

APPENDIX 1D REVISED

(OCTOBER, 2012)

PROACTIVE SMOKING CESSATION

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The purpose of the smoking callbacks is to reinforce the client's quit plan and to help them troubleshoot any issues that have come up. It is tailored based on information collected during the initial reactive session. The first callback is typically the day before or the day of the quit and involves assessing their confidence about quitting and addressing any triggers they are concerned about facing. The succeeding callbacks assess whether or not the client has still quit and addresses any triggers with which they are struggling or anticipate struggling.

