

Sample Treatment Goals

Enhancing Motivation

- Client will identify at least three things he/she doesn't like about tobacco use and report this to counselor by _____.
- Client will identify at least three areas in which tobacco use has negatively impacted his/her life and report this to counselor by _____.
- Client will develop a list of reasons to remain tobacco-free and post these reasons in (a visible area) by _____
- Client will accept being questioned by clinician about current tobacco use status and interest in quitting at least twice monthly
- Client will make a reward jar for the money saved by not smoking and list other ways to spend the money
- Client will identify 3 motivators for quitting and make reminders to encourage themselves ie., photos of children, grandchildren, or pets. Sticky notes.
- Client will identify 3 unhelpful thoughts that they have about quitting and write phrases to 'talk-back' to them

Preparing to Quit

- Client will reduce his/her daily use of tobacco by _____ amount each _____ for _____
- Client will fill out a Pack Track chart each day for _____ # of days.
- Client will initiate discussion of tobacco in group setting at least twice within a one month period
- Client will identify times that he/she typically smokes (uses tobacco) and come up with 2 alternative behaviors for each of those times.
- Client will identify what he/she likes about smoking in order to design a plan that meets those needs in healthier ways.
- Before quitting - client will practice sitting with the craving and mindfully notice how it feels (I want a cigarette, my belly/chest feel tight, emotional, distracted, etc.)
- Client will identify and share 3 challenges / barriers for quitting with counselor
- Client will begin making _____ # of behavior changes before quit date to support the development of new rituals/habits
- Client will delay lighting up for a few minutes at least _____ times a day by doing something else
- Client will develop a quit plan and set a quit date for quitting tobacco use by _____/

- Client will identify and complete 3 activities in preparation for their quit (such as clean car, smoke outside, wash wall in house, etc.)
- Client will make a list of those people in his/her life who do not smoke
- Client will track his smoking (with use of pack tracks) for one 24 hour period.
- Client will report each session on any observed changes to his smoking since beginning recovery for alcohol use disorder.
- Client will self-assess his motivation (importance) and confidence to quit on a ten-point scale, each session. (promotes awareness of fluctuations in attitudes and beliefs but without any agenda to promote quitting)
- Client will begin to observe (and report in session each week) on how many of his friends/family do not smoke.

Contacting the Maine Tobacco HelpLine (MTHL)

- Client will accept referral to Maine Tobacco HelpLine and complete the four-call program by _____
- Client will accept the first call from the Maine Tobacco HelpLine and complete the first counseling call by _____
- Client will enroll (self-registration) with the MTHL through the QuitLink
- Client will self-refer to the MTHL using the QuitLink self-referral form

Tobacco Treatment Medication (obtaining/using)

- Client will identify and obtain his/her preferred form(s) of NRT and implement its use by _____
- Client will begin using NRT prior to quit date (examples below)
 - use gum or lozenge when in a non-smoking venue (movie theater, church, visiting in hospital)
 - replace a few cigarettes a day with a piece of gum or a lozenge
 - continue to take a break at work but not to smoke – use oral NRT and do something different
- Client will obtain a prescription for Varenicline (Chantix) by _____ date.
- Client will begin use of Varenicline on _____ date.
- Client will obtain a prescription for Bupropion SL (Zyban) by _____ date.
- Client will begin use of Bupropion on _____ date.

Quit Planning

- By _____ client will identify and implement 3 strategies to support quitting tobacco use.
- Client will develop a tobacco quit plan, including start date, by _____

- Client will identify at least two supports who can be allies with her/him in quitting tobacco use and request support from them by _____
- Each week, client will identify at least one “person, places or thing” to avoid in order to support efforts to remain tobacco-free
- Client will identify three potential relapse triggers and how to handle them if they should arise by _____
- Client will identify and practice each day, 3 skills he/she can use to aid in quitting tobacco.
- Client will identify by _____, 4 ways to handle a slip to help get back on track
- Client will daily write in a journal observations/thoughts/feelings related to his/her attempt to quit tobacco use.
- Client will daily write in a journal observations/thoughts/feelings about how quitting smoking has impacted her recovery from other addictions.
- Client will identify, and share with counselor, 3 gains from quitting
- Client will identify who they want to share their quit plan with (colleagues, family, friends) – including how he/she would like those people to best support them during their quit
- Client will write a letter to (colleague, family member or friend) asking for support with quitting tobacco.
- Client will learn to identify the voice of craving and respond with alternative thought / behavior
- Client will find a sponsor (such as from NA and/or AA) who does not use tobacco and will support being tobacco-free.
- Client will identify and use three strategies from his/her addiction to other substances that can also be used for recovery from tobacco use.
- Client will identify and practice 3 ways to comfort and sooth oneself instead of using tobacco.
- Client will identify and practice 3 coping skills to manage stress and anxiety.
- Client will identify 3 activities that he/she can undertake to manage boredom and downtime.
- Client will create a script for thoughts that they can say to themselves for reassurance that they will be okay.
- Client will attend at least one non-smoking self-help group each week (AA or NA)