



Fall 2023

Freedom From Smoking® Facilitator Recertification and Refresher Webcast





All references to “tobacco” and “tobacco products” within this presentation refer to commercial tobacco and nicotine products and not the tobacco and/or other plant mixtures grown or harvested and used by American Indians and Indigenous People for sacred purposes.

References:
National Native Network. (2021). *Traditional vs. Commercial*. <http://keepitsacred.itcmi.org/tobacco-and-tradition/traditional-v-commercial/> Tobacco
CDC. (2021). *American Indians/Alaska Natives and Tobacco Use*. <https://www.cdc.gov/tobacco/disparities/american-indians/index.htm>

Presenters



Eva Book, BS, CHES, CTTS

Pronouns: She/Her

National Manager, Tobacco Programs

Chicago, IL



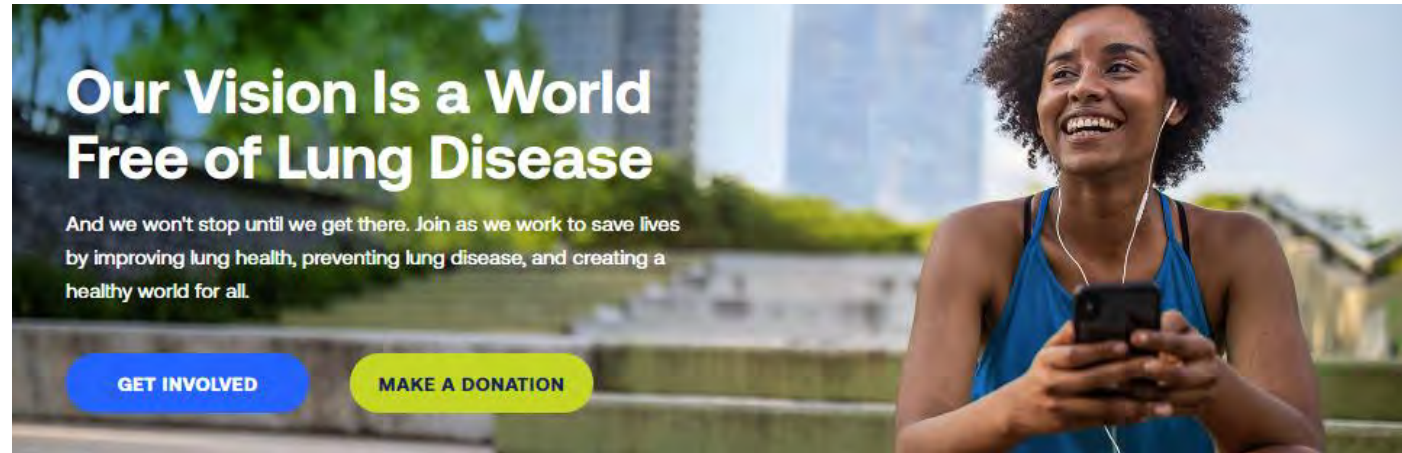
Rebecca Padilla, BA, CTTS

Pronouns: She/Her

National Senior Manager, Tobacco Programs

Chicago, IL

We are here for you!



We encourage you to reach out to our team
for any questions you have by emailing
[FreedomFromSmoking@Lung.org!](mailto:FreedomFromSmoking@Lung.org)

Agenda

- Review the Facilitator Agreement Form and Expectations
- Program Accomplishments and Lessons Learned
- Program Implementation and Updates
- Facilitator Resources and Technical Assistance
- Priority and Emerging Issues
- American Lung Association Initiatives

The American Lung Association

American Lung Association

About us



Organization History

- Founded in 1904
- Crusade against tuberculosis

Commercial Tobacco Control History

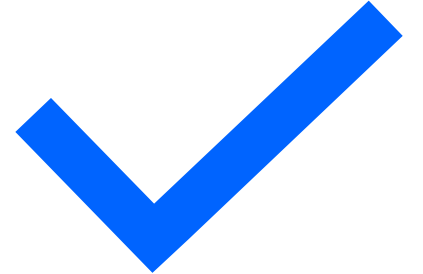
- American Lung Association and partners prompted the first Surgeon General's Report
- Helped over one million people quit
- Major backer of smoke-free air laws
- Working to improve tobacco cessation coverage

Other Lung Health Priorities

- Asthma prevention and control
- Lung cancer and COPD
- Defend and enforce Clean Air Act

Lung's Strategic Imperatives

Goals for a Healthier Future



The American Lung Association will:

1. Defeat lung cancer.
2. Champion clean air for all.
3. Improve the quality of life for those with lung disease and their families.
4. Create a tobacco free future.

Each imperative is constructed with the idea that achieving healthy equity must be the foundation of any Lung Association goal, objective or strategy.

Tobacco Treatment Planning

Core Beliefs About Cessation



- Everyone can quit.
- People don't have to quit alone.
- Every moment a person doesn't use tobacco is a success.
- People learned how to use tobacco and they have to learn how to quit.
- It takes most tobacco users several tries before they're able to quit for good.
- One size doesn't fit all.
- Combining a cessation **counseling program** and FDA-Approved quit **medication** improves outcomes in quitting.
- A slip isn't a relapse.

Facilitator Agreements and Expectations

Recertification Process



- View the Recertification webcast in its entirety.
- Complete the Post-Training Evaluation at bit.ly/FFSRecertEvaluation.
This includes reading through and acknowledging the Facilitator Agreement Form via the Facilitator Agreement Consent Form.
- Receive your 3-year Facilitator Certificate of Completion.

Facilitator Agreement Form



American Lung Association [Freedom from Smoking®](#)
Facilitator Agreement 2023

The American Lung Association could not fulfill its mission of saving lives by improving lung health and preventing lung disease without volunteers and partners in the community. The Freedom From Smoking® (FFS) Facilitator Agreement outlines the roles and responsibilities of the American Lung Association and the FFS Certified Facilitator ("Facilitator"). Please read the following pages and acknowledge the agreement by signing in the space provided below.

Purpose:

The purpose of the American Lung Association Freedom from Smoking® group program is to provide tobacco users who are ready to quit with a strong proven-effective cessation program to end their addiction to nicotine and begin new tobacco-free lives in a supportive group setting, led by a trained, certified facilitator.

The American Lung Association upholds high standards in the training and implementation of its programs. To ensure ALA professional standards and maintain quality control of the Freedom From Smoking® program, the:

American Lung Association will:

1. Promote location and contact information for FFS group programs that are open to the public on its website.
2. Provide the undersigned FFS Facilitator the tools and resources to assist with conducting the FFS group program, including the FFS Facilitators Guide, participant workbooks, program logos, template promotional materials, and attendance and evaluation forms.
3. Provide the undersigned FFS Facilitator with updates on American Lung Association programs and initiatives to support or enhance the delivery of the FFS program.
4. Make available policy information and activities that impact tobacco control and respiratory health, including participation in its e-advocacy network.
5. Maintain a network of FFS Certified Facilitators and schedule regular communication and updates to enhance their professional development.
6. Promote Freedom From Smoking® and raise awareness of the importance of tobacco use prevention and cessation through local and national communications and marketing efforts.

Freedom From Smoking® Certified Facilitator will:

1. Assert that he/she is and shall remain tobacco-free and has not used any form of tobacco in the last twelve months, including electronic nicotine-delivery devices (e-cigarettes).
2. Be trained and certified by the American Lung Association to lead or supervise the program.
3. Conduct at least one FFS group program in the first two years of the certification period.
4. Provide a safe and public meeting environment free from all tobacco products, including cigarettes, smokeless tobacco products, e-cigarettes and vapes for the FFS Clinic.
5. Adhere to American Lung Association guidelines for setting participant registration fees.
6. Adhere to the content and format of the FFS Clinic program as authorized by the American Lung Association, using only the copyrighted FFS program materials.
7. Freedom From Smoking® is a copyrighted program of the American Lung Association. Therefore, registered trademark without alteration and acknowledgment that it is an American Lung Association program must appear on all materials and promotions developed for the program. Requests for permission to use any ALA-copyrighted materials or trademarks must be submitted and approved by the American Lung Association in writing. Any custom-made materials must be provided to the American Lung Association for approval prior to distribution or publishing.
8. Refrain from copying or reproducing FFS training and facilitation materials, and from sharing them with others who are not Certified FFS Facilitators.
9. Use the American Lung Association materials for conducting the authorized Freedom From Smoking® program. Individuals or organizations may not use elements of Freedom From Smoking® as part of another program or commingled with another organization's program.
10. Complete and submit required forms and record-keeping on the FFS programs you facilitate and the clients that attend, in compliance with relevant privacy rules. These include:
 - a. Program location
 - b. # of participants
 - c. Organizational partners
11. Complete the electronic annual FFS Facilitator Survey at the completion of each fiscal year (June/July).
12. Seek written approval from the American Lung Association before engaging with any co-sponsoring organization, funding source or other third party to implement the Freedom From Smoking® program. A third party may not have any affiliation with a tobacco company and may not receive funds directly from a tobacco company.
13. Seek written approval from the American Lung Association before entering into any research project involving Freedom From Smoking® or program participants.
14. Agree to indemnify and hold harmless the American Lung Association from and against any claims, proceedings, lawsuits or other liabilities, costs and expenses.

Program Implementation:

The Freedom From Smoking® program, services and materials of the American Lung Association are offered to the public for a not-for-profit basis. Therefore:

1. Individuals or their organizations may not offer the Freedom From Smoking® program for profit.
2. Trained individuals must be non-profit or working on behalf of a company providing a health program for its employees and their families.

3. Individuals and their organizations must adhere to the agreed upon program fees.
4. If Freedom From Smoking® is offered in a for-profit workplace, a Corporate Letter of Agreement must be issued. Only the American Lung Association may negotiate the Corporate Agreement.
5. Compensation for facilitator cannot exceed \$100 per clinic session (\$800 per program)
6. Trained individuals must advise the American Lung Association of all programs schedule and delivered using the data collection and reporting links provided below.

Protocol of Data Collection and Reporting:

1. Facilitators are required to use the appropriate evaluation materials and forms throughout program implementation.
2. The following forms should be submitted to the American Lung Association local office in a timely manner.
 - a. [Reporting a Group Program Form](#) (prior to program-when it is initially scheduled)
 - b. [Lung.org/PrintStore](#) (prior to program, prefer at least two weeks)
 - c. [Final Report Form](#) (within two weeks following final session)
3. In all cases, when conducting programs, personal information including names and addresses of program participants must be kept confidential.

Duration of Agreement:

This Agreement will be in effect for three (3) years from the date signed by all parties. Ninety (90) days prior to termination of this Agreement, you will be contacted by the American Lung Association to discuss continuing as an FFS Certified Facilitator and to sign a new Agreement. Unless this Agreement is extended or renewed, all use of the American Lung Association name and logos shall cease upon expiration or termination of this Agreement.

Resolution of Disputes and Termination:

In the spirit of the Agreement, it is expected that the undersigned parties will resolve issues of disagreement informally through ongoing collegial communication. However, if any party is not in compliance with the provisions of this Agreement or the issues cannot be resolved informally, this Agreement may be suspended immediately upon written notice. The notice of suspension will state the reasons for the suspension, any corrective action required of the other, and the effective date. If the issue resulting in a suspension is not resolved within ninety (90) days, this Agreement will be terminated.

Certification Period:

Three years from the date on your Certificate of Completion. For questions, email us at FreedomFromSmoking@lung.org.

Please retain a copy of this agreement for your records.

Facilitator Agreement Form

American Lung Association will:

- Promote location and contact information for FFS group programs.
- Provide the facilitator with tools, resources, updates on the program and curriculum.
- Share policy information and activities that impact tobacco control and respiratory health.
- Maintain a network for communication and provide updates to enhance professional development.
- Promote FFS and raise awareness of the importance of tobacco use prevention and cessation.



Facilitator Agreement Form

Certified Facilitators will:

- Assert that they are and shall remain tobacco-free.
- Provide a safe and public meeting environment free from all tobacco products.
- Adhere to American Lung Association guidelines for setting participant registration fees.
- Adhere to the content and format of the FFS Clinic program.
- Request permission to use any American Lung Association copyrighted materials or trademarks.
- Refrain from copying or reproducing FFS training and facilitation materials.

Become a Freedom From Smoking® Facilitator

Become trained as a Freedom From Smoking® facilitator to support those in your community ready to quit and lead tobacco-free lives!

Facebook Twitter LinkedIn Email YouTube

Quit Smoking

- Join Freedom From Smoking
- Options & Pricing Group Programs
- Become a Facilitator**
- Resources
- End the Epidemic
- Tobacco Facts
- I Want To Quit Smoking
- Help Someone Quit Smoking
- Helping Teens Quit Smoking and Vaping
- E-Cigarettes & Vaping

Be a part of their quit journey.

The American Lung Association's Freedom From Smoking® Facilitator Training is designed for public health professionals, healthcare workers, or anyone with an interest in supporting their fellow community members in going tobacco-free. As a Freedom From Smoking® facilitator, you have the unique opportunity to serve your community by helping people break their addiction!

Kindsey D.

The training modules and live workshop blew my mind. Evidence-based practices and years of research back the curriculum. I started teaching the class and watched those I was educating become just as surprised that 'this stuff simply makes sense!'

Who Makes a Good Facilitator

Facilitator Agreement Form

Certified Facilitators will cont.:

- Individuals or organizations may not use elements of FFS as part of another program or commingled with another organization's program.
- Complete and submit required forms and record-keeping on the FFS programs you facilitate and the clients that attend, in compliance with relevant privacy rules. These include:
 - Program promotion form
 - Post Clinic Evaluation form
- Seek written approval from the American Lung Association before engaging with any co-sponsoring organization, funding source or other third party to implement the FFS program.
- Seek written approval from the American Lung Association before entering into any research project involving FFS or program participants.
- Agree to indemnify and hold harmless the American Lung Association from and against any claims, proceedings, lawsuits or other liabilities, costs and expenses.

Facilitator Agreement Form

Expectations

View the Recertification webcast in its entirety.

Complete the Post-Training Evaluation at bit.ly/FFSRecertEvaluation.


This includes reading through and acknowledging the Facilitator Agreement Form via the Facilitator Agreement Consent Form.



Resources

New Resource

- Important Links and Resources for FFS Facilitators 2023

 American Lung Association.
Freedom From Smoking.

Freedom From Smoking® Facilitator Recertification/Refresher Webcast
All items [bold, blue and underlined](#) below are clickable links that will redirect you to the resource

As a reminder, to become recertified as a Freedom From Smoking® Facilitator for an additional 3 years you must complete the following steps:

1. View the recertification/refresher webcast in its entirety. Register and view [here!](#)
2. By viewing the recertification/refresher webcast in its entirety you are acknowledging and agreeing to the Facilitator Agreement Form.
3. Complete the Post-Training Evaluation at [bit.ly/FFSRecertEvaluation](#).

For additional questions regarding recertification, you can reach out to the National Tobacco Programs Team at FreedomFromSmoking@Lung.org.

Important Links for Freedom From Smoking® Facilitators

FFS Program Resources:
[FFS Program Resources](#) is your source for tools to help your group programs run smoothly and effectively. As a facilitator, you have access to a library of resources from marketing toolkits and one-pagers to the most updated supplemental resources for Freedom From Smoking® group program.

Online Support Program:
Join the American Lung Association's [Quit Now: Freedom From Smoking® Quit Smoking Support Group and Discussion Community](#) to connect with other quit journey participants and supporters – this is a great free resource for program participants and Freedom From Smoking® facilitators!

Reporting your Freedom From Smoking® Program and Promoting it:
We ask all trained and certified facilitators to notify the American Lung Association anytime you schedule a Freedom From Smoking® group program, whether that be virtually delivered or in person. We also offer promotion of all community group programs at no cost through our signature website, www.Lung.org.

To report and promote your group, please complete the online form at [Report a Program Form](#), and submit it prior to the start of your program. Once your webpage is built and launched on Lung.org you will be notified with a direct link you can use for promotional efforts.

September 2023

 American Lung Association.
Freedom From Smoking.

Marketing Your Program Locally:
In addition to website promotion, there are many other marketing materials and valuable resources available at [FFS Program Resources](#). To review these resources, simply visit [Bit.ly/FFSProgramResources](#) and browse through program materials and updated, video links, marketing support and the other sections available.

Ordering Materials:
Each participant enrolled in your group program must be provided with their own Freedom From Smoking® Participant Workbook, which includes a workbook with activities to personalize their quit plan through all 8-sessions of the program, as well as direct links to breathing exercises. Certified facilitators are able to access a catalog of all print literature available, pricing and place an order for Freedom From Smoking® materials through the site, Lung.org/PrintStore.

Please submit your material order prior to the start of your clinic, preferable three full weeks before

Post-Program Evaluation:
After your program has begun, we ask that you report your enrollment numbers through the post-program reporting form at the [Final Report Form](#) (within two weeks following final program session). This allows us to evaluate the effectiveness of our program's delivery and reach.

Share Your Lung Champion Story:
Lung Champions stand together against lung cancer and other lung diseases and stand for lung health. By participating in Freedom From Smoking® you have already shown one way you are standing up for lung health. If you would like to help others by sharing your story on why you decided to take action, you can become a Lung Champion Storyteller by completing the [Lung Champion Submission Form](#). Please share this opportunity with program participants as well!

Ongoing Support for our National Tobacco Programs Team:
Throughout the year you are welcome to email the National Tobacco Programs Team at FreedomFromSmoking@Lung.org with any questions, comments, needs for support or resources, as well as sharing your Lung Champion story and best practices from your group program. Additionally, you should be receiving a monthly Freedom From Smoking® Facilitator e-newsletter from the American Lung Association. If you are not, please let us know!

September 2023



Program Accomplishments and Lessons Learned

Delivery Methods

Counseling Programs

- In-person group programs
- **Virtually-delivered group programs**
- Online accessible through any digital device
- Telephonic support/counseling
- Self-guided workbook
- Online social support community



Poll

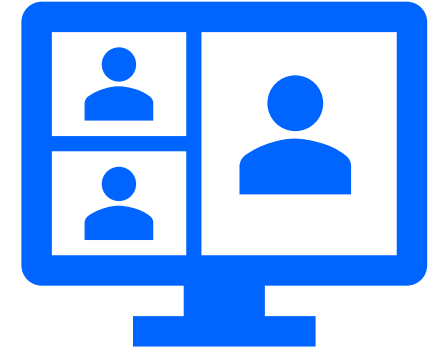
Have you hosted a virtually delivered Freedom From Smoking® Group Program within the past 2 years?

- Yes, I have hosted a group program virtually.
- No, I have not hosted a group program virtually, but I want to.
- No, I have not hosted a group program virtually.

Program Implementation and Updates

Virtual Program Delivery

How do I Offer an FFS Program Virtually?



Before the Group Program Begins

- What virtual platform will you use and why?
- How will you market your clinic?
- How will participants get their participant workbooks?
- How to set up payment?
- What forms need to be filled out and how will you handle the questionnaires?

Virtual Program Delivery

How do I Offer an FFS Program Virtually?

During the Group Program

- What files will you need to run your clinic and how will you use them?
- How can you record meeting notes in real time?

Helpful Tips:

- Send out notes and a short recap after each class.
- Continue to review Session 1 and the agenda throughout the 8 weeks to stay on track during clinics.
- Use the buddy system.

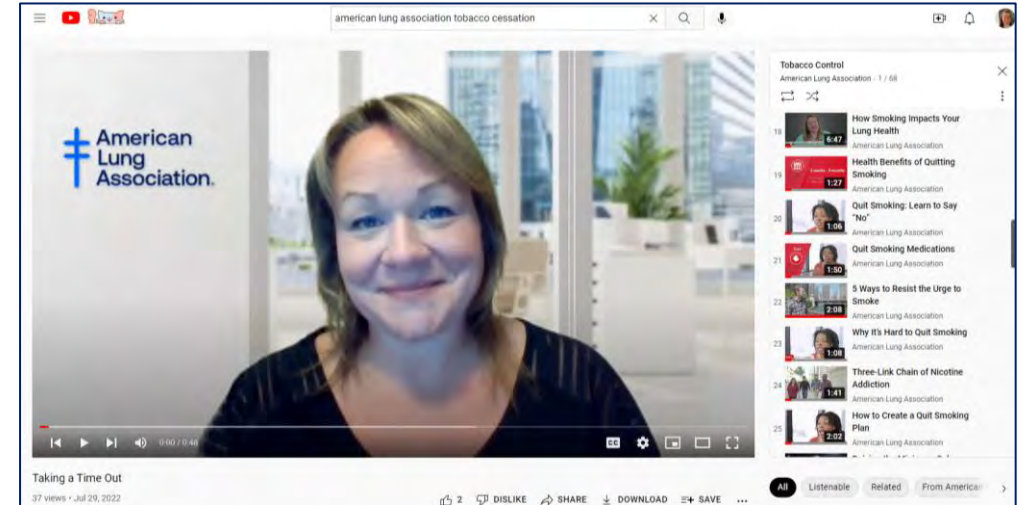


Strategies for Virtual Implementation

Virtual Activities

The Lung Association's **Tobacco Control** YouTube playlist includes:

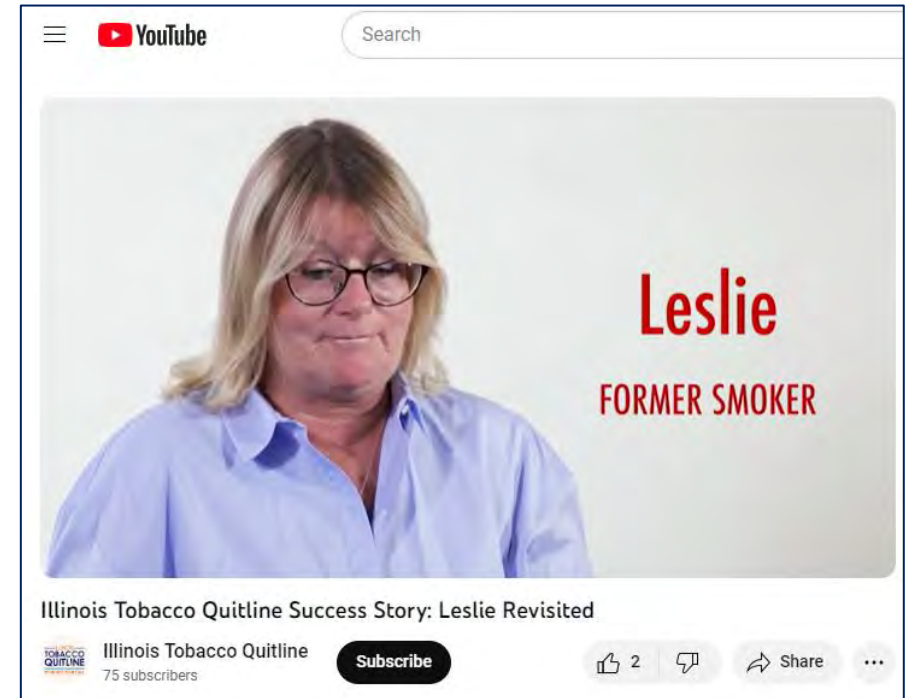
- Taking a Time Out
- How to Create a Quit Plan
- Three-Link Chain of Addiction
- Why it's Hard to Quit
- Learn to Say "No"
- Health Benefits of Quitting
- How Smoking Impacts Your Lung Health
- Overcoming a Slip
- Positive Self-Talk



Strategies for Virtual Implementation

Virtual Activities

- Share success stories with group program participants!
- Practice their breathing exercises throughout the week.
- Want to share successes or lessons learned from your virtual group program?
 - Email FreedomFromSmoking@Lung.org.



Effective Quit Attempts

FDA-Approved Cessation Medications

- All tobacco users can quit for good using approved quit smoking **medication** plus behavioral **counseling**
- There are seven Food and Drug Administration (FDA) – approved medications and three forms of counseling that are both safe and effective in helping smokers quit.



American Lung Association.



Tobacco Cessation Quick Reference Guide

Quit Attempts

Nicotine dependence is a chronic relapsing condition that requires evidence-based and proven effective strategies to evoke lasting change.

- **Most adult cigarette smokers want to quit.** In 2015, 68.0% of adult smokers (22.7 million) said that they wanted to quit smoking.¹
- **More than half of adult cigarette smokers report having made a quit attempt in the past year.** In 2018, 55.1% of adult smokers (21.5 million) said that they had made a quit attempt in the past year.²
- **Fewer than one in ten adult cigarette smokers succeed in quitting each year.** In 2018, 7.5% of adult smokers (2.9 million) successfully quit smoking in the past year.²
- The Centers for Disease Control and Prevention suggests **8-11 attempts before quitting permanently.** Many practitioners believe that it takes five to seven attempts.³

What we know WORKS:

- Combining medication with a behavior modification program is the most effective way to successfully quit.
 - Enrolling in a behavioral counseling program, such as American Lung Association's [Freedom From Smoking](#)[®] program can double your chances of success and
 - Including FDA-Approved cessation medication to your tobacco treatment plan can increase that success rate by an additional 21-44%.
 - Talk to your doctor about FDA-approved cessation medications which are available over the counter and by prescription to identify which medication or combination of medications may be best for you.
- Quit for YOU and not because someone else wants you to. Have your own personal reasons for breaking from lifelong tobacco dependency in order for the quit attempt to be most successful. Identify your reasons (financial, social, health, etc.) and remind yourself of them often.
- Unsuccessful quit attempts from the past are not a failure. Each attempt provided an opportunity to learn what works and what doesn't, what high risk situations need to be planned ahead for and what challenges associated with the chain of addiction may need additional tools in your treatment plan in order to overcome.
- Use positive self-talk to keep yourself on track. Affirming phrases such as "the urge will pass whether I smoke or not" can help you overcome the toughest of urges.
 - Check out [this video](#) on positive self-talk.

Everyone can quit. 60 million people in the United States are proof that it is possible to quit.

For more information about quitting tobacco use, visit the American Lung Association website at [Lung.org](#) or call the free Lung HelpLine at 1-800-LUNGUSA (1-800-586-4872).

1. Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion (OSHP). [@OSHP](#) [@CDCPrevention](#). 2015. [http://www.cdc.gov/tobacco/data_statistics/trends/2015/05/05-15-15-adult-smokers-want-to-quit.htm](#).
2. O'Connell, M., DiFranco, L., Cohen, J. E., Benish, S. J., Saha, P., Hahn, J., & Sillman, D. F. (2019). Quitting tobacco: number of quit attempts, time to quit, and success. [https://doi.org/10.1093/ntr/nkz007](#).
3. [https://www.cdc.gov/tobacco/quitting_help/quitting_help.htm](#)

Advising on Cessation Medications

Approximately 60% of smokers succeed in quitting tobacco when American Lung Association's Freedom From Smoking® program is paired with use of one or more cessation medications compared to only 13-17% of those who are successful with counseling alone.



† American Lung Association.
Freedom From Smoking.

FACTS!

People increase their success in quitting by using counseling and **FDA** approved cessation medication.

Advising on Cessation Medications



New Strategy for Categorizing Quit Medications for Review with Patients


- Long-Acting Medications
 - Nicotine patch
 - Varenicline
 - Bupropion
- Short-Acting Medications
 - Nicotine gum
 - Nicotine lozenge
 - Nicotine nasal spray
 - Nicotine inhaler




Advising on Cessation Medications

Justification for new strategy:

- Promotes combination therapy
- No longer categorizes over the counter vs prescription
- Breaks down the stigma associated with use of nicotine replacement therapy
- Cues the patient into exactly what they should expect
- Better aligns with treatment for other chronic conditions, such as asthma.
- Better aligns with COPD management protocols.



American Lung Association.



Tobacco Cessation Quick Reference Guide

Advising on Cessation Medications

Disengaging in tobacco use can be difficult. Understanding treatment options and working with your health care provider to establish your treatment plan improves your chances to quit tobacco use. Medication is an important part of treatment for most people trying to stop tobacco use. Using at least one medication when trying to stop smoking, vaping or chewing tobacco will significantly increase the likelihood of success. Approximately 60% of smokers succeed in quitting tobacco when American Lung Association's Freedom From Smoking® program is paired with use of one or more cessation medications compared to only 13-17% of those who are successful with counseling alone.

*"One size" does not fit all. What works for one person may not work for another. Talk with your health care provider about which medications may work best for you.

There are 7 FDA-approved medications that are proven safe and effective to increase your chances of successfully breaking free from tobacco dependency. Those medications include:

FDA-Approved Cessation Medications					
Dosing/Duration	Medication	OTC	Rx	Contains Nicotine	Non-Nicotine
Long-Acting Medications	Nicotine Patch	■		■	
	Varenicline		■		■
	Bupropion		■		■
Short-Acting Medications	Nicotine gum	■		■	
	Nicotine lozenge	■		■	
	Nicotine nasal spray		■	■	
	Nicotine inhaler		■	■	

Tips for Quitters Using Cessation Medications

- Once you choose which medication you want to try, obtain a script from your health care provider and fill it at the pharmacy counter, regardless of whether the medication is prescription or over the counter. Most insurance companies offer a tobacco cessation benefit to help with the cost of these medications.
- Consider a combination of long-acting and short-acting medication for maximum support throughout the day and during those tough break-through cravings as needed.
- If you have any undesirable symptoms associated with use of any of those medications chosen, talk to your doctor right away and switch to something else.
- There are so many other options and the important thing to note is medication is better than stopping using medication due to side effects experienced.
- Monitor the intensity and frequency of your urges to use tobacco. Discuss with your health care provider and explore if you are using the best medication, may need a combination of long-acting plus short-acting or increase dosage.
- Use your quit medication as intended for the full duration advised by your health care provider. Stopping your medication early or not dosing it as instructed during your quit attempt puts you at risk of relapse back to tobacco use.

Curriculum Updates

2021 Freedom From Smoking® Revisions

- Transition from "smokefree" to "tobacco-free"
- Smoking/cigarettes updated to smokeless, e-cigarette/vaping via "smoke, vape or chew"
- Transition from "addiction" and "habit" to "dependency" per Association for the Treatment of Tobacco Use and Dependence (ATTUD) guidance
- New section on e-cigarettes and vaping device secondhand aerosol
- Quit medications further defined as FDA-Approved
- Generic medication names included behind brand-names to support easier access



Curriculum Updates

2021 Freedom From Smoking® Revisions



- Supplemental enhancement resources on Lung.org webpages
- More diversity in imaging
- LGBTQ+ inclusive
- New cost calculator
- Pack tracks transitioned to "Nic-Checks"
- Lower-carb snack recommendations to be inclusive of those with diabetes

Curriculum Updates

2021 Freedom From Smoking® Revisions

- Inclusion of **Saved By The Scan**
- Updated statistics
- Free downloadable relaxation/breathing exercises
- Old publisher logo removed
- New Lung Association branding



Lung.org/PrintStore

[Lung.org/PrintStore](https://www.lung.org/printstore)

The screenshot shows the American Lung Association's Print Store website. At the top left is the logo, and to its right are navigation links for Home, Collections, About, and Contact. A search icon and a shopping bag icon are in the top right. The main header features the text "Health Education Materials" over a blue background with a faint graphic of a hand holding a document. Below this is a grid of six product cards, each with a thumbnail image and a title with a right-pointing arrow:

- Asthma** → (Thumbnail: People talking, with a CVS logo)
- Clean Air** → (Thumbnail: Family outdoors)
- Lung Cancer** → (Thumbnail: Two people walking)
- Lung Disease** → (Thumbnail: Two people sitting together)
- Tobacco** → (Thumbnail: People in various settings)
- All products** → (Thumbnail: A collection of various brochures)

At the bottom of the page is a dark blue footer containing social media icons for Twitter, Facebook, Instagram, YouTube, and a video icon. The American Lung Association logo is also present in the bottom right corner of the page.

