

6

OUTLINE Finding Support

Knowledge Topic references are located in a separate section of the Baby Steps Help Guide e-resource.
Participant handout references are not included, but are available upon request by contacting the tru@ahs.ca.

Goal	For participants to develop personalized support plans for stopping tobacco.
Objectives	<p>By the end of the learning session, participants will</p> <ol style="list-style-type: none"> 1. be able to identify at least one person who they would like to support them in their tobacco change plan efforts 2. be able to identify at least one expectation they have for their support person 3. be able to identify additional sources of support while reducing or quitting tobacco. 4. understand how their support plans and sources need to be continuously refreshed
Presentation approach	<p>As a one-to-one service provider or group facilitator, decide how you will share information with, and support reflection by, participants. You may wish to:</p> <ul style="list-style-type: none"> • Print and hand out the participant resources • Share the participant resources using a laptop, tablet or cell phone • Visit the websites and links listed with participants, to point out where they can find additional information • Group settings – Engage in a large or small discussion groups • Have participants answer questions by writing down what they learned on the handout provided and/or share verbally
Facilitator/ service provider backgrounders	<p>There is one facilitator activity instructions document, two facilitator background documents and three participant resources for review as preparation for this topic.</p> <ol style="list-style-type: none"> 1. <i>Providing Support Throughout the Stages of Change</i> 2. <i>A Discussion about Enlisting Support</i> (activity instructions) 3. <i>Decision to Change</i> (Tobacco Cessation Toolkit) <p>The appendices “Girls, Women, Health and Tobacco Use” and “Using a Principle-Based Approach” may also be helpful to review.</p>
Participant Resources	<ol style="list-style-type: none"> 1. Support Contract (activity) 2. For Support People- Being Helpful at Each Stage of Change 3. Becoming Tobacco-Free is Tough: How You Can Help (family and friend handout)
Additional resources and information	

6

FACILITATOR ACTIVITY INSTRUCTIONS A Discussion about Enlisting Support

Even though quitting tobacco is something we must do mostly on our own, finding support can help get us through the process. Whether participants turn to a professional, a friend or a family member, the helping relationship can provide support, caring, understanding and acceptance.

1. Discussion

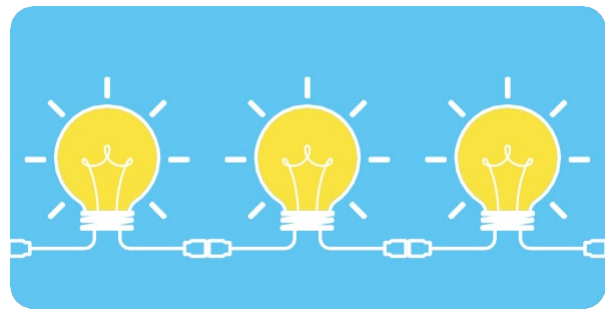
Help participants discuss ways of:

- telling others they want to quit
- having support while in the process of stopping

2. Brainstorm

Help participants brainstorm:

- what kinds of support are needed when changing tobacco use
- where can participants go to get these supports



3. Identify

Help participants identify people:

- they can turn to for support who are nonjudgmental
- Who can relate to their needs and situation



4. Contract

- Help participants write a support contract that includes the names and contact information of any support people and what is expected and needed from them. Use the sample support contract as a guide.
- Encourage participants to take their support contracts home and have their identified support person(s) sign the contract with them.

5. Additional help

- Discuss where people who use tobacco can go for additional help with changing their tobacco use.

6

FACILITATOR BACKGROUNDER Providing Support Throughout the Stages of Change

Support has a role in each of the stages of change.^[1]

Pre-contemplation

During the pre-contemplation stage people are not thinking about making changes yet and may not feel there is anything that needs to be changed. They probably won't be interested in offers of support or information.

Health providers interested in facilitating change at this stage should provide individuals with a safe and supportive environment where they may be able to ease up on their defenses and contemplate making changes.

Messages that can be helpful during this stage let participants know that they are the ones who decide on how and when any changes will be made. They need to understand that health providers are there to support, not direct them.

Finding out at this stage how tobacco fits into their life can open discussion and provide key insights as to what is important to the client and the reasons they use tobacco. Providing a social environment in which people can be accepted for who they are and where they are at is critical.

