

SUPPORT STRATEGY: CESSATION SERVICE REGISTRATION

First and foremost, as the ACE Champion you are responsible for assisting students who use tobacco to register for online cessation coaching via www.KanQuit.org. Facilitating and monitoring the registration of students with cessation coaching services is the minimum expected of ACE Champions. To become familiar with the brief KanQuit registration process, view the ACE training video at www.kdheks.gov/tobacco/ACE.htm or as course number 1047242 on KS-TRAIN at ks.train.org. Additional follow up with students, the use of motivational interviewing techniques and the use of incentives or administrative punishment to persuade students to register and take cessation coaching seriously are at the discretion of the ACE Champion and school administration. This flexible approach is meant to give each school the ability to implement ACE in the way that best suits their needs. See the reporting section for additional information on student registration monitoring.



KanQuit.org home page

Kansas Tobacco Quitline Services

The Kansas Tobacco Quitline is a telephone and web-based cessation coaching service that is managed and monitored by the Kansas Department of Health and Environment. These services are provided free to all Kansas residents courtesy of a federal grant from the Centers for Disease Control and Prevention and may be accessed as often as needed.

We recommend you connect students to the Kansas Tobacco Quitline online via KanQuit.org. From KanQuit.org students can read articles on relevant tobacco-related topics and enroll for free cessation services through an interactive website that helps users set a quit date and create a personalized plan to quit tobacco and face challenges.

NOTE: We do not recommend that you connect the student directly to the telephone coaching. Research conducted on behalf of the Kansas Tobacco Quitline suggests that youth do not find telephone coaching to be particularly desirable. However, if the student indicates an interest in this option, you can provide them with the toll free access number: 1-800-QUIT-NOW (1-800-784-8669). Students who register for online services will also be informed about available telephone coaching options.



Below is a diagram that summarizes what students can expect when they enroll in the online cessation services from the Kansas Tobacco Quitline via KanQuit.org. Once enrolled users have access to online cessation coaching by live chat and email. Users also have access to a private, online community where they can complete activities, watch videos and join discussions with others in the program.

KANSAS TOBACCO QUITLINE PROCESS



Materials for Participants

The ACE Program includes a student journal to assist with and reinforce the cognitive-behavioral modification process as students work through program intervention sessions. It contains blank pages for the student to write on and pages that contain tips to assist with creating a supportive environment and overcoming cravings. Contact the ACE Coordinator (ACE@kdheks.gov) to request ACE journals.

Some schools and ACE Champions choose to offer students support beyond registering them for cessation services. If ACE Champions would like to take their one-on-one student support to the next level, additional training with a focus on using motivational interviewing techniques or incentives for completion of certain assignments at KanQuit.org will be provided when possible. Interested schools are encouraged to coordinate with community partners or Holly Frye (ACE@kdheks.gov).



SUPPORT STRATEGY: STUDENT KNOWLEDGE AND AWARENESS

Youth can be administratively referred to cessation coaching or they may self-refer to cessation coaching. To build awareness of available cessation services and educate youth about the dangers of tobacco use, ACE Champions are encouraged to:

- I. Implement school promotional activities
- II. Integrate tobacco education activities into relevant classes.

Promotional activities can be big or small things the ACE Champion regularly does to educate students about the health harms associated with tobacco use and build awareness of free cessation coaching. Small things include:

1. Occasional quick facts/KanQuit information on morning announcements
2. Brief announcements or presentations at rallies or school assemblies
3. Posting ACE promotional posters around school (ACE promotional posters are available upon request and include space for ACE Champions to provide their contact information.)
4. Recruitment of coaches and other school staff to discuss tobacco use with classes or teams.

The Tobacco Free Kansas Coalition (TFKC) is a statewide partner that is available to provide ideas for engaging students in ACE promotion and tobacco prevention education activities that can strengthen school tobacco policies to become comprehensive. Consider contacting TFKC at www.tobaccofreekansas.org.

Some ideas for “bigger” ACE promotional activities might include:

1. Creation of a student tobacco prevention group
2. Student-organized or developed education/awareness materials around school
3. A school assembly largely devoted to tobacco education and awareness

When planning and executing ACE promotional activities, keep flexibility and creativity in mind. Take the time to use existing ACE resources and when possible work with community partners who are supportive of youth tobacco prevention and cessation. To be connected with potential ACE partners in your community, contact Holly Frye, the Kansas Tobacco Use Prevention ACE Coordinator at ACE@kdheks.gov.



Tobacco Education Options

Integrating tobacco education into certain classes can help build awareness of cessation coaching resources and educate youth on the dangers of tobacco use. This can be as simple as providing a few tobacco facts in class or as elaborate as implementing an evidence-based tobacco prevention curriculum in a relevant class. When planning to integrate tobacco education, it is important to discriminate between a one-time educational classroom activity and the implementation of an evidence-based tobacco prevention curriculum, which is considerably more involved and demanding to implement. Tobacco education can be integrated into any class, but some common classes in which to integrate tobacco education include:

- Health
- Biology
- Chemistry
- Physical Education
- Family and Consumer Sciences

There are a limited number of evidence-based tobacco prevention curriculum packages available for high school and middle school students. An evidence-based tobacco prevention curriculum is one that has been impartially reviewed, assessed and rated in peer-reviewed literature to determine its efficacy and success. Some curricula are free while others are pay-for-use. If you are interested in implementing an evidence-based tobacco curriculum in a class, the first step is to identify the curriculum and determine whether your organization can afford it and whether it is suitable for the target age group. A good place to locate promising tobacco curriculum options is the Substance Abuse and Mental Health Services Administration's (SAMHSA) National Registry of Evidence-based Programs and Practices at <http://www.nrepp.samhsa.gov/AdvancedSearch.aspx>. A search for curriculum tailored to 13-17 year old adolescents and a tobacco outcome will yield results that align with ACE. If your school integrates tobacco education curriculum into certain classes, be sure to keep track of how many classes use the curriculum and how many students are reached by the tobacco education each semester.