Feedback

In addition to the updates made in 2021, what are some, if any, suggestions on what other updates can be made in the future to the curriculum?

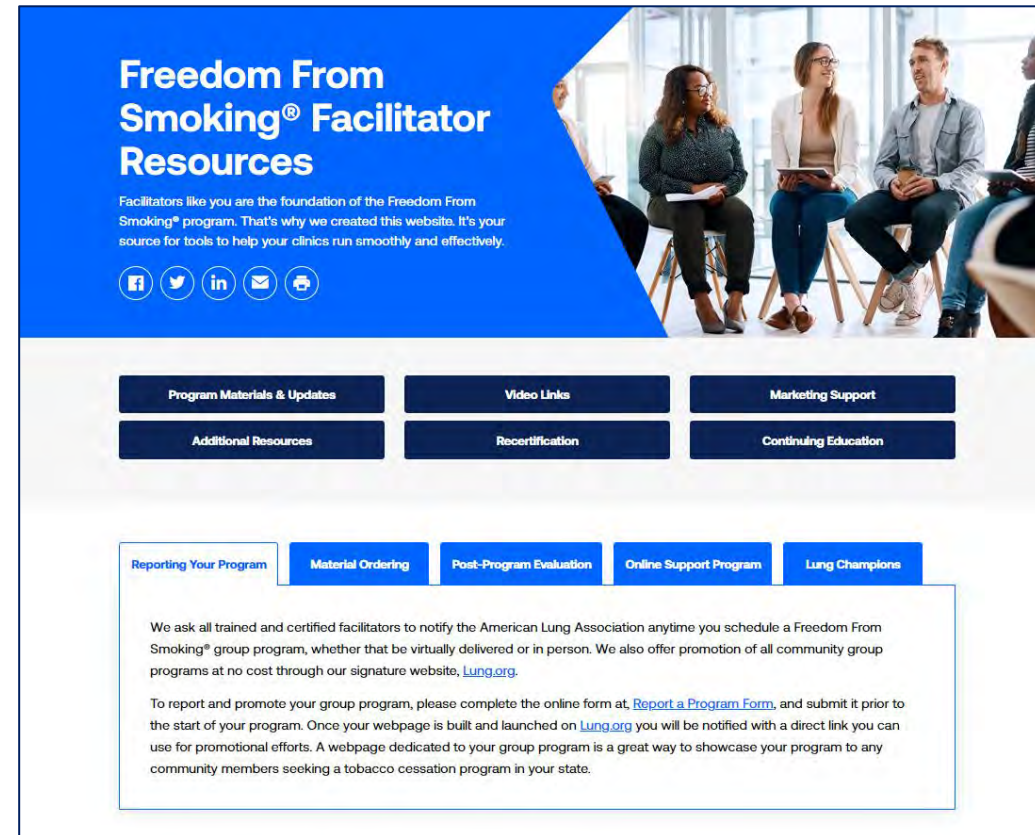
Email us at FreedomFromSmoking@Lung.org!

Facilitator Resources and Technical Assistance

Freedom From Smoking® Program Resources

FFS Program Resources

- Supplemental Enhancements
- Ordering Clinic Materials
- Clinic Promotion
- Lung Champion
- Video Links
- Recertification Links and Materials
- Additional Resources



Freedom From Smoking® Facilitator Resources

Facilitators like you are the foundation of the Freedom From Smoking® program. That's why we created this website. It's your source for tools to help your clinics run smoothly and effectively.

[f](#) [t](#) [in](#) [✉](#) [🖨](#)

[Program Materials & Updates](#) [Video Links](#) [Marketing Support](#)
[Additional Resources](#) [Recertification](#) [Continuing Education](#)

[Reporting Your Program](#) [Material Ordering](#) [Post-Program Evaluation](#) [Online Support Program](#) [Lung Champions](#)

We ask all trained and certified facilitators to notify the American Lung Association anytime you schedule a Freedom From Smoking® group program, whether that be virtually delivered or in person. We also offer promotion of all community group programs at no cost through our signature website, Lung.org.

To report and promote your group program, please complete the online form at [Report a Program Form](#), and submit it prior to the start of your program. Once your webpage is built and launched on Lung.org you will be notified with a direct link you can use for promotional efforts. A webpage dedicated to your group program is a great way to showcase your program to any community members seeking a tobacco cessation program in your state.

bit.ly/FFSProgramResources

Freedom From Smoking® Program Resources

FFS Program Resources

Program Materials & Updates

This section includes PDF versions of many of the forms used during the Freedom From Smoking® clinic. The forms marked with an asterisk (*) contain fields where you can fill in dates, times, etc.

NOTE: You can only save that information if you use the full version of Adobe Acrobat. If you use Acrobat Reader, you will only be able to print your updated form, not save it. When you close the document, the content presented in those fields will be lost.

- Facilitator Guide Binder [Download PDF](#)
- Are You Ready to Quit? Questionnaire [In English](#) | [In Spanish](#)
- Registration Form and Questionnaire [In English](#) | [In Spanish](#)
- Certificate of Quitting* [In English](#) | [In Spanish](#)
- Session Dates and Times* [In English](#) | [In Spanish](#)
- Preparing to Quit Questionnaire [In English](#) | [In Spanish](#)
- Certificate of Completion*
- Participant Wallet Card
- NIC-Checks

- Program Materials & Updates
- Video Links
- Marketing Support
- Additional Resources
- Recertification
- Continuing Education

[Reporting Your Program](#) | [Material Ordering](#) | [Post-Program Evaluation](#) | [Online Support Program](#) | [Lung Champions](#)

We ask all trained and certified facilitators to notify the American Lung Association anytime you schedule a Freedom From Smoking® group program, whether that be virtually delivered or in person. We also offer promotion of all community group programs at no cost through our signature website, Lung.org.

To report and promote your group program, please complete the online form at [Report a Program Form](#), and submit it prior to the start of your program. Once your webpage is built and launched on Lung.org you will be notified with a direct link you can use for promotional efforts. A webpage dedicated to your group program is a great way to showcase your program to any community members seeking a tobacco cessation program in your state.

Quick Reference Guides

- [Advising on Cessation Medication](#) [Download PDF](#)
- [Ask-Advise-Refer](#) [Download PDF](#)
- [Building a Tobacco Treatment Plan](#) [Download PDF](#)
- [Getting Ready for Your Next Office Visit](#) [Download PDF](#)
- [Motivational Interviewing](#) [Download PDF](#)
- [Quit Attempts](#) [Download PDF](#)
- [Tips to Quit](#) [Download PDF](#)
- [Using Scaling to Assess Readiness to Quit](#) [Download PDF](#)

Marketing Support

Use these tools to promote Freedom From Smoking® to businesses, hospitals, community organizations and others.

- Participant Recruitment Newsletter & Social Media Templates [Download PDF](#)
- Participant Reminder Email and Text Templates [Download PDF](#)
- Facebook Images [Option 1](#) | [Option 2](#)
- Professional Recognition Templates [Download PDF](#)
- Member Phone Script [Download PDF](#)
- Web Banner [Download Image](#)
- Rack Card [Download PDF](#)
- Postcard Reminder [Front](#) | [Back](#)
- Social Media Template [Option 1](#) | [Option 2](#) | [Option 3](#)
- Flyers [Lung.org](#) | [Pregnancy](#) | [Group Clinic](#) | [Workplace Cessation](#)
- Recruitment [Option 1](#) | [Option 2](#) | [Option 3](#) | [One-Page](#)
- Tobacco Programs Postcard [Download PDF](#)

American Lung Association website screenshot showing the Instagram Graphics section. The page features a grid of various social media graphics, including posters and informational cards, with a search bar and navigation menu at the top.

bit.ly/FFSProgramResources

Quick Reference Guides

Tobacco Cessation Quick Reference Guide Topics:

1. Getting Ready for Your Next Office Visit- Quitting Tobacco Use
2. Quit Attempts
3. Advising on FDA Approved Cessation Medications and Pharmacotherapy
4. Tips to Quit
5. Building a Tobacco Treatment Plan
6. Why It's Hard to Quit
7. Ask, Advise, Refer (AAR)
8. Ask-Counsel-Treat (ACT)
9. Motivational Interviewing
10. Stages of Change
11. Assessment Scaling

American Lung Association. Tobacco Cessation Quick Reference Guide

Getting Ready for Your Next Office Visit—Quitting Tobacco Use

My Reasons to Quit: _____

It's common to feel conflicted about stopping tobacco use. List the pros and cons that go through your mind when you think about quitting.

Cons of Quitting	Pros of Quitting
_____	_____
_____	_____
_____	_____

Note: Those positive thoughts and feelings you wrote in the pros box are your motivators to quit. Those negative thoughts and feelings you wrote in the cons box are the conflicting barriers preventing your successful quit attempt.

Timeframe to quit. I want to quit ...

I've already started trying Within the next 30 days Within the next 3 months
 Within the next 6 months Within the next year

- My top tobacco use triggers (i.e. morning cup of coffee, driving, stress, etc.)

- My top coping strategies (i.e. use positive self-talk, walk the dog, deep breathing, drink water, etc.)

- My support systems (program or person)- list 3-5 outlets for support

- My benefits to quitting (i.e. More money in my pocket, better quality of life to spend with my children, etc.)

American Lung Association. Tobacco Cessation Quick Reference Guide

Tips to Quit

With the help of the American Lung Association, more than a million people have achieved success with their goal to quit smoking and using other tobacco products. The following tips can help those looking to quit tobacco use for good.

1. **You don't have to quit alone.** Enrolling in a tobacco cessation counseling program, such as American Lung Association's Freedom From Smoking, can increase your chances of success by up to 60% when used in combination with medication.
2. **Quit, Don't Switch.** Despite what e-cigarette companies want you to believe, switching to vaping (e-cigarettes) is not quitting tobacco use. E-cigarettes are tobacco products, they contain nicotine, and the FDA has not approved any e-cigarette as a quit smoking device.
3. **Talk to a doctor about quit smoking medications.** Talking to a doctor can significantly increase your chances of quitting successfully and using FDA-approved quit medication is safe and effective in helping you quit for good. There are seven FDA-approved quit medications that can help you recover from tobacco and nicotine dependence. Be sure to follow the directions and use the medications for the full duration they are prescribed.
4. **Combine medication with a behavior modification program for the best results.** Counseling can double your chances of success and including a medication to your tobacco treatment plan can increase that success rate by an additional 21-44%.
5. **Quitting is a process not an event.** It takes most tobacco users several tries before they're able to quit for good—on average 8-11 attempts! Every tobacco user can quit. Keep trying. Find the right combination of techniques for you and above all, keep trying. Slip-ups—having a puff or smoking one or two cigarettes—are common but don't mean that a quitter has failed. The important thing is to keep trying to quit.
6. **A slip isn't the same as a relapse.** We encourage participants who experience a slip to get right back on track and continue in their cessation efforts.
7. **Learn from past experiences.** Most people who use tobacco products have tried to quit before and sometimes get discouraged thinking about previous attempts. Instead, treat those experiences as steps on the road to future success. Think about what helped you during those tries and what you'll do differently in your next quit attempt. There is no "one size fits all." Tobacco users may need to try several different counseling and medication combinations before finding the one that works best for their needs.

Quitting isn't easy but more than 50 million people in the United States are proof that it is possible.

For more information about quitting tobacco use, visit the American Lung Association website at Lung.org or call the free Lung Helpline at 1-800-LUNGUSA (1-800-586-4872).

© 2019, M. Sherrill L. Cohen, L. E. Benoit, L. L. Lewis, P. Williams, A. & Edwards, A. 2019. Quitting for Good: A Practical Guide to Quitting Smoking. American Lung Association. All rights reserved. www.lung.org

Poll

Have you explored the resources available within the facilitator specific FFSPProgramResources page on Lung.org?

- Yes, have explored and actively use resources from the resource site.
- I have explored the page a little but haven't used any resources yet.
- No, I have not explored or used any resources from the resource site.

Lung Champions

You ARE a Lung Champion

Freedom From Smoking.  Lung Champions

You ARE a Lung Champion. Share your story with us!

Lung Champions stand together *against* lung cancer and other lung diseases, and stand *for* lung health. By participating in Freedom From Smoking® you have already shown one of the ways you are standing for lung health and are making a positive impact in your community. If you would like to help others by sharing your story on why you decided to take action, and why you are a Lung Champion Storyteller, complete the form below.

We need *your voice* to help others stand up for lung health.

- Have you facilitated a Freedom from Smoking® group program?
- Have you participated in a Freedom From Smoking® program?
- Have you seen the changes Freedom From Smoking® can create in people's lives?

Everyone involved with Freedom from Smoking® has a story to tell. Share your story and inspire others to quit smoking, stay tobacco-free, and stand up for lung health! You have a chance to help others by sharing your story as a Lung Champion.

Your story will be shared on the Lung.org website, and potentially featured in the American Lung Association social media posts and newsletters to help inspire those in the fight against lung cancer and lung disease.

We thank you!

Next

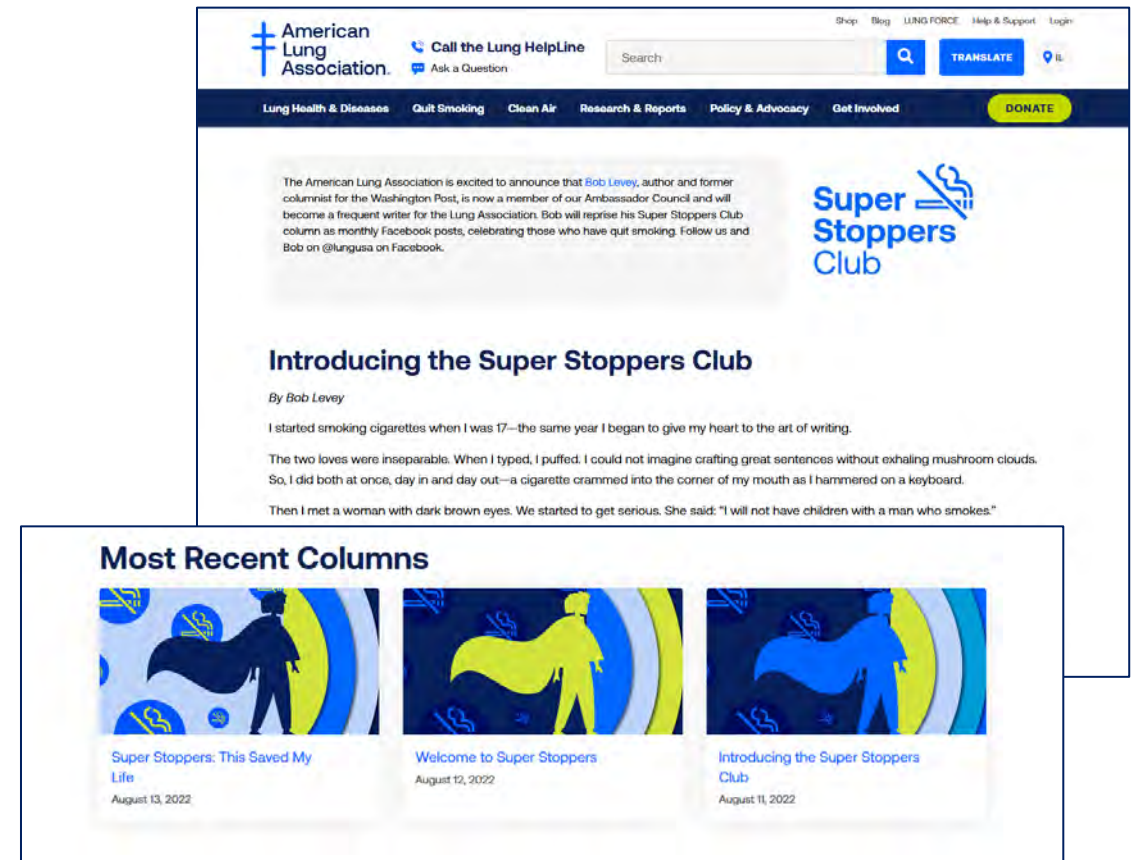
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bit.ly/FFS_LungChampions

Lung Champions

How the Lung Association Engages our Champions

- Written stories are shared within the FFS Facilitator Newsletter
- Written stories are shared with individuals interested in quitting within group programs
- Written stories are shared as quotes within Super Stoppers Club postings



The screenshot displays the American Lung Association website. At the top, the logo and navigation menu are visible, including links for 'Call the Lung HelpLine', 'Ask a Question', 'Search', 'TRANSLATE', and 'DONATE'. The main content area features an announcement about Bob Levey, author and former columnist for the Washington Post, who is now a member of the Ambassador Council and will be reprising his Super Stoppers Club column as monthly Facebook posts. The announcement includes the Super Stoppers Club logo and a quote from Bob Levey: "I started smoking cigarettes when I was 17—the same year I began to give my heart to the art of writing. The two loves were inseparable. When I typed, I puffed. I could not imagine crafting great sentences without exhaling mushroom clouds. So, I did both at once, day in and day out—a cigarette crammed into the corner of my mouth as I hammered on a keyboard. Then I met a woman with dark brown eyes. We started to get serious. She said: 'I will not have children with a man who smokes.'" Below the announcement is a section titled "Most Recent Columns" featuring three articles: "Super Stoppers: This Saved My Life" (August 13, 2022), "Welcome to Super Stoppers" (August 12, 2022), and "Introducing the Super Stoppers Club" (August 11, 2022). Each article has a thumbnail image of a superhero silhouette.

Lung.org/Super-Stopppers

INSPIRE Online Community

Peer to Peer Online Support Community

Benefits include:

- Stay connected to others along quit journey
- Give and receive peer to peer support
- Information about quit medications
- Tobacco cessation strategies
- Success stories

**Quit Smoking Support Group
& Discussion Community**

Are you ready to quit?
Do you want to support someone
in their quit journey?

Join our Inspire online Quit
Smoking Support Group and
Discussion Community.

 inspire™

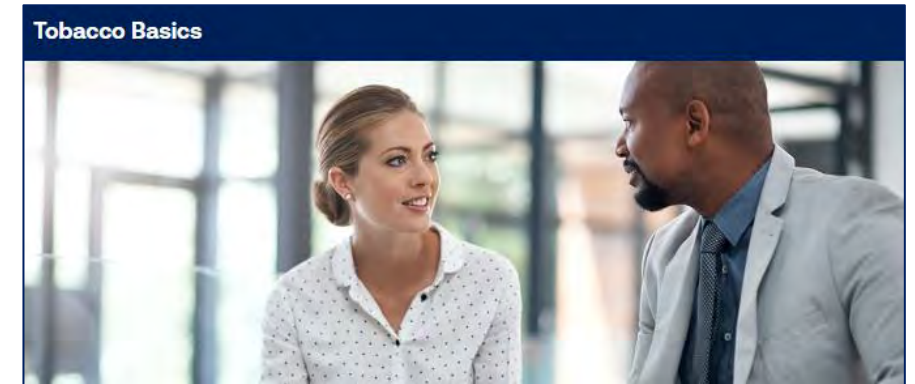
 American
Lung Association.
Freedom From Smoking.

inspire.com/groups/freedom-from-smoking/

Tobacco Basics

Lung.Training

The American Lung Association's Tobacco Basics is a free one-hour online course including five learning modules designed to lay the foundation in understanding the toll of tobacco use in the U.S.



Complete this training by visiting
[Lung.org/TobaccoBasics](https://www.lung.org/TobaccoBasics)

How to Help People Quit

Lung.Training

How To Help People Quit is a free, one-hour online course including four interactive learning modules designed to further enhance understanding of the Lung Association's core beliefs about tobacco cessation, as well as understanding behavior changes, interventions and treatment needed to help people quit for good.



Complete this training by visiting
[Lung.org/HelpPeopleQuit](https://www.lung.org/help-people-quit)

New! Facilitator Overview Training

Lung.Training

This course includes:

- Tobacco Basics
- How to Help People Quit
- Facilitator Overview Training
 - Introduction to FFS
 - Group Program Overview
 - Supplemental Resources
 - Promotion, Recruitment and Retention



Complete this training by visiting Lung.Training

Recruitment For Clinics

Lung.Training

Recruitment for clinics is a free 25-minute online learning module that includes resources and support for recruiting and retaining participants of Freedom From Smoking® group programs.



Complete this training by visiting
Lung.org/RecruitmentforClinics

Priority and Emerging Issues

Equity and Inclusion

Our vision is to embrace diversity, equity, and inclusion within the Lung Association and the communities we serve.