Contemplation

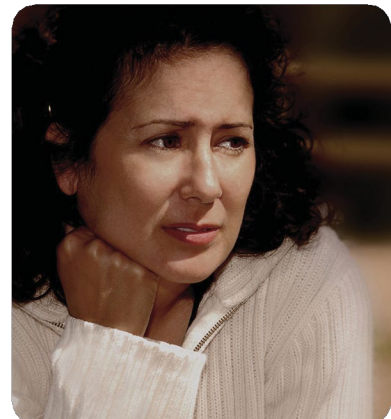
Thinking about change and taking action are not synonymous. Clients will make changes in their own way and at their own pace. Health providers, friends and family can sometimes become overeager, pushing the pregnant or postpartum woman into action when she is not ready. This may undermine the process of allowing her to come to the decision to quit on her own. Forced changes are more likely to be temporary. They may also cause unintended hurt and guilt for the woman involved, and may result in her resisting change.

During contemplation, clients may be looking for more information to increase their awareness and to determine the risks and benefits to making change. Find out whether or not they are looking for information or advice, and the type of support that would be useful to them. During this stage participants might request that their supporters listen and provide feedback and understanding.

Health providers might be able to help clients identify their patterns of tobacco use (i.e., specific triggers and activities that they associate with tobacco). This will help them increase their self-awareness and might help clients move to the preparation stage. Clients can find some useful information and tools at myhealth.alberta.ca

Empathy, unconditional support and information are the types of support needed during contemplation. Empathy can be defined as the ability to take another person's place emotionally and cognitively, to walk in his or her shoes. Warmth and understanding should be available no matter what happens in the change process.

A health provider who withdraws their help because the client has failed to do what they think is best can do more harm than good. Health providers should be clear that their relationship with the client is not based on their abstinence from tobacco.



6

FACILITATOR BACKGROUND

Providing Support Throughout the Stages of Change

Preparation

As people prepare to change, it is important to encourage clients to go public with their intentions to change their tobacco use. Health providers can open a discussion about who may be for or against the client's change and how they can find someone who can offer safe and positive support.

Whenever someone decides to change their behaviour, such as stopping tobacco use, the people close to that person will be affected. Since preparation usually involves noticeable changes, it is nearly impossible to disguise them from the person's partner, the people they live with or their close friends. When people know why someone is behaving in an angry or moody way, they can be much more understanding.

That being said, not every partner or close friend will be a good support. Sometimes those we are closest to may be the most invested in things staying the way they are. Even people who care for us can be uncomfortable with change and may consciously or unconsciously hinder our efforts.



When a client announces their plans to change and asks for support from friends and family, they need to understand that while people may be willing to help, they don't always know how.

The support contract included in this activity can be a good way to write out a list of ways that the client's supporter can help them the most. A client might request their supporter to be on call for stressful or crisis situations, to help them remember the benefits of changing, to help with positive thinking or to distract them.

Here are ways that clients might ask for help

- Ask others to not use tobacco around them
- Ask others to be patient, especially if they are feeling grumpy
- Ask others to help with chores during the first few weeks after quitting to ease stress
- Ask others to remind them of how well they are doing with their change plan
- Tell all health providers about their plan to change

Having a quit or change plan is an important tool for clients. This is like a road map for their journey to make a behaviour change and will help them get to where they want to be with the best possible strategies. Health providers can help clients with their change plan, and offer information and links to resources as the client is ready and interested in them. A plan may be to stop using tobacco, or first to cut down. This depends on the client's preference and needs. Clients can access a change plan and other resources at albertaquits.ca

Action

People in the action stage are busy implementing their change plans. They may find that they haven't considered or anticipated everything that might help them be as successful as they would like to be. Perhaps the plan they had to manage being around others who are still using tobacco didn't work the way they'd hoped it would. Or maybe they found that they were using their medication incorrectly, or that the dose wasn't enough to help make cravings manageable.

6

FACILITATOR BACKGROUNDER

Providing Support Throughout the Stages of Change

Health providers can support clients by reminding them that they are there to help in time of need with information and support. Providers can offer to check with their clients on a schedule, if they find that helpful.

