Resources on Smoking Cessation available at Connecticut Clearinghouse

Audiovisuals

Butt Out (VHS)
A quit smoking plan that discusses getting ready to quit, eliminating triggers, coping effectively, best treatment options, and overcoming setbacks. With an introduction and conclusion by Ed Asner

Diary Of A Teenage Smoker: Why Girls Start Smoking And How They Quit (VHS)
This film explores the image that allures young girls to start smoking and uses rock music, humor and slick pacing to reach its teenage audience. Compelling commentaries from teenage girls tell why they started smoking, how they felt physically and emotionally when addicted to cigarettes, and how they quit

Holding Our Own: Strategies During Pregnancy And Motherhood To Stop Smoking (VHS)
Pregnant women and mothers share their personal strategies on quitting smoking. Health care providers explain symptoms of withdrawal, suggest alternatives to smoking, and offer tips and advice about smoking cessation

How I Quit Smoking And Saved My Life (VHS)
Based on Community Intervention’s nationally recognized TAP cessation program, which has been proven effective in reducing teenage smoking, this drama follows Jenny, a teenager who is trying to quit smoking

I Can't Breathe: A Smoker's Story (DVD & VHS)
Pam Laffin, a 31-year-old mother of two young girls died from emphysema. In this program, Pam tells why she started smoking and what it was like to learn she had emphysema, a smoking-related disease for which there is no cure. Despite her debilitating illness, Pam was committed to sharing her story so others might learn from her.

Kickin' Butts: How To Put Out Your Last Cigarette (VHS)
Provides information about smoking cessation programs, nicotine patches, prescription drugs such as Zyban, and relapse prevention methods such as HALT and the 4 D’s. Suggests being prepared for changes in mood, including possible depression, anxiety and irritability.

For more information about these resources please visit www.ctclearinghouse.org and click on Resource Catalog or call 800.232.4424
Smokin’ Sam (VHS)
Two students, with the help of a doctor, nurse and advertising agent, try to convince Smokin’ Sam, a roller hockey star, to stop smoking.

Smoking And Biofeedback (DVD)
This video, based on Life Skills Training, teaches students about the physiological effects of smoking on the body by demonstrating the impact cigarette smoking has on heart rate and hand-steadiness.

Smoking And Nutrition (VHS)
Examines the nutritional effects of smoking including effects on the digestive, respiratory and endocrine systems. Also explores weight management & food guide choices for individuals in smoking cessation programs.

Smoking Cessation (VHS)
Dr. Spring discusses smoking cessation and engages in an actual therapy session with a real client.

Smoking: The Truth Unfiltered (DVD & VHS)
Aimed to reach teens who are current smokers as well as discourage those who have not yet started, this program will show young people that smoking is damaging to their health now—not just years down the road—and that quitting is not only possible, but worth the effort.

Smoking: Truth Or Dare (DVD & VHS)
Graphically demonstrates to teens who use tobacco exactly what this deadly habit is doing to them. The damage smoking or chewing tobacco does to their bodies is not just something intangible that they might have to face forty or more years down the road. These young people are suffering the deadly effects of their tobacco use right now, and the consequences will only get worse.

Stimulants (DVD & VHS)
Beginning with an overview of stimulants as a class of drugs, this program examines caffeine, nicotine, amphetamines, methamphetamines, and cocaine, in both powder and crack form.

Stop Smoking Now: Reasons Not To Smoke When You’re Pregnant (DVD)
When you’re pregnant, everything you eat, drink and breathe affects your health and your baby’s health. So when you smoke, your baby does too. Quitting smoking is one of the most important things you can do for yourself and your baby. When you stop smoking, you increase the amount of oxygen your baby will get; you lower the risk that your baby will be born too early; and increase your chances of having a healthy baby. This video provides support, guidance and information about resources to help you resist the urge to smoke.

Stop Smoking With Affirmations (VHS)
Explains the power of the mental belief system and how it can be used to stop smoking through the use of positive affirmations. Presents a step-by-step outline to program the mind into believing that it belongs to a nonsmoker.

This Is Your Brain On Tobacco: A Research Update (DVD)
This program takes viewers inside a brain lab to show the latest research about the effects of nicotine on the brain. A neuroscientist explains how smoking affects brain chemistry and how dopamine and the brain’s reward pathways reinforce tobacco use. Interviews with teen smokers.

Last update: November 2009
deliver the message that smoking can lead to dependence and addiction; that cravings for nicotine persist; and that people who try to give up smoking often relapse. The program also describes recent research finding that the teenage brain is still developing and why this may mean that teens are at greater risk for long-lasting addiction. The program also profiles teens who have managed to quit.