- African American/Black Communities
- Behavioral Health Population
- Native/Tribal Regions
- Hispanic or Latino Population
- Asian American and Pacific Islanders
- LGBTQ+ Community

Equity and Inclusion

Health Equity Toolkits

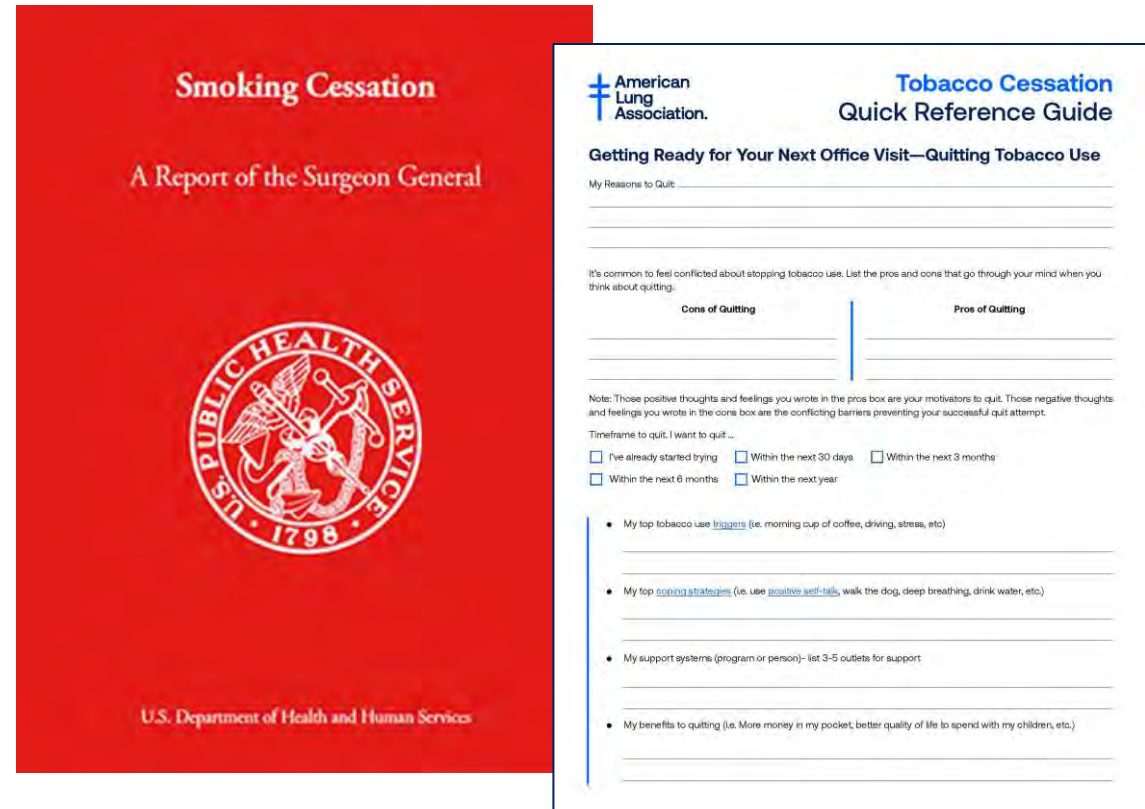
- **Launched:**
 - NEW! Addressing Commercial Tobacco Use in Indigenous Communities Toolkit
 - NEW! Addressing Tobacco Use in Hispanic or Latino Communities (English & Spanish)
 - Addressing Tobacco Use in Black Communities Toolkit
- **Upcoming:**
 - Addressing Tobacco Use in LGBT+ Communities Toolkit.
 - Addressing Tobacco Use Among Youth Toolkit.



2020 U.S. Surgeon General's Report

Challenges We Face to Further Reduce Smoking

- Over 40% of adults who smoke do not receive advice to quit from a healthcare professional.
- Fewer than one in three adults who smoke use cessation counseling or FDA-approved medications when trying to quit.
- Fewer than one in 10 U.S. adults successfully quit smoking each year.



Ask, Advise Refer to Quit Don't Switch

Lung.Training

- Ask, Advise, Refer to Quit, Don't Switch
- Brief tobacco intervention training
- Proven-effective cessation strategies
- 1-hour, on-demand

Quick Reference Guides


- Why It's Hard to Quit
- Stages of Change
- Motivational Interviewing
- Ask, Advise, Refer (AAR)
- Building a Tobacco Treatment Plan



Complete this training by visiting
Lung.org/AskAdviseRefer

Tips to Quit, Don't Switch

1. Focus on motivators.
2. Build confidence.
3. Stress management is key.
4. It's never too late to quit.
5. Learn from past experiences.
6. You don't have to quit alone.
7. Medications are safe and effective and will help you quit and stay quit when used properly.
8. Every tobacco user can quit!



American Lung Association.

Tobacco Cessation
Quick Reference Guide

Tips to Quit

With the help of the American Lung Association, more than a million people have achieved success with their goal to quit smoking and using other tobacco products. The following tips can help those looking to quit tobacco use for good:

1. **You don't have to quit alone.** Enrolling in a tobacco cessation counseling program, such as American Lung Association's [Freedom From Smoking](#)¹, can increase your chances of success by up to 60% when used in combination with medication.
2. **Quit, Don't Switch.** Despite what e-cigarette companies want you to believe, switching to vaping (e-cigarettes) is not quitting tobacco use. E-cigarettes are tobacco products, they contain nicotine, and the FDA has not approved any e-cigarette as a quit smoking device.
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Quitting isn't easy but more than 50 million people in the United States are proof that it is possible.

For more information about quitting tobacco use, visit the American Lung Association website at [Lung.org](#) or call the free Lung Helpline at 1-800-LUNGUSA (1-800-586-4872).

¹ O'Neill, J.A., Eickman, L., Clancy, C., E. Bonds, S.J., Sells, P., Prapavich, A., & Schick, E. (2018). Estimating the number of tobacco cessation failures by quit attempting unsuccessfully in a telephone cessation of smokers (B01) (pp. 402). Retrieved from [https://www.tobaccofreeaction.org/2018/](#)

Poll

How relevant are youth resources to your work as an FFS Facilitator?

- I don't have many interactions or work with youth regularly.
- I am interested in providing information to my FFS group participants about their children's tobacco use (or prevention).
- I work with youth regularly and want to learn more!

End the Tobacco Epidemic

The American Lung Association's campaign will shut down vaping through a multi-pronged approach.

Education

Freedom From Smoking®
INDEPTH®
N-O-T®
NOT For Me
Vape-Free Schools Initiative



Awareness

AAR- Quit, Don't Switch
ACT to Address Youth Cessation
Ad Council Campaigns
Lung.org/ecigs



Advocacy

Federal, State & Local
Action
Statewide Youth
Empowerment
Coalitions

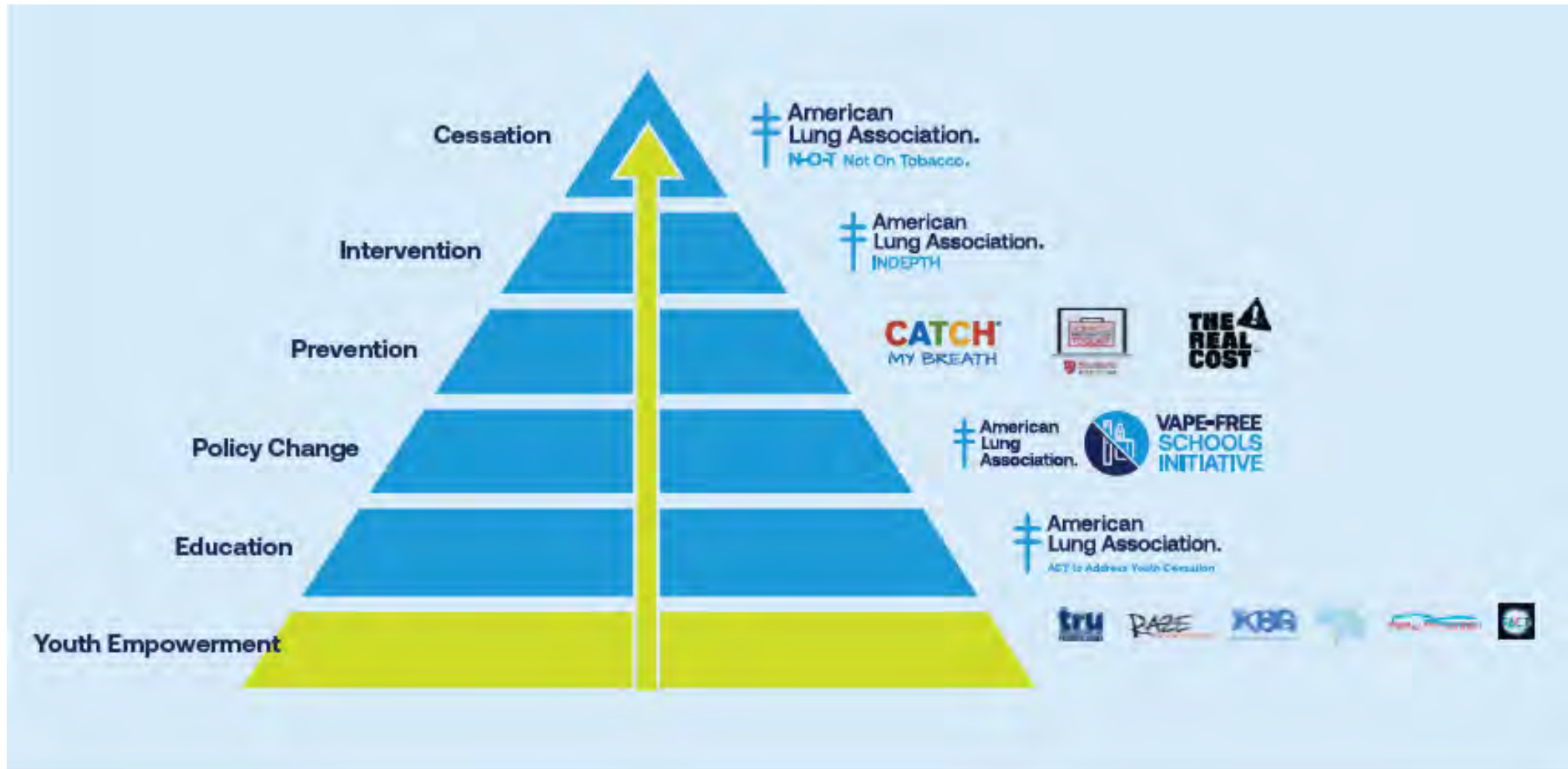


Research

\$2M planned investment
in vaping research



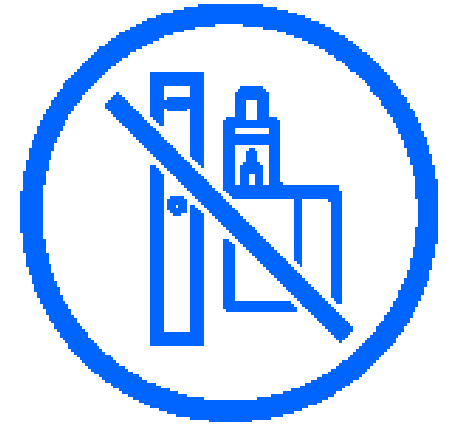
Comprehensive Approach to Addressing the Youth Vaping Epidemic Model



Youth Use of E-Cigarettes

Among current youth e-cigarette users, **flavored e-cigarette use** increased from

- 71.7% to over 82.9% among high school students
- 59.9% to 73.9% among middle school students



Disposable e-cigarette use skyrocketed by

- 1,000% among high school e-cigarette users (from 2.4% to 26.5%)
- 400% among middle school e-cigarette users (from 3% to 15.2%).