Providers can also help clients understand that their plan for quitting will always be evolving. It is a process of trial and error, and of making tweaks when needed. Clients may find that what worked three weeks ago isn't working so well now. Unforeseen problems may have arisen that need to be addressed. Clients must be open to adapting their plan to their current needs and situation. Flexibility and being open to try new things are particularly helpful at this stage.

Health providers can remind clients to reward themselves for their achievements and to build these rewards into their change plans.

Support network or individual discussion with others changing their tobacco use, to enhance support provided by health-care providers, friends and family. Getting support from a variety of sources and in various ways can increase a person's chances of success.

No matter the source of helping relationships, they are all of vital importance during the action stage, and will remain extremely important as participants transform short-term changes into long-term routines during the maintenance stage.



Maintenance

Participants will often receive lots of positive feedback and support during the action stage, but they may soon be forgotten once the change has occurred. Maintenance is a time for continued positivity and support. This may help prevent relapse during difficult situations.

Check in with clients. Health providers may want to go over the quit or change plan with their client, particularly their strategies to manage difficult situations where they may slip and use tobacco again. When appropriate, encourage clients to use online support at albertaquits.ca.

During the maintenance stage, clients can revise their support contracts. This helps supporters know they are still needed and how they can continue to provide support. Clients may find that they need different kinds of help or support at this stage than when they first quit tobacco.

Once clients are in the maintenance stage and feel they have made a solid change, they may consider helping someone else. Many people report that helping others is key to helping maintain change themselves.

When others use tobacco

Being around someone while they are using tobacco can increase a client's risk for slipping in their resolve to staying tobacco-free. Seeing tobacco, smelling it and having it within reach all increase a client's temptation to return to tobacco.

In these situations, clients might consider the following strategies

- Ask a friend or family member to quit with them.
- Ask others not to use tobacco or vape around them.
- Make their home and vehicle tobacco-free.
- Leave the room when others use tobacco or vape.
- Use the 4 Ds (see Topic 8). Plan ways to distract them self when someone else is using tobacco or engaged in an activity that is a trigger for you to want tobacco.

6

PARTICIPANT ACTIVITY Support Contract

Support Contract

To: _____

I have made the decision to:

I feel that making this is important because:

I need you to support me by:

Thank you for helping me be healthier!

From: _____

Please sign below if you agree to support me in making healthy changes:

Name: _____

Phone/Email: _____ Date: _____

6

PARTICIPANT ACTIVITY Support Contract

Sample Support Contract

To: Jason Smith

I have made the decision to:

I have made the decision to quit smoking on March 31st.

I feel that making this is important because:

I feel that it is best for my health and the health of our baby.

I need you to support me by:

- Not offering me cigarettes
- If you continue to smoke, smoking outside
- Not leaving your cigarettes around where I can see them

Thank you for helping me be healthier!

From: Dallas Kennedy

Please sign below if you agree to support me in making healthy changes:

Name: **Jason Smith**

Phone/Email: **403-000-0000 JasonS@hotmail.com** Date: **March 15, 20xx**

6

PARTICIPANT ACTIVITY Support Contract

My friend does not want to stop using tobacco (STAGE 1)

- Let them know that you care about them no matter what they decide to do about their tobacco use.
- Let them know you care about their health and will help and support them.
- Protect your own health. Ask the person not to use tobacco around you or to go outside.

My friend's thinking about becoming tobacco-free, but has not set a change date yet (STAGE 2)

- Support your friend to choose their own time to reduce their tobacco use and/or quit.
- Let your friend know that you think they are great and that your friendship is not dependent on their abstinence from tobacco or their continuing to use tobacco when you are together.
- If they mention stopping tobacco, let them know you believe they can do it.
- Find out what resources are available in your community for support. Let your friend know you have information to share when they feel ready to use it.



My friend has chosen a date and is getting ready to change their tobacco use (STAGE 3)

- If they have a change plan, then they may have already thought of ways to cope with their cravings. This might be walking or chewing gum and mints. Don't make fun of or criticize whatever they choose.
- Try giving up something yourself at the same time to support them.

