

Westmoreland Tobacco Free Coalition
Tobacco Prevention and Cessation Programs Available to Schools, Businesses and Community Groups

Title	Description & Program Length	Topic Areas	Retail Cost	Organization
PREVENTION PROGRAMS				Contacts for agencies found on page 8
A is for Asthma	30 – 90 minute program for teachers, daycares, or parents. Participants receive Sesame Street video and materials.	Early childhood asthma, emphasis on the health effects of second hand smoke.	Free	American Lung Association
A Smoker’s Face	45 minute program demonstrating how smoking negatively affects a person’s appearance.	Teens view the premature aging effects of tobacco use through a computer simulated demonstration that alters his/her own appearance.	Free	Penn State Extension
Applebee Pond Puppets	Puppet show, 30 minutes, K-4 th grade	Tobacco use, tobacco smoke issues	Free	Community Prevention Services of Westmoreland & Penn State Extension
BUSTED! PA Tobacco Free Youth Network	Youth led coalition for teens ages 13-18 which promotes advocacy, leadership and communication skills. Retail tobacco sales compliance checks	Youth develop tobacco prevention education programs to reach their peers, schools, community and legislators. Increase tobacco retailer awareness of sale to minors law.	Free	Community Prevention Services of Westmoreland Penn State Extension
Chalk Talk-Tackling a Tough Opponent	30 minute workshop for middle/high school athletes and coaches to reduce the onset of spit tobacco and encourage users to quit. “U Make the Cut” kits are provided to coaches to support continued education	Effects of tobacco use on athletes	Free	Penn State Extension

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Clean Air for Newborns, Infants, and Children	½ hr. presentation w 12 min. video, guided discussion, handouts. Parent groups, educator in-service, school nurses	Effect of tobacco smoke and smoking on health; illness adds emotional and economic stress to families	Free – funded by PA Department of Health through Westmoreland Drug and Alcohol Commission, Inc.	Penn State Extension
Consultation	Vary As Needed	Curriculum Development, School Policy, Smoke-free Air Strategies	Free to Westmoreland County schools, agencies, employers.	Saint Vincent College Prevention Projects
Guest speaker	As needed on tobacco use, getting ready to quit, and prevention issues	Smoking, spit tobacco, health risks, resistance skills,	Free- funded by Pa Department of Health through Westmoreland Drug and Alcohol Commission, Inc.	Various Coalition members – contact Penn State Extension for list.
How to Keep Children Smoke Free	1 hour program for parents	Program to teach parents how to help children not smoke.	Free	American Respiratory Alliance
Mini-Grant Campaigns	\$100 award for youth led anti-tobacco activities. Campaign conducted annually during Red Ribbon Week, Great American Smokeout, and Kick Butts Day	Smoke free air, health risks of tobacco use and tobacco smoke, how to say no, protecting self from tobacco smoke, helping someone quit, etc.	Free	Penn State Extension
Open Airways for Schools (OAS) Asthma Management Curriculum	4 hour training for teachers, nurses and volunteers to lead OAS. Participants receive lesson book, handouts, and posters.	Asthma management curriculum for children ages 8-11, uses games, role plays, art, and family education.	\$175-facilitator training	American Lung Association
Parent Outreach Program on Tobacco (display and material)	Kit including display board and materials available on loan.	Tobacco information materials and brochures for distribution at Parent Family Events.	Free	Saint Vincent College Prevention Projects

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PA-SWAT	College student anti-tobacco campaign	Information about tobacco products, industry tactics, healthy lifestyle, cessation, campus policy consultation.	Free to college campuses.	Saint Vincent College Prevention Projects
Poisoning our Children: the Perils of Secondhand Smoke	½ hr program with 12 minute video and discussion. Ideal for Consumer Science, Child Care, Health Classes, Teacher In-service. Teachers provided with the materials to include program in their curriculum.	Health risks, economic costs and family stress from tobacco use and tobacco smoke; health benefits of asking smokers to smoke outside.	Free	Penn State Extension
PROJECT ALERT Training	Training for educators (See below)	See below for description	Free - funded by PA Dept. of Health through West Drug & Alcohol Commission, Inc.	Penn State Extension
Project ALERT	11 lesson curriculum for grade 6 or 7. 3 lesson booster the following year.	Targets gateway drugs, including tobacco. Includes media impact, refusal skills, homework, parent involvement. Research-based with proven outcomes.	Penn State Extension: Free Saint Vincent College Prevention Projects-Open to limited number of Westmoreland County schools with funding by Westmoreland Drug and Alcohol Commission, Inc. Retail Cost: \$275 a day	Penn State Extension Saint Vincent College Prevention Projects
Pre-school and Child Care Centers Program	Asthma awareness and basic respiratory hygiene concepts; 30 minute hand washing program for children	Basic asthma education for staff;	Free	American Respiratory Alliance

