

EXAMPLE: Tobacco-Use Policy Violation Procedures Menu of Tobacco Treatment Options

To help you sustain long term recovery from all addictive substances, _____ has become a tobacco-free campus. Recovery from all substances increases by 25% when abstaining from all addictive substances, including tobacco. We understand that this has been a struggle for you and have developed many interventions to assist you. We are asking for you to choose three options from the list below that you are agreeing to do to stay on the path of recovery from tobacco products. Please choose three that you can really commit to doing and will help you be successful.

1. Use a tobacco cessation medication (Nicotine patch, lozenges or gum)
2. Call QuitLine (1-800-QUIT NOW / 1-800-784-8669)
3. Join First Breath (for pregnant, post-partum, and caregiving people)
4. Discuss with your primary care provider
5. Devise a plan for when you are experiencing a craving
6. Write down 10 benefits of tobacco recovery
7. Ask a family member or friend for help to stay tobacco free
8. Interview someone who is in tobacco recovery
9. Interview someone who's friend or loved one was affected by tobacco
10. Write down 5 things you will do when you are tobacco-free

I understand that if I am unable to successfully adhere to this new plan, I will have to meet with my treatment team and could eventually face discharge.

Client Signature:

Date:
