

Freedom From Smoking® Training Registration Form

A separate form must be used for each person and session. 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. Please call 515-309-9507 with any questions.

Name _____ Credentials _____

Organization _____ Title _____

Mailing Address _____

City _____ State _____ Zip Code _____

Daytime Phone _____ Business Fax _____

Email _____ County _____

Training Program:

Freedom From Smoking® Facilitator Training
\$200 Registration Fee

Training Date: 8:30 a.m.-4:30 p.m.

- Tues, April 21, 2009 Des Moines
- Tues, June 23, 2009 Des Moines
- Thurs, Sept. 17, 2009 Des Moines
- Thurs, Dec. 3, 2009 Des Moines

Can we include your name, organization, phone number, city, and email address in our public listing of available smoking cessation resources?

- Yes, please include my contact information.

Payment: \$ _____

- Check or Money Order
*Make checks payable to American Lung Association
It is permissible for checks to be received after the training date*

- 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 515-334-9564 to ensure timely receipt.

Mail checks with copy of registration from to:

American Lung Association in Iowa, Attn: FFS, 2530 73rd St., Des Moines, IA 50322



Freedom From Smoking® Facilitator Requirements

The American Lung Association in Iowa 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 twice a year, and will only be conducted if a minimum of **10** participants have registered to attend. To register, complete the attached Registration Form and **fax** back to ensure timely receipt.



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. Cost includes comprehensive training manual, self-help guides, lunch and other ALA resource materials.

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 conducting group programs
- ◆ Attend the one-day Freedom From Smoking® Facilitator Training Workshop conducted by the American Lung Association
- ◆ Complete and abide by the Facilitators Agreement Form
- ◆ **Conduct at least 1 clinic every 2 years**

FREEDOM FROM SMOKING® CLINIC PARTICIPANT MATERIALS:

- ◆ Each participant **MUST** receive a participant packet!
- ◆ Materials/participant packets are copyrighted and cannot be reproduced!
- ◆ Materials/participant packets are ordered from your local American Lung Association
- ◆ Cost: \$20.00 per participant packet
- ◆ Participant packet includes:
 - Participant Handbook (88 pages), printed in four-color and is filled with photographs and illustrations
 - Relaxation CD which contains exercises that can be used with FFS and other ALA programs for adults

COST

The cost of the one-day facilitator training workshop is **\$200.00**.

The participant fee covers:

- ◆ Facilitator Training
- ◆ Facilitator Guide & Participant Handbook w/Relaxation CD
- ◆ Additional Resources/Information
- ◆ Certificate of Participation
- ◆ Lunch
- ◆ Facilitator Website Enrollment (*see description below*)

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



2530 73rd Street, Des Moines, IA 50322 | Phone: 1-877-925-8647 | Fax: 515-334-9564