

Academy of Peer Services, Virtual Learning Community
Talking about Tobacco Series

Chat from WRAP® and Talking About Tobacco Presentation

March 18, 2021

What Would You Like to Get Out of Today's Webinar?

- Understand wrap
- Better understanding of using WRAP.
- Something to inspire us and our clients to improve our way of living
- I want to get resources to help my patients.
- help others with their quit smoking plans
- To gain more knowledge to help my clients
- importance of nicotine
- Learn how to better support individuals who want to stop smoking
- Information on tobacco cessation and WRAP as our center is looking to start a smoking cessation group. and for my personal self.
- Being able to assist clients in ACT, PROS and other programs
- To assist clients with WRAP
- how I can help clients use wrap
- How WRAP might fit into the work we do at our agency
- How WRAP works and how to utilize it with my patients
- How to write an effective WRAP
- information to provide to clients
- I would like to understand more about how to use WRAP in tobacco cessation.
- How to leverage the ideals of wrap to better message importance of tobacco recovery
- help others with smoking through wrap
- how to help my client become motivate to cut down then quit smoking
- how to engage to client to do it and get excited about the process
- A way to approach smokers to understand the benefits of quitting. I quit cold turkey. But I don't recommend that
- Dialectic scripts on effective engagements for mutual support.
- To hopefully incorporate WRAP with my Art Therapy clients
- Provide renewed hope for Clients that have not been successful with quitting
- I recently quit smoking after smoking for 40+ yrs.
- Harm reduction
- to help clients find a productive way to overcome nicotine dependence and to have a plan
- Help have a more productive and manageable way to get solutions
- How to use WRAP (including the crisis plan) to prevent nicotine relapse
- I quit smoking 10 years ago

- I hope to gain more knowledge on to continue to assist clients that wish to stop smoking and better their health. Also, on a personal level, learn more for myself as I recently stopped smoking after MANY years of smoking.
- How to share hope with people who smoke
- Clarification and ideas on how to assist clients and guests when it comes to tobacco cessation and WRAP.
- help participants with WRAP and Tobacco
- The many way Wrap can be used
- How to incorporate it into my consumers goal (s).
- If there is a way to integrate WRAP planning into a jail setting
- Is there a WRAP Plan for specifically designed justice involvement for peers?
- >>Yes - *WRAP for Re-entry*
- Where can I get more information?
- Has WRAP ever been used for social justice issues? Or as a tool to address inequities within mental health communities?
- >>Yes - *WRAP for Re-entry*
- >>*Advocates for Human Potential – information will be provided at the end.*

What are some of the tools you use to stay well?

- Hiking baking
- Walking along the Mississippi River.
- fishing
- Bike riding
- Music
- Sitting alone in my room with my cat. Decreasing the amount of stimulation helps so much
- eating spicy food like spicy ramen
- swimming
- Music
- reading
- painting, yoga, walking
- Listening to music
- Taking a drive
- On occasion I visit the blue whale and skating.
- Ha-ha, exactly the same, hiking and baking
- I love to cook some good soul food for my friends and family
- camping, baking and decorating cakes
- cuddling with my dog!
- meditate
- meditation, walks, grandchildren, deep breathing, my dog
- Playing piano and guitar
- watercolor painting

- Running on the boardwalk
- detoxing digitally
- Practicing Reiki
- singing
- Going to concerts with my brother
- adventure sports
- Watching stop smoking videos to make sure I don't pick up.
- Long walks alone to get inside me and really work things out
- I started roller skating in the summer
- (Yes food)
- journaling
- swimming!
- Taking a shower and lollipops helped when I didn't want to smoke
- Brushing my teeth, gargle with warm Salt water.
- meditation guided imagery
- Waking up with a grateful heart every morning
- I get up 2 hours before I meet people, I pray for an hour then exercise for an hour every day

>> *Chacku (presenter) Thanks for sharing your wellness tools everyone! This is an amazing list!*

What are some things specific to reducing or stopping tobacco use?

- chew gum, meditate
- Grounding for triggers
- breathe
- mints helped me
- take a deep breath and walk away
- Drink water
- deep breaths
- call my sponsor
- deep breathing, meditate, read a book, exercise
- going for a walk
- time away
- call a supportive other
- Gardening
- drink water 
- Find an alternative action to do
- Listen to music
- Get on my bike
- Play the tape forward — remember where it leads
- running
- Stop and pay attention to beautiful colors and describe in detail

- I recall the pain and uneasy feeling I had when I used
- READ
- Distract yourself, engage yourself either listening to music, meditation
- call someone
- baking
- Use NRT to deal with the craving :-)
- read spiritual messages
- go to bed
- motorcycle on a country road
- Deep breathing gratitude chants, recognizing the rise and fall of chest and depth in capacity to reach diaphragm and slowly blowing out stressors.
- if at home ask the kids to play catch or something to stay busy
- COVID will not allow us to meet with a group for more than 50 minutes at a time. How would this work with WRAP groups?

>>Thank you to everyone who contributed in the chat box, I have captured your comments and will share them all with the presenters! It was a VERY robust discussion!

Other comments

It would also be helpful if we could get data related to racial inequities and tobacco. For example, there is an important difference between traditional tobacco use in Indigenous communities and commercial tobacco use.

I would like to know how to keep clients interested in attending tobacco groups. Many in treatment do not want to attend

My experience (as a nonsmoker) has been folks who use tobacco tell me that I cannot support them because I am a nonsmoker and do not have smoking experience. A helpful authentic succinct response (to the above) would be helpful so I can be a more effective. Thank you.