My friend is changing their tobacco use now (STAGE 4)

- Listen to your friend. Respect what they are feeling and doing without judging or offering advice.
- Ask what you can do to help.
- Be sympathetic about any discomforts from withdrawal.
- Your friend may want to change some activities you do together to avoid temptation. You may feel left out. Try to join your friend in other interests or just be available to talk to when they need you.
- Many people who stop using tobacco worry about gaining weight, especially women—and most will.
- Whatever healthy changes they make to reach their goal (e.g., eating differently, doing more physical activity), help them do it.
- Offering rewards may be helpful—but it can also make some people feel bad if they do not succeed right away. Be sensitive to your friend's wants and needs.
- If they haven't asked their doctor about changing their activity level, suggest they follow up to ensure their activity plan is appropriate.
- Help them see how they are making changes for the better, even though the changes may seem small, and celebrate them together.

6

PARTICIPANT ACTIVITY

Support Contract

If I use tobacco, can I still help?

Yes! Here are some ideas:

- Remember that even though your friend no longer wants to use tobacco, they still want to be your friend. Let them know that your friendship does not depend on using tobacco together.
- You do not have to quit yourself to help your friend stop.
- Support their quit plan and strategies.
- Avoid using tobacco at times and places where your friend may feel most helpless to say no.
- Be aware that the smell of tobacco on your clothing or hair may trigger cravings for your friend, even if you don't smell it yourself.
- Do not encourage them to start using tobacco again.
- If they are tempted by tobacco, help them remember why they wanted to stop using in the first place. Try to raise their motivation with encouraging messages (e.g., "Remember you said you wanted to be smoke-free by the time you're two months along? It's not that far off. You can do it!").



My friend has started using tobacco again

Let them know that you understand that quitting is hard. Encourage them to keep trying.

- A slip doesn't need to turn into a full relapse. If your friend is open to discussing it, help them view their struggle in a positive light. Often people think they have failed. Help her to see it as a FAIL: First Attempt In Learning (a quote by former president of India, Abdul Kalam).
- Learning to change takes time, and mistakes can be opportunities to learn more about what needs to be done to be successful. Talk with them about their slip. The same slip may occur more than once. Why did it happen? Can they plan a way to manage that trigger or avoid it altogether?
- If your friend is open to it, help them revisit their reasons for wanting to become tobacco-free. This can help them feel motivated to keep moving towards being tobacco-free.

Adapted from: www.cancer.ca

6

FRIEND AND FAMILY HANDOUT

Becoming Tobacco-Free Is Tough—How You Can Help

The nicotine in tobacco can cause a powerful physical and psychological addiction. Stopping tobacco use can be very difficult. People need compassion, support and understanding while they're struggling to become tobacco-free. Here's what you can do.

Ask how you can help. Make yourself available as much as possible, especially during the first few days.

Listen. Don't preach or counsel. Be prepared for mood changes. Understand that irritability can be a normal (and temporary) part of the withdrawal process. Encourage your friend/family member to talk openly about her feelings.

Let her know about services available. Counselling or other supports can increase her chances of quitting. For more information, confidential support and referrals, call the AlbertaQuits Help Line at 1-866-710-QUIT, or check out the AlbertaQuits website at www.albertaquits.ca.

Encourage her to talk to a doctor, pharmacist or other health professional specially trained to help people reduce and quit. Advice and counseling from a doctor or health professional doubles the success rate for quitting.

Help her avoid tobacco and second- and third-hand exposure as much as possible. Engage her in healthy activities that are not associated with tobacco, especially in the first few weeks. Go for a walk, go swimming or try yoga. Take her to places where tobacco use is not allowed. Help her to avoid places or situations where it would be all too easy to have "just one."

Offer practical support. Changing tobacco use can be a very stressful process. Offer to take the children for a few hours or to help with the housework.

Don't expect overnight success. Many people engaged in stopping tobacco use do not become tobacco-free for good with their first quit attempt. Quitting is a process and may involve relapses. If your friend has a slip-up, encourage her to continue with her change plan getting back on track as soon as possible.

Celebrate success. Help her mark milestones (e.g., the progress markers she has chosen, as well as others like three days, one week and one month tobacco-free). Make her dinner, send her a flower or give her a massage.

Adapted from: AADAC: The Truth About Smoking and Pregnancy