



"How-To" Breakout Session

3rd Annual Crow Wing Energized Health & Wellness Summit | January 29 from 7am - 1pm
Lakewood Evangelical Free Church, 6284 Fairview Road, Baxter, MN

Subject: Support Someone Stopping Tobacco Use

Presenter(s): Ajeet Yadav & Nathan Hamilton

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Who should be involved? Support from upper level management, Staff in senior leadership role, members from bargaining units (unionized environment), staff/faculty, Students. Formation of tobacco-free taskforce.

Partnership Opportunities (contact information): Crow Wing Energized (www.CrowWingEnergized.org) & Clearway Minnesota, Wadena County Public Health, CentraCare Health Foundation.

Resources Needed:

1. Local / county resources
2. QuitLine (1-800-QUIT NOW)
3. Free / discounted nicotine replacement therapy (NRT)
4. _____
5. _____

Timeline: Seven month, (Policy drafting, discussion, interpretation, consultation with supporting partners, final policy, adoption of policy, communication with communities, media, posters, Signage, implementation)

Budget: \$ 20,000.00. (Cost of Signs, Banners, and Promotional Materials), all costs were covered by the partner organizations, Crave the Change Centra Care Foundation (Major), Crow Wing Energized, Wadena County Public Health.

Tips for Success: Team work, Focus on positive outcome, communicate with all level of staff, maintain momentum, Established a point of contact for FAQ,

How to Sustain Efforts: Keeping everyone energized with the success, discuss progress at the staff meeting, sending periodic friendly reminders. The enforcement of tobacco –free policy is truly an organization wide effort. Each member of organization should take steps to remind those violating the policy.