Tobacco 101 Smoking Is A Family Affair (DVD)
An educational tool to help inform the Latino community about the health consequences of using tobacco and the benefits of quitting

Up In Smoke: The Extreme Danger Of Smoking Tobacco (VHS)
This program is an honest, straight-forward examination of the real damage that smoking tobacco can do to the human body

Women And Tobacco: Seven Deadly Myths (DVD & VHS)
Hosted by cover model, entrepreneur and smoking cessation advocate Christy Turlington, this video explores some of the common myths about smoking and empowers women to become or stay smoke-free

Books

Best Practices For Comprehensive Tobacco Control Programs / Centers for Disease Control and Prevention
Call Number: 362.296 B561 2007

Developing School-Based Tobacco Use Prevention And Cessation Programs / Steve Sussman
Call Number: 658.802 D489

The Easy Way To Stop Smoking / Allen Carr
Call Number: 362.296 C311

How To Help Your Patients Stop Smoking: A National Cancer Institute Manual For Physicians / by Thomas J. Glynn, Marc W. Manley
Call Number: 613.85 H847 1993

Implementing An Inpatient Smoking Cessation Program / By Patricia Smith, C. Barr Taylor
Call Number: 362.296 S656
Table of Contents: http://www.loc.gov/catdir/enhancements/fy0643/2005044943-t.html

Keep Quit! : A Motivational Guide To A Life Without Smoking / Hazelden
Call Number: 362.296 R971

Kicking Butts: Quit Smoking And Take Charge Of Your Health / American Cancer Society
Call Number: 362.296 K46
Recovery From Smoking: Quitting With The Twelve Step Process / Elizabeth Hanson Hoffman
Call Number: 362.296 H699

Relapse Prevention: Maintenance Strategies In The Treatment Of Addictive Behaviors / edited by G. Alan Marlatt and Dennis M. Donovan
Table Of Contents: http://www.loc.gov/catdir/toc/ecip056/2005000834.html
Call Number: 616.86 M347RE

Stop Smoking Now! : The Rewarding Journey To A Smoke-Free Life / Garland Y. DeNelsky
Table Of Contents: http://www.loc.gov/catdir/toc/ecip0711/2007006728.html
Call Number: 362.296 D392

Table Of Contents: http://www.loc.gov/catdir/toc/guilford041/2002153857.html
Call Number: 362.296 T629

Treatting Tobacco Use And Dependence / Michael C. Fiore
Call Number: 362.296 T784

Curricula

Helping Teens Stop Using Tobacco: A Step-By-Step Tobacco Cessation Program, Grades 7-12 / W. Keith Pendell

N.O.T. Not On Tobacco: The Premier Smoking Cessation Program / American Lung Association
Summary: 10 sessions and 4 optional booster sessions designed to help teens quit smoking or reduce their smoking.

NicoTeen Challenge: A Smoking Cessation Program Designed Especially For Young Adults

Project EX: Teen Tobacco Use Cessation / Steve Sussman, Kara Lichtman
Summary: School-based smoking-cessation clinic program for adolescents that stresses motivation, coping skills, and personal commitment. Consists of eight 40-45 minute sessions delivered over a 6 week period. Includes strategies for coping with stress, dealing with nicotine withdrawal and avoiding relapses.

Project T.N.T.: Towards No Tobacco Use
Summary: Comprehensive adolescent tobacco use cessation guide with a variety of activities - games, roleplaying, group discussion, letter writing and video-taping project.

Stop Smoking: A Program For Women: Facilitators' Guide
Summary: Assess your habit, learn coping techniques, stress management and weight control. Original participants were women with low-incomes in Canada. Program has 4 stages: Intake - Motivation - Quitting - Support.

The Stop Smoking Workbook

Last update: November 2009
Stop Using Tobacco: Participant's Guidebook: Tobacco Awareness Program
Surveys, activities on reasons for addiction, habit control of overeating and healthy living for smokers.

Fact Sheets
Tobacco: Use And Cessation

Pamphlets
Becoming A Former Smoker
Beyond Willpower: Five Tools To Help You Quit Smoking
Clearing The Air: Quit Smoking Today
Consecuencias Para La Salud Por Fumar
Deje De Fumar
Deje De Fumar Por Un Dia: Para Siempre
Los Diez Pasos Principales Para Dejar De Fumar
How To Help A Friend Or Family Member Quit Smoking
How To Quit Smoking When You've Tried Before
No Lo Deje Para Mañana, Deje De Fumar Hoy: Guía Para Dejar De Fumar
Read This Pamphlet Online - Lea Este Folleto En Línea:
Quitting Smoking: Common Problems, Good Solutions
Quitting Smoking: While You're Still A Teen
Rompa Con El Vicio: Una Guia Para Dejar De Fumar
Still Smoking? Read This!
Stop Smoking: Cope With Urges To Smoke = Para Dejar De Fumar: Controle Al Ansia Por El Tabaco
Stop Smoking: Get Support = Para Dejar De Fumar: Cómo Recibir Apoyo
Stop Smoking: Keep Your Weight Healthy = Para Dejar De Fumar: Lograr Un Peso Saludable
Stop Smoking: A Plan That Works = Para Dejar De Fumar: Un Plan Que Funciona

Last update: November 2009
Stop Smoking: Quit For Your Kids = Para Dejar De Fumar: Hágalo Por Sus Hijos

A Teen's Guide To Quitting Smoking

Tobacco Self-Test: Thinking About Quitting?

Women And Smoking: Ten Great Reasons To Quit

X-Smoker: Tips For Quitting

Posters

Los Beneficios De Dejar De Fumar

The Benefits Of Quitting

Dentro De Los Primeros 20 Minutos De Haber Dejado De Fumar

Set Yourself Free: When You're Ready To Quit Smoking, We're Here To Help

Within 20 Minutes Of Quitting…