

ACKNOWLEDGMENTS

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*We would also like to thank Suzanne C Neilson, BA
for her assistance in the initial editing of this manual.*



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Suggested Citation:

Foulds, J, Repetto, PD, Speelman, N, Wackowski, O, Zimmermann, M, Steinberg, MH, Burke, M, Order-Connors, B, Richardson, D. QUIT 2 WIN/ Win Independence from Nicotine, New Jersey's Youth Cessation Program. New Brunswick, NJ. Tobacco Dependence Program at University of Medicine and Dentistry of New Jersey-School of Public Health, 2004.



**This project is supported by a grant from the
New Jersey Department of Health and Senior Services,
Office of the State Epidemiologist,
through funds