According to the 2020 National Youth Tobacco Survey (NYTS),

- 23.6% of high school students and
- 6.7% of middle school students **use at least one tobacco product**

INDEPTH

Lung.Training

- **Intervention** for Nicotine Dependence: Education, Prevention, Tobacco and Health
- **Mandatory, alternative to suspension** program
- Trained adults facilitate four, 50-minute sessions
- Program addresses nicotine dependence, establishing healthy alternatives and how to kick the unhealthy addiction.

INDEPTH® – Alternative to Suspension – Facilitator Training



Complete this training by visiting [Lung.Training/Courses/Indepth](https://www.lung.org/education/indepth)

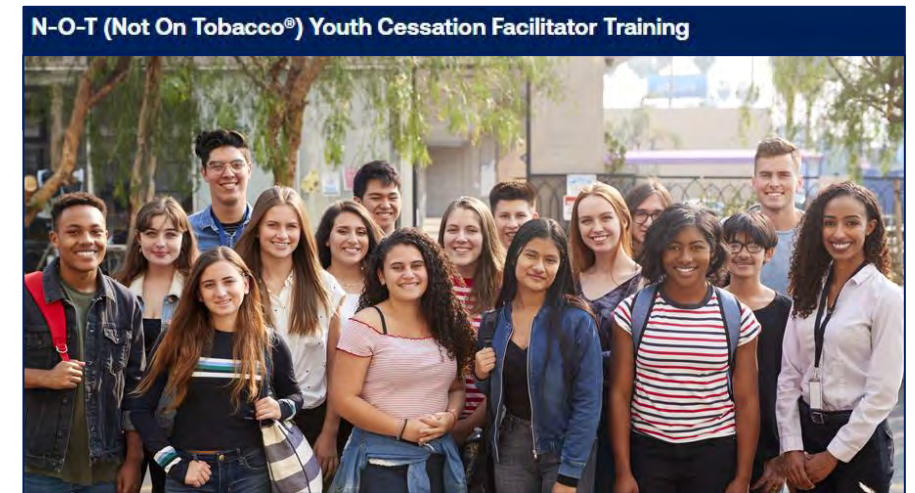
INDEPTH
Online
Coming
Soon!

N-O-T® Not On Tobacco



Lung.Training

- Not On Tobacco – Program updated in 2020
- Evidence-based **voluntary youth cessation** program
- Facilitators trained via Lung.Training
- Trained adults facilitate ten sessions, each about 50 minutes
- Small groups (6-10 participants) can be conducted in person or virtually



Access this training (\$400 per facilitator) by visiting Lung.Training/Courses/Not-On-Tobacco

Now Available



NOT For Me is a self-guided, online program that leverages the American Lung Association's evidence-based Not On Tobacco (N-O-T) ® program to help teens break nicotine dependency, no matter what tobacco products they use.

To access this program:
NOTforMe.org

Adult demonstration version
(non- "gated"):
Demo.NOTforMe.org



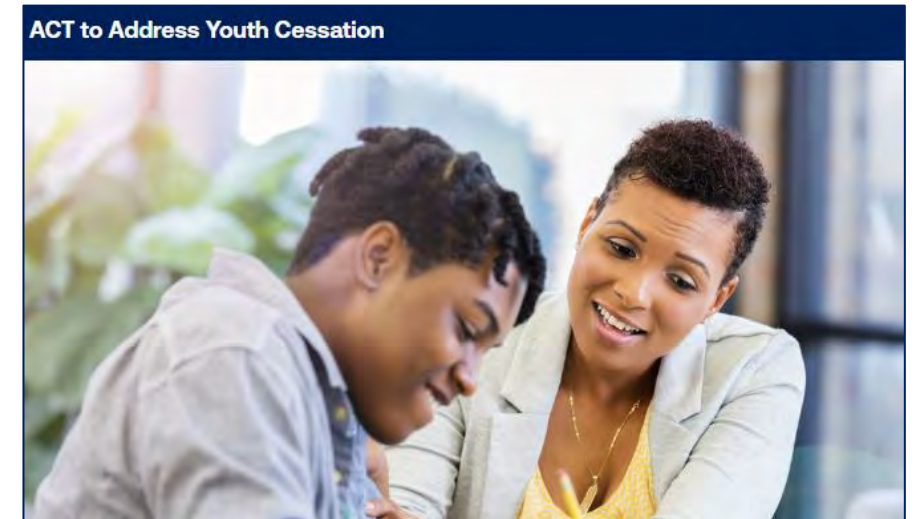
- Does not replace the N-O-T group program
- Online program (no app download necessary)
- Voluntary, self-guided program to help guide teens who want to break their nicotine dependence and stop using all tobacco products
- NOT for Me is offered in 8 sessions, completed in 6-8 weeks
- Supports healthy life skills including nutrition, fitness, stress management and effective communication



Ask-Counsel-Treat (ACT)

How To Conduct a Brief Intervention with Youth

- **Ask:**
 - Screen for tobacco use with all youth, during every clinical encounter.
- **Counsel:**
 - Advise all youth who use tobacco to quit and have them set a date within two weeks.
- **Treat:**
 - Link youth to behavioral treatment extenders and prescribe pharmacologic support when indicated.
 - After the visit, follow-up to assess progress and offer support



ACT to Address Youth Cessation

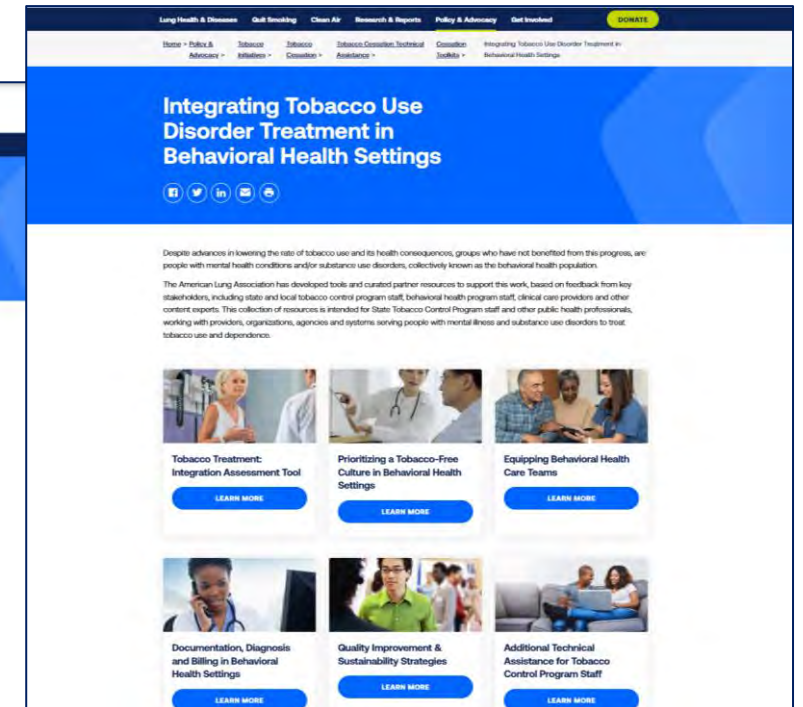
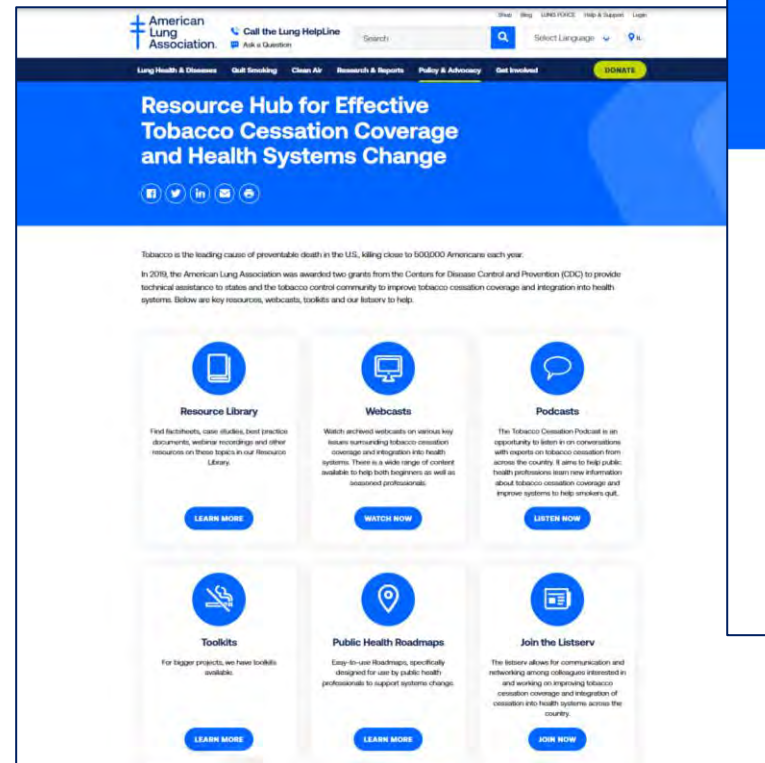
Complete this training by visiting [Lung.Training](https://www.lung.org/training)

American Lung Association Initiatives

Lung Association Technical Assistance

Tobacco Cessation Coverage and Health Systems Change

- Resource Library
- Presentations and Podcasts
- Toolkits
- Listserv
- Direct Technical Assistance

