

## More About the Programs

### How were these programs developed?

They were developed by an educator in an effort to meet a need within schools to help young tobacco users quit. They are based on Prochaska and DiClemente's research on the Stages of Change. They also align with the Social Influences, Cognitive Behavior and Risk Reduction Models.

### Who is the target audience for these classes?

They are appropriate for teens throughout the United States in rural and urban settings and of all ethnic backgrounds and cultures.

### What is the success rate of these programs?

Published research show success. In 2003-2004, surveys showed that 37% of the teens in the tobacco intervention program (TI) reduced their use and 16% quit. The voluntary cessation program (TC) helped 47% of the students to reduce their use and 40% quit.

[www.communityintervention.org](http://www.communityintervention.org)

**Missouri Quitline**  
**1-800-QUIT-NOW (1-800-784-8669)**



**Funded by Baptist Trinity Lutheran  
Legacy Foundation Grant.**



**901 NE Independence Ave.**  
**Lee's Summit, MO 64086**  
**816.347.3298**  
**[www.lscares.org](http://www.lscares.org)**



Are you addicted to tobacco?

LET'S START  
**STOPPING!**

Whether  
teens are  
ready to  
quit  
or just  
thinking  
about it.

# Q

uitting is possible with HELP.

**Intervening with Teen Tobacco Users (TI)** is an eight session program that motivates teens to reduce their tobacco use, make healthier choices, quit on their own, or join a voluntary tobacco cessation program. The classes are designed to move teen tobacco users from not wanting to quit to wanting to quit.

***Tobacco Intervention***

**Lee's Summit CARES is a resource for teens thinking about quitting. Two easy to use programs have been developed.**



**Helping Teens Stop Using Tobacco (TC)** is an eight session curriculum for teens who are ready and willing to stop using tobacco. The program provides students with information, motivation, and support to quit using tobacco. Teens design a personalized approach to quitting by choosing their own quit date and cessation method.

***Tobacco Cessation***

## **Why Do This?**

**Teens who enroll in a tobacco cessation program are twice as likely to succeed in their quit attempt.**

**To enroll in classes:**

**Lee's Summit West & Lee's Summit High School students contact Amy Wilson @ 986.3333 x8653.  
Lee's Summit North High School students contact Valerie Jones @ 986.3044.  
Community members contact Lee's Summit CARES @ 347.3298.**