

## Who Should Attend?

This facilitator workshop is designed for individuals such as school teachers, counselors, health care professionals, and others who want to help teens quit smoking or motivate them to want to quit. Facilitators who lead the program must be a non-smoker or ex-smoker and must not have used any form of tobacco in at least 12 months, be good listeners and supportive of the concerns of teens who want to quit smoking.

## When and Where

September 22, 2010 (9AM - 4:45PM)  
Lexington-Fayette County Health Department  
805A Newtown Circle  
Lexington, KY 40511

**For more information call:  
American Lung Association®  
502-363-2652**

### Cost: \$150 per person includes:

N-O-T Facilitator Binder  
Resource Materials  
Continuing Education Hours  
Certificate of Completion  
Continental Breakfast  
Lunch

**NOTE:** Participants must submit full payment, attend entire workshop and complete an evaluation to receive continuing education hours and course curriculum.

## Course Agenda

### Purpose

This workshop is intended to introduce participants to the Not-On-Tobacco (N-O-T) program for teenage smoking cessation, based on current knowledge.

### Objectives

- Identify basics of tobacco education.
- Discuss effective facilitation skills for tobacco cessation education.
- Describe the features of the N-O-T program.
- Participate in analysis of facilitation skills.
- Describe responsibilities of a N-O-T facilitator.

## What is N-O-T?

Not on Tobacco (N-O-T) is a state-of-the-art program specifically designed for teenagers who want to stop smoking. It was developed by the American Lung Association® in collaboration with the researchers at West Virginia University. Results from an ongoing national evaluation show that N-O-T does help teens stop smoking or reduce the number of cigarettes they smoke, which is often the first step to quitting entirely. Not-On-Tobacco is considered a designated program by the Substance Abuse and Mental Health Services Administration (SAMHSA).

N-O-T does more than teach teens how to stop smoking successfully. The program uses a life management skills approach so young people learn how to reduce stress, make decisions, and communicate more effectively with family and friends.

The core curriculum consists of ten sessions and four optional follow-up or "booster" sessions to reinforce what the group has learned and achieved. The program does not "teach at" the students. It draws them in as active participants through small group discussions, hands-on activities, journal writing, and drawing.

## N-O-T Registration

September 22, 2010

9AM - 4:45PM

Lexington KY

**Cost: \$150 per person**

Name \_\_\_\_\_

Prof. Credentials \_\_\_\_\_

Employer \_\_\_\_\_

Work Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Work Phone (\_\_\_\_\_) \_\_\_\_\_

Fax (\_\_\_\_\_) \_\_\_\_\_

E-mail \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home phone (\_\_\_\_\_) \_\_\_\_\_

Dietary Concerns \_\_\_\_\_

Payment method: \_\_\_check \_\_\_credit  
(Make checks payable to: American Lung Association)

Please indicate if you would like to receive the continuing nursing education hours:

\_\_\_Yes \_\_\_No

**Registration Deadline is:  
Friday, September 7, 2010  
More information on back...**

Cost: \$150 per person  
All fees are non-refundable

Please circle: Visa MasterCard Discover AMEX

Card # \_\_\_\_\_

Expiration Date \_\_\_\_\_ / \_\_\_\_\_

\_\_\_\_\_  
*Authorized Signature*

**Registration should be accompanied by full payment. Seats cannot be held with registration alone. Capacity: 10 person minimum / 20 person maximum.**

**You must attend the entire program to become a certified facilitator and to receive the curriculum.**

## American Lung Association®

As the oldest voluntary health organization in the United States, the American Lung Association's mission is to prevent lung disease and promote lung health.

As a charter member of the nationwide organization, the American Lung Association of the Midland States is committed to carrying out this mission in Kentucky, Michigan, Ohio and Tennessee. In communities throughout the Midland States region, the American Lung Association is working to improve life one breath at a time through education, advocacy and research.

The American Lung Association of the Midland States is funded by public donations, along with gifts and grants from corporations, foundations, government agencies and nongovernmental organizations.

From tuberculosis to asthma, from tobacco control to clean indoor and outdoor air, the lung health successes achieved during the American Lung Association's century of service have been gained only through the work of thousands of committed volunteers, dedicated staff and generous supporters.

For more information about the American Lung Association or to support the work it does, call 1-800-LUNG-USA (1-800-586-4872) or log on to [www.MidlandLung.org](http://www.MidlandLung.org).

## Continuing Education

The American Lung Association® of Ohio (OH-225, 2-1-12) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

This workshop will award 6.3 nursing contact hours. Nursing contact hours are acceptable for Respiratory Therapists.

***A certificate of completion and hours will be awarded for participation in the entire program, receipt of validated course payment, and completion of evaluation.***



**A TOTAL HEALTH APPROACH DESIGNED  
TO HELP TEEN STOP SMOKING**

**September 22, 2010  
9AM - 4:45PM**

**Lexington-Fayette County  
Health Department  
805A Newtown Circle  
Lexington, KY 40511**

**Fax or mail registration form (both sides  
when paying by credit card) to:**

**American Lung Association®  
Fax (502) 363-0222  
Attn: N-O-T Workshop  
PO Box 9067  
Louisville KY 40209**

**Registration Deadline  
September 7, 2010**