

Technical Assistance Checklist: Breathe Easy, Live Well

Clubhouse: _____ Date: _____

I discussed:

Recruiting and Retaining Members

- ☐ How to interest members to join the group
- ☐ How to interest tobacco users to join the group
- ☐ How to integrate new members into the existing group
- ☐ How to ensure non-tobacco users feel included in the group
- ☐ The importance of framing the group as a *wellness group*, not a quit tobacco group

Promoting Interaction

- ☐ Staff person's comfort with facilitating the group meetings
- ☐ Staff person's comfort using motivational interviewing
 - ☐ I modeled techniques for staff.
 - ☐ The staff person demonstrated techniques back to me.
- ☐ How to promote interaction between members in the group
 - ☐ I modeled techniques to improve interaction.
 - ☐ The staff person demonstrated techniques back to me.

Promoting Healthy Lives

- ☐ How to balance promoting positive change for everyone (tobacco users and non-users)
 - ☐ Content questions about tobacco cessation
 - ☐ Content questions about physical activity
 - ☐ Content questions about nutrition (including healthy beverage choices)
 - ☐ Content questions about policy changes
 - ☐ Content questions about handling stress
 - ☐ Content questions about regular doctor visits
 - ☐ Content questions about appropriate support networks

Policy Adoption

- ☐ Possible policies relating to tobacco that the clubhouse could adopt
 - ☐ Smoke-free areas
 - ☐ No staff smoking with members
- ☐ Possible policies relating to physical activity/nutrition that the clubhouse could adopt
 - ☐ Healthy walking clubs
 - ☐ Food, snack, and water options
 - ☐ Edible gardens

Communication with Healthcare Providers

- ☐ How to facilitate communication with healthcare provider
 - ☐ How to refer questions on pharmacotherapy and side effects to healthcare provider
 - ☐ I modeled the techniques for staff
 - ☐ The staff person demonstrated techniques back to me

☐ Other(s): _____

☐ Follow-up Required (*note on back*)

Definitions and Prompts for TA Provision: Breathe Easy, Live Well

Recruiting and Retaining Members

When gaining interest in the group...

- Start discussing Breathe Easy, Live Well program 1-2 months before actual program begins
- Emphasize that the group supports wellness, with a focus on tobacco use
- Use incentives to gain interest
- Make the first meeting an event
- Personally address clubhouse members about Breathe Easy, Live Well

When interesting tobacco users to join the group...

- Do not pressure them to join
- Stress that this is not a cessation group—you don't have to commit to quitting
- Mention that the primary focus is all about supporting other members, and that other members would benefit with extra support

When integrating new members...

- Have staff suggest that new members to the clubhouse try out the program
- Offer Breathe Easy, Live Well as part of clubhouse activities
- Encourage new members to come whenever they would like

When making sure that non-tobacco users feel included...

- Use examples of other behaviors as much as possible
 - Ex. The dangers of overeating to go along with the dangers of cigarettes

When discussing the importance of framing the group as a *wellness* group...

- Constantly refocus on overall wellness—this is not just a tobacco program
- Constantly emphasize the wellness part of the program and why it needs to be inclusive

Promoting Interaction

When discussing staff's comfort with facilitating meetings...

- Model examples of how to integrate questions and discussion points in each section

When discussing staff's comfort with motivational interviewing...

- Make sure staff knows to ask open questions, and not give advice (unless asked)
- Encourage staff to integrate own style into the group, and if possible, use ideas outside of the toolkit

When discussing promoting interaction between members in the group...

- Encourage asking questions throughout the content

Promoting Healthy Lives

When discussing how to balance promoting positive change for all members...

- Encourage focusing on one little change at a time
 - Use a baby step approach to avoid failures, Start slow

Policy Adoption

When noting possible tobacco-related policies that could be adopted...

- Discuss with directors about any possible issues during recruiting
- Assess current policies and consequences for violators
 - Give examples of challenges for those trying to quit based on current policies

When suggesting possible policies or activities that the clubhouse could adopt...

- Suggest discussion topics for group meetings such as:
 - What types of positive changes are you looking for?
 - What would make living healthier easier for you?

Communication with Healthcare Providers

When discussing how to facilitate communication with healthcare providers...

- Emphasize contact PCP if interested in quitting

Other suggestions

- Make sure there is constant staff encouragement towards members
- Make sure that staff encourages members discuss increased activity opportunities, healthier food choices, etc.
 - Really be influential in the group
 - Find out if there could be anything related to policy change