

SIMPLYWELL offers a comprehensive, eight-step smoking cessation program to help you stop smoking.

The services include:

- Eight (8) phone sessions with a Personal Quit Coach provided by Arbor Family Counseling addiction counselors.
- Twenty-four (24) hour unlimited telephonic support with Master level counselors.
- An Arbor Addictions Opportunities Packet that provides participants a resource for tracking activity as it relates to your tobacco cessation program.

Tobacco Cessation Program Components

<p>STEP ONE: A Great Opportunity</p>	<p>The initial phase begins with a registration call, continued by an initial contact with an assigned Personal Quit Coach, program orientation and concludes with a formal commitment by the participant to follow through with the program steps.</p>
<p>STEP TWO: Personal Quit Strategy</p>	<p>Step two includes a call to join together all the information from the participant's self-assessments and identify a Personal Quit Strategy addressing individual habits, triggers and potential road blocks for success.</p>
<p>STEP THREE: Commit to Quit</p>	<p>This call will focus on building a tobacco free lifestyle with healthy alternatives, solutions and strategies. In this call, participants will identify a quit date.</p>
<p>STEP FOUR: Building Your Health</p>	<p>A call by the Personal Quit Coach will reinforce healthy alternatives and address relapse prevention; including coaching on identified problem areas and accessing the participant's support system.</p>
<p>STEP FIVE: Staying Off Pack</p>	<p>This step focuses on addressing existing roadblocks to the participant's success for a tobacco free life. The call is structured to support the participant in moving forward into a strong recovery from smoking and emphasizing continued engagement with a support system.</p>
<p>STEP SIX: Tobacco-Free Lifestyle</p>	<p>Step six is structured to encourage the participant to embrace a tobacco free lifestyle with the help of the addiction specialist, learning the information in the participant's Personal Quit Portfolio and journaling in their Opportunities Personal Journal.</p>
<p>STEP SEVEN: Progress Evaluation</p>	<p>This call will focus on program and participant evaluation and includes a follow-up phone call by an addictions counselor.</p>
<p>STEP EIGHT: Certificate of Success</p>	<p>Once the program participant has completed the evaluation of the program and the self-evaluation, she/he will receive a certificate of completion.</p>