

**Program Description**

Participants will be trained to lead a comprehensive behavioral smoking-cessation program for heavy smokers using nicotine replacement products.

**Cost**

- This workshop is provided at **No Cost**.
- However, should participants agree to become Cooper/Clayton Facilitators there is a cost of \$200 to purchase a program material packet consisting of weekly video tapes, Leader's Guide and 24 participant books.

**Agenda**

- 8:30 AM – 9:00 AM Registration / Welcome
- 9:00 AM – 10:45 AM Nicotine Replacement Part 1
- 10:45 AM – 11:00 AM Break
- 11:00 AM – 12:00 PM Nicotine Replacement Part 2
- 12:00 PM – 1:00 PM LUNCH (provided)
- 1:00 PM – 2:30 PM Facilitating a Group
- 2:30 PM – 2:45 PM Break
- 2:45 PM – 3:25 PM Resources & Recruitment
- 3:25 PM – 3:30 PM Evaluation & Certificates

**Target Audience**

- Any Health or Wellness Professional, Nurse, Educator, or non-smoker who has a genuine interest in helping smokers to become non-smokers is welcome. Participants will not be required to become a facilitator.
- In order to become a Cooper/Clayton Facilitator, you must:
  - \* be a non-smoker for at least one year
  - \* attend a Cooper/Clayton Facilitator Training
  - \* acquire the necessary program information
  - \* agree to conduct a session within a year.

**Objectives**

1. Review the characteristics of mood altering drugs.
2. Discuss the principal actions of nicotine on the body.
3. Describe a mechanism for the use of alternate nicotine sources in smoking cessation.
4. Discuss a process for nicotine reduction therapy.
5. Identify ways to assist the smoker in relapse prevention.
6. Discuss implementation strategies for community smoking cessation group classes.
7. Explore procedures for organizing & conducting a program.
8. Identify resources available to facilitators and class participants.

**Presenters**

- Thomas M. Cooper, DMD, DDS is an ex-smoker who co-developed the Cooper/Clayton Smoking Cessation Program. He is a well-known authority regarding smoking cessation. He has presented numerous seminars throughout the United States and has written extensively regarding smoking cessation.
- Jaime Rafferty, B.A., and Jamie Smith, B.S., are Cancer Control Specialists with the University of Louisville Kentucky Cancer Program

**Location and Directions**

**Western Baptist Hospital Heart Center Auditorium**  
**2501 Kentucky Ave.; Paducah, KY 42001**  
 I-24 W to exit 7. Turn right at bottom of ramp onto Lone Oak Rd. (US-45). Go to 4<sup>th</sup> stoplight & turn right onto Jackson Street (US-45 Walgreen & CVS on corners). Go to 2<sup>nd</sup> stoplight and turn left onto S. 28<sup>th</sup> St. (US-45). Go to 1<sup>st</sup> stoplight & turn right onto Washington St. (Washington will turn into Kentucky Ave). Heart Center entrance/parking will be on the left side of the road past hospital main entrance & ER Heart Center Auditorium is located on the second floor of the Heart Center.

**Registration**

- Registration Deadline is October 28, 2009  
**Registration is required due to the limited number.**

**Registration Form**  
**Registration Deadline: October 28, 2009**

Name \_\_\_\_\_ Profession \_\_\_\_\_

Address (home or work) \_\_\_\_\_ Email \_\_\_\_\_

\_\_\_\_\_ Phone \_\_\_\_\_

(Employer) \_\_\_\_\_ # of facilitator kits, at \$200 each, that you plan to purchase on November 4.

Mail, Fax, or E-mail to: Kentucky Cancer Program  
 222 Kentucky Ave. Suite 4  
 Paducah, KY 42003

Fax: (270) 442-9265  
 E-mail: jamiesmith@vci.net

**For more information contact KCP at (270) 442-1310**