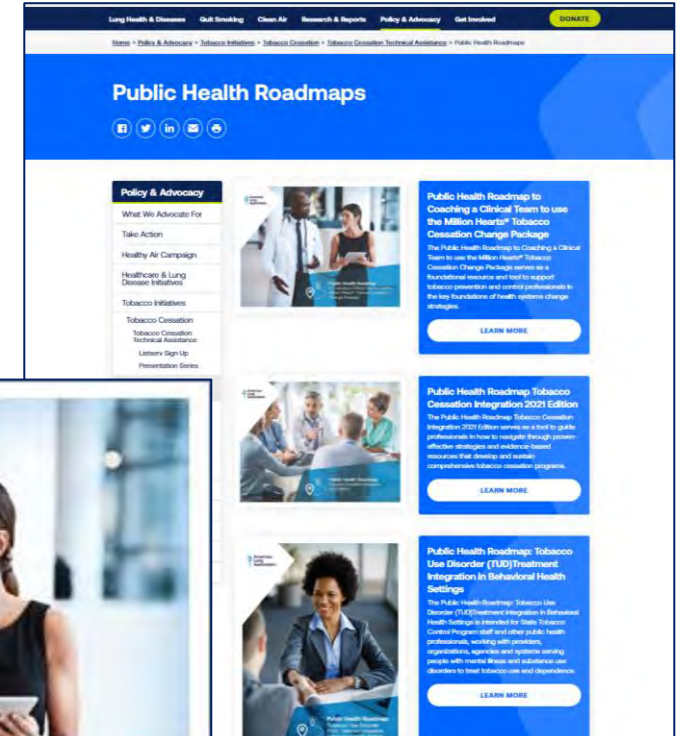


Lung.org/CessationTA

Public Health Roadmap

Coaching the Clinical Team

- Tobacco Cessation and Health Systems Change Integration
- Cessation Integration in Behavioral Health Settings
- Cessation Integration Among Youth
- Enhancing Tobacco Treatment Services with Lung Cancer Screening Integration Implementation



Lung Association Technical Assistance

Tobacco Cessation Coverage and Health Systems Change



Email: CessationTA@Lung.org



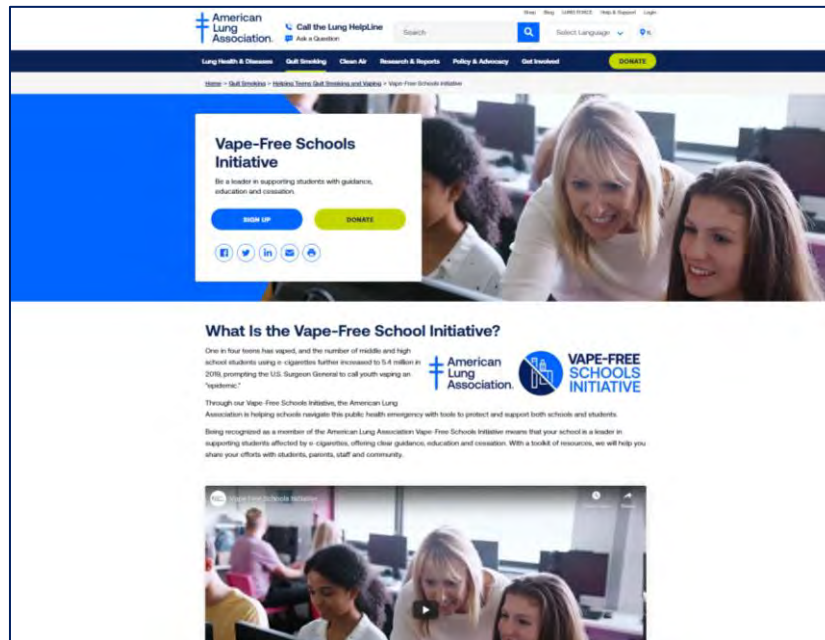
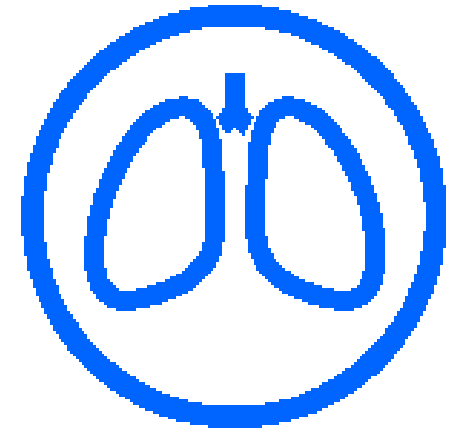
Resource Library: Lung.org/CessationTA

The screenshot displays the American Lung Association website's 'Resource Hub for Effective Tobacco Cessation Coverage and Health Systems Change'. The page features a blue header with the organization's logo and navigation links. Below the header, a blue banner contains the title of the resource hub. The main content area includes a paragraph about tobacco's impact and a list of six resource categories, each with a brief description and a 'LEARN MORE' button:

- Resource Library:** Find fact sheets, case studies, best practice documents, webinar recordings, and other resources on these topics in our Resource Library.
- Webcasts:** Watch archived webcasts on various key issues surrounding tobacco cessation coverage and integration into health systems. There is a wide range of content available to help both beginners as well as seasoned professionals.
- Podcasts:** The Tobacco Cessation Podcast is an opportunity to listen in on conversations with experts on tobacco cessation from across the country. It aims to help public health professionals learn new information about tobacco cessation coverage and improve systems to help smokers quit.
- Toolkits:** For bigger projects, we have toolkits available.
- Public Health Roadmaps:** Easy-to-use Roadmaps, specifically designed for use by public health professionals to support systems change.
- Join the Listserv:** The listserv allows for communication and networking among colleagues interested in and working on improving tobacco cessation coverage and integration of cessation into health systems across the country.

Education and Awareness

Eliminate Exposure to Secondhand Smoke and Aerosol



Lung.org/ecigs



Reduce Lung Cancer Deaths

LUNG FORCE

- 29% of Americans know that lung cancer is the leading cancer killer of women and men
- 69% of adults have not spoken with their doctor about their risk for lung cancer
- 44% are concerned they might get the disease

**LUNG
FORCE
WALK™**

American Lung Association.



Reduce Lung Cancer Deaths

Saved By The Scan

If an individual meets the following criteria, they are considered at “high-risk” for developing lung cancer and screening is recommended:

- 50-80 years of age
- Have a 20 pack-year history of smoking (this means 1 pack a day for 20 years, 2 packs a day for 10 years, etc.)
- AND, currently smoke or have quit within the last 15 years

At this time, there is not enough evidence to show that screening is recommended for other groups.

The screenshot shows the American Lung Association website with a campaign titled "Saved By The Scan". The main message is: "If you smoked, this new low-dose CT lung cancer screening test and eligibility quiz could save your life." Below this is a "TAKE THE QUIZ" button and social media sharing icons. A secondary message states: "Lung cancer is the leading cause of cancer deaths in America, but now there's hope. Screening is used to detect lung cancer early, when it is more likely to be curable. If lung cancer is caught before it spreads, the likelihood of surviving 5 years or more improves to 60 percent.*" A large "60%" graphic is accompanied by the text "Improved likelihood of surviving 5 years or more". The website header includes the American Lung Association logo, navigation links, and a search bar.

Reduce Lung Cancer Disparities

Talk to our experts at the American Lung Association Lung HelpLine and Tobacco QuitLine. Our service is free, and we are here to help you.



Lung Cancer HelpLine: 1-800-ALA-LUNG



Lung Helpline and Tobacco Quitline

You Ask. We Answer.



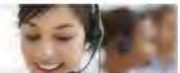

Call our **FREE Lung Cancer HelpLine** to talk to an expert.
1-844-ALA-LUNG

Are You Eligible for a Lung Cancer Screening?

- You are between 50-80 years old (or between 50-77 years old if you are on Medicare)
- You currently smoke or have quit in the last 15 years
- Have a 20 pack-year history of smoking (such as 1 pack a day for 20 years or 2 packs a day for 10 years)

Contact Us

Call toll free: **844-ALA-LUNG** (844-252-5864)
Available Monday-Friday, 9 a.m. – 5 p.m. CST



Email a question to HelpLineInfo@Lung.org.

Visit our [website](#) to chat live or submit a question.

TTY for hearing impaired 1-800-501-1068.

Receive Guidance and Resources Each Step of the Way

- Our experts have answers.** You'll speak directly to an expert about your lung cancer screening eligibility. Our Nurse Navigator, Resource Navigator, Respiratory Therapists and Certified Tobacco Treatment Specialists are compassionate and knowledgeable.
- Review the benefits of Low-Dose CT Scan** Screening is looking for cancer before you have any symptoms, which can help find cancer at an early stage when it may be easier to treat.
- Locating screening centers near you
- Scheduling assistance, if needed
- Transportation assistance
- Tobacco cessation referral (free services)

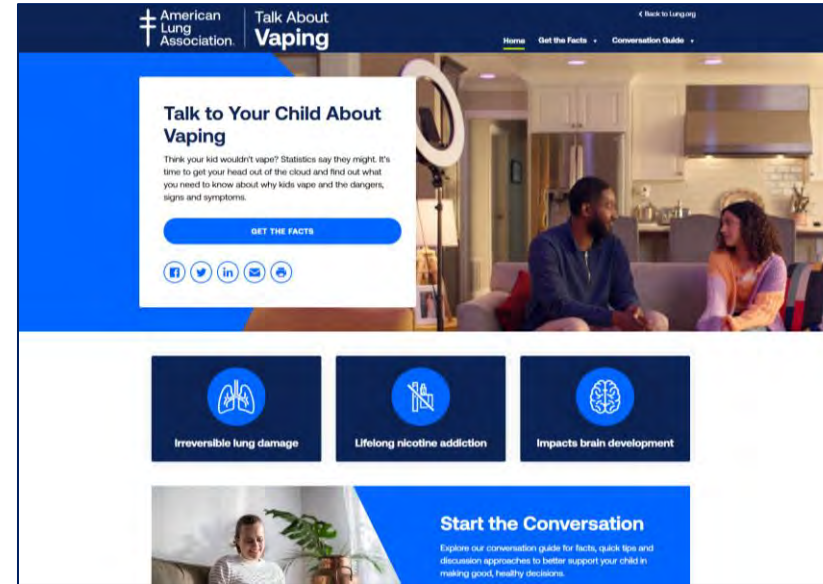
**Ask about additional resources available in your city/state*

1-844-ALA-LUNG | [Lung.org](#)

The Vape Talk

#DoTheVapeTalk

“It’s not always easy to engage our teenagers about the dangers they face. But adolescents care what their parents think and take fewer risks when we keep the lines of communication open.”



TalkAboutVaping.org

 American Lung Association.

Recertification Process



View the Recertification webcast in its entirety.



Complete the Post-Training Evaluation at bit.ly/FFSRecertEvaluation.

This includes reading through and acknowledging the Facilitator Agreement Form via the Facilitator Agreement Consent Form.



Receive your 3-year Facilitator Certificate of Completion.





Post-Training Evaluation

bit.ly/FFSRecertEvaluation



Important Links Document



Questions & Answers



Questions?

FreedomFromSmoking@Lung.org

You make a difference.



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