants must agree to the following:

- 1) To be contacted by their Quit Coaches during the five key times stated above.
- 2) To be on-time and reschedule their appointments within 24-hours (if possible) if they will not be available.
- 3) To contact their Quit Coaches by the agreed upon means (i.e. phone, email, text) and times of day.
- 4) To be upfront with their Quit Coaches if there are changes in their Quit Plans or if the program is not working for them. (Clients can end the program at any time by contacting their Quit Coaches.)

To enroll in the program, go to the UBreathe Free website at hr.buffalo.edu/ubreathefree. For more information, please contact Sharlynn Daun-Barnett at sd62@buffalo.edu or 716-645-2837 x5.