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Project X	As needed-school assembly	An interactive high tech anti-tobacco school assembly for 4 th through 7 th grade students		Contact Penn State Extension to arrange
RADAR Information Center (Regional Drug/Alcohol Awareness Resources)	Hours: Tuesdays, 10:30 AM to 3:30 PM, Human Service Center, 724-836-3133, or call Jacqueline Colland 724-805-2050.	ATOD informational materials for families, educators, youth, professionals and general public.	Free. Bulk orders may require shipping fee.	Saint Vincent College Prevention Projects.
R.E.A.L. (Elementary) Tough Topics (Secondary)	ATOD Prevention Education	Information/Education About Nicotine, Addiction, Media, Tobacco, Industry, Healthy Lifestyle, etc.	Open to limited number of Westmoreland County schools with funding by Westmoreland Drug and Alcohol Commission Retail Cost: \$275/day	Saint Vincent College Prevention Projects
Samantha Skunk	Play for 4th graders	Tobacco, tobacco smoke issues	Free	Community Prevention of Westmoreland
T.A.T.U. (Teens Against Tobacco Use)	Materials and guidance for youth groups and their leaders to develop tobacco prevention projects through peer education and/or anti-tobacco activities.	Tobacco addiction and media influence.	Free	Community Prevention Services of Westmoreland Penn State Extension
TATU Facilitator Trainings (Teens Against Tobacco Use)	PA Act 48 hours available Workshop offered to anyone who can train teens; single adult 1-day training (5-6 hrs.); teen training (6-8 hrs.)	Employs a peer-teaching model as the delivery mechanism to teach youth about tobacco use and to become advocates for tobacco-free communities.	\$275-facilitator training	American Lung Association

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School Asthma Initiative	Multi-pronged educational program to improve school based management of students with asthma	Different educational sessions for school personnel and faculty, nurses, and students	Free	American Respiratory Alliance
TNT (Toward No Tobacco Use)	10 session program with 2 session booster the following year.	Research-based tobacco education program includes media, refusal skills, social activism, and communication skills.	\$275.00 per day	Saint Vincent College Prevention Projects
Tobacco is a Drug, Too!	45 minute presentation for students. Educates students about the harms of tobacco use and secondhand smoke, current legislative issues that impact tobacco use, the anatomy of tobacco products, and countering tobacco ads.	Tobacco use and tobacco smoke	Free	Penn State Extension
Truth about Tobacco	1 session presentation for youth in school or groups	Visual presentation of health, peer, and media issues of tobacco use	Free	American Respiratory Alliance
Videos on tobacco issues	12 minutes to 1 hour	Call for list	Free	Penn State Extension
Why Animals Don't Smoke	Prevention program for pre-school and kindergarten	Puppet show to talk about hazard of tobacco use	Free	Mon Valley Hospital
Professional Development for Teachers, Social Service Personnel	Vary As Needed	Information & Activities To Bring Home The Truth About The Seriousness Of Nicotine Addiction	Vary-Priced Individually through contract with sponsoring organization.	Saint Vincent College Prevention Projects

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CESSATION				
Title	Description & Program Length	Topic Areas	Retail Cost	Organization
Clear The Air	2 hour introductory session	Preparing to quit, taking action, stay motivated and quit for good!	Free to Highmark Subscribers	Excelsa Health-Latrobe, Frick, and Westmoreland Hospitals
Freedom from Smoking Facilitator Training	1 day workshop to train facilitators to lead an 8 session smoking cessation clinic.	Preparing to quit, understanding your habit, NRT, relapse prevention, fitness, nutrition.	\$200 facilitator training	American Lung Association
Freedom from Smoking	8 session smoking cessation clinic for adults.	Preparing to quit, understanding your habit, NRT, relapse prevention, fitness, nutrition	Free to faculty and staff of Westmoreland County Schools Free to those with no insurance - all other insurances billed	St. Vincent College Prevention Projects SPHS Behavioral Health
Not On Tobacco (N-O-T)	10 Session Youth Cessation Clinic	Realities of Smoking; Understanding Addiction; Getting Support; Benefits Of Quitting; Coping With Urges; Avoiding Slips	Free	St. Vincent College Prevention Projects
N-O-T Alternative to Suspension (ATS)	4 Session Youth Cessation Clinic for youth referred through disciplinary process	Realities of Smoking; Understanding Addiction; Getting Support; Benefits Of Quitting; Coping With Urges; Avoiding Slips	Free	St. Vincent College Prevention Projects
Not On Tobacco Training	1 day workshop to train educators, nurses, adults to do smoking cessation counseling with high school age youth	Realities of Smoking; Understanding Addiction; Getting Support; Benefits Of Quitting; Coping With Urges; Avoiding Slips	\$175-facilitator training	American Lung Association
Ready to Quit, Quit Smart	7 week group therapy sessions with facilitator trained in smoking cessation	How to quit tobacco.	\$25 each individual; Scholarships available	Excelsa Health System - Frick, Latrobe Area Hospital, Westmoreland

