

# Freedom From Smoking® Facilitator Training Registration Form

A separate form must be filled out for each person representing an organization. Confirmations, including directions, will be emailed prior to the training. Trainings will take place as scheduled only if a minimum of 10 people per session are registered. If this minimum is not met, you will be contacted at least one week prior to the training. Please call Renee Sankus at 916.585.7675 or send email to [renee.sankus@lung.org](mailto:renee.sankus@lung.org) if you have any questions or concerns. Please visit the website at <http://action.lung.org/centralvalleyffsfacilitatortraining>

Name \_\_\_\_\_ Credentials \_\_\_\_\_

Organization \_\_\_\_\_ Title \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Daytime Phone \_\_\_\_\_ Email \_\_\_\_\_

## Training Program:

**Freedom From Smoking® Facilitator Training**  
\$350 Registration Fee\*

## Training Date(s):

- Thursday & Friday Dec 6-7, 2012 9:00am—4:30pm

**Sierra View District Hospital**  
465 West Putnam Avenue  
Porterville, CA 93257

**May we include your name and contact information in our public listing of available smoking cessation resources?**

- Yes, please include my contact information.  
 No, please do not include my information.

## Payment:

- Check or Money Order  
*Make checks payable to American Lung Association*  
 Please send me a receipt

- Charge to Credit Card

Visa       MasterCard       Discover

Acct # \_\_\_\_\_

Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

*You will automatically receive a receipt for the credit card transaction.*

**Fax** this form to (916) 442-8585 or **Email** it to [renee.sankus@lung.org](mailto:renee.sankus@lung.org) to ensure timely receipt.

Mail checks with copy of registration form to:  
American Lung Association in California, Attn: Renee Sankus,  
1029 J St., Suite 450 Sacramento, CA 95814

**\*Training does not include licensing fee or materials**



# Freedom From Smoking® Facilitator Requirements

The American Lung Association in California offers facilitator training for the Freedom From Smoking® (FFS) Clinic (adult smoking cessation program). The facilitator training will prepare individuals to conduct the cessation program using the respective curriculum and materials. Trainings are scheduled on an as needed basis, and will only be conducted if a minimum of **10** participants have registered to attend. To register, complete the attached Registration Form and **fax or email** back to ensure timely receipt. Training does not include licensing fee or materials.

## ABOUT THE PROGRAM

Freedom From Smoking® is designed to offer the group support and encouragement many need to quit smoking for good. FFS is an 8 session program, and uses an addiction-based model to help smokers understand their addiction and ways to break the habit. Participants are encouraged to use Nicotine Replacement Therapies and other medications as a component of the program.

## TO BECOME A CLINIC FACILITATOR, A PERSON MUST:

- ◆ Be someone who has not used any tobacco product in the last year
- ◆ Be experienced in and comfortable with facilitating groups
- ◆ Knowledge of tobacco prevention education &/or treatment (preferred)
- ◆ Attend the one and a half day Freedom From Smoking® Facilitator Training Workshop
- ◆ Complete and abide by the Facilitators Agreement Form
- ◆ **Conduct at least 1 clinic every 2 years**

## FREEDOM FROM SMOKING® CLINIC EXPECTATIONS:

- ◆ The facilitator is responsible for providing each participant with their own participant workbook
- ◆ Materials/participant packets are copyrighted and cannot be reproduced
- ◆ Materials/participant packets are ordered from your local American Lung Association (Please request a price list)
- ◆ Participant packet includes:
  - Participant Handbook (88 pages), printed in four-color and is filled with activities/worksheets
  - Relaxation CD which contains exercises that can be used with FFS and other ALA programs for adults

## COST

The cost of the two-day facilitator training workshop is **\$350**.

The participant fee covers:

- ◆ Facilitator Training
- ◆ 1 Facilitator Guide & 1 Participant Handbook w/ Relaxation CD
- ◆ Additional Resources/Information
- ◆ Certificate of Participation
- ◆ Snacks and Lunch

## FACILITATOR WEBSITE

Through a password-protected website, certified facilitators will have access to:

- ◆ Curriculum updates
- ◆ The FFS Basic Clinic Module
- ◆ The full scripted version of each clinic session
- ◆ Marketing resources from Krames and the American Lung Association

 **AMERICAN LUNG ASSOCIATION®**  
IN CALIFORNIA

*Freedom*

FROM SMOKING®

