

Peer Specialists Free Webinars Series - November 26

Doors to Wellbeing

Tue 11/5/2019 12:03 PM

To: Rita Cronise <rmc277@shp.rutgers.edu>



Tuesday, November 26, 2019
2PM ET/ 1PM CT/ 12PM MT/ 11AM PT

Peer Support and Smoking Cessation

To register: [Click Here](#)

Why talk about smoking cessation and peer support specialists? According to the Center for Disease Control (CDC), smoking is the leading cause of preventable death worldwide.¹ "Approximately 1 in 4 (or 25%) of adults in the U.S. have some form of mental health or substance use disorder, and these adults consume almost 40% of all cigarettes smoked."²

This webinar will highlight the importance of peer support and a plan for individuals taking a journey toward smoking cessation. It will also offer tips for supporters at different stages of a person's journey toward self-liberation from cigarettes.

Learning Objectives

By the end of this webinar you will be able to:

- Describe the practice of curiosity and openness when encountering diverse perspectives about smoking.
- Explore areas of change based on self-direction.
- Examine Wellness Recovery Action Plan (WRAP®) for smoking cessation as a plan and a common language to connect.

Presenter: Gina Calhoun is the program director of Doors to Wellbeing.

Sources:

1. "Smoking and Tobacco Use: Fast Facts"

https://www.cdc.gov/tobacco/data_statistics/fact_sheets/fast_facts/index.htm

2. "Tobacco Use Among Adults with Mental Illness and Substance Use

Disorders"<https://www.cdc.gov/tobacco/disparities/mental-illness-substance-use/index.htm>

Certificates of Participation for 60 Minute Webinar Available

Registration is FREE - but you must register to attend!

[Click Here to Register!](#)

This flyer was developed [in part] under grant number SM062557-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

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