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QUIT NOW Quitline for adults 1-800-784-8669	Information & 3 telephone counseling session on quitting tobacco	How to quit smoking or using chew	Free	American Cancer Society in partnership with Pennsylvania Department of Health
Ready to Quit!	Seven session tobacco cessation program for adults; for businesses and community sites	How to quit smoking or using chew	Free	Penn State Extension
Smoke Free For Life	7 session tobacco cessation program for adults	How to quit smoking or using chew	\$50/participant-includes all material	American Respiratory Alliance
Smoke Free For Life Facilitator Training	1.5 day workshop to prepare participants to deliver program	Information on tobacco use and addiction, statistics, behavior modification	\$200-includes all materials, snacks and lunch on day 1	American Respiratory Alliance
Smokeless Saturday	Alternative to suspension for using/possessing tobacco products	Smokeless Saturday is a teen education/cessation program for youth found with tobacco on school grounds and offers an alternative to suspension and fines	\$40.00 non-refundable fee paid by participant to American Respiratory Alliance.	American Respiratory Alliance Saint Vincent College Prevention Projects
Smokeless Saturday Facilitator Training	1.5 day workshop to train facilitators to deliver program	In depth background on tobacco, cessation, working with adolescents	\$200-includes all program material, snacks, and lunch on day 1	American Respiratory Alliance
Smoke Stoppers	21 day – 7 session class for adults	Understanding addiction; physical and psychological effects of tobacco use; weight management; stress management; help to quit	Free	Mon Valley Hospital

For information on arranging any of the above programs or for free material, see the contact list on page 8. For online information on tobacco related issues, check the Westmoreland Tobacco Free Coalition website: WestmorelandTobaccoFree.org

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American Cancer Society

Contact: Kristen Hillebrand
Address: 863 Georges Station Road, Suite 2
Address: Greensburg, PA 15601
Phone: 724-834-8091
Email: Kristen.Hillebrand@cancer.org

American Heart Association

Address: 4727 State Route 30 # 204
Address: Greensburg, PA 15601
Phone: 724-837-5468 or 412-824-3211 x6142

American Lung Association

Contact: Kate Tomayko; Lou Ann Haney
Address: 11676 Perry Highway
Address: Wexford, PA 15090
Phone: 1-800-LUNG USA or 724-933-6180

American Respiratory Alliance

Contact: Jeannie Simms-Asthma, Mary Ann Valasek-Cessation
Address: 201 Smith Dr., Suite E
Cranberry Township, PA 16006
Phone: 1-800-220-1990

Community Prevention Services of Westmoreland/WHO

Contact: Tim Phillips; Renee Kelly
Address: 226 South Maple Ave.
Address: Greensburg, PA 15601
Phone: 724-834-1262 / 834-1260 x132
Email: renee_kelly@who-inc.org

Excela Health

Contact: Norene A. Auer
Address: Latrobe Hospital, One Mellon Way
Address: Latrobe, PA 15650
Phone: 724-537-1615

Email: nauer@excelahealth.org

Monongahela Valley Hospital

Contact: Anita Leonard
Address: Country Club Road.
Address: Monongahela, PA 15063
Phone: 724-258-1318
Email: aleonard@monvalleyhospital.com

Penn State Extension

Contact: Vickie Oles; Anne Lail; Amanda Iwinski
Address: 214 Donohoe Road, Suite E
Address: Greensburg, PA 15601
Phone: 724-837-1402
Email: vao2@psu.edu amL21@psu.edu amL23@psu.edu

Saint Vincent College Prevention Projects

Contact: Joe Moffa
Address: 300 Fraser Purchase Road
Address: Latrobe, PA 15650
Phone: 724-805-2050
Email: joe.moffa@email.stvincent.edu

Southwestern Pennsylvania Behavioral Health

Contact: Sue Soroko
Address: 203 S. Maple Ave., 2nd Floor
Address: Greensburg, PA 15601
Phone: 724-832-5880
Email: ssoroko@sphsbh.org

Westmoreland Tobacco Free Coalition

Contact: Chairperson-Donna Kean, Vice-Chair-Anne Lail
Address: 214 Donohoe Road, Suite E
Address: Greensburg, PA 15601
Phone: 724-805-2050, 724-837-1402