

# 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 217/787-5864 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—4:30 p.m.

- January 28, 2010; Chicago
- February 25, 2010; Chicago
- May 20, 2010; Springfield
- June 17, 2010; Chicago
- Additional dates available in Wisconsin and Indiana, call for details.

**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 217-787-5916 to ensure timely receipt.

Mail checks with copy of registration form to:

American Lung Association in Illinois, Attn: FFS, 3000 Kelly Lane, Springfield, IL 62711



# Freedom From Smoking® Facilitator Requirements

The American Lung Association of Illinois 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

## AMERICAN LUNG ASSOCIATION IN ILLINOIS

3000 Kelly Lane, Springfield, IL 62711

Phone: (217) 787-5864

Fax: (217) 787-5916

## AMERICAN LUNG ASSOCIATION IN GREATER CHICAGO

55 W. Wacker Dr, Suite 800, Chicago, IL 60601

Phone: (312) 781-1100

Fax: (312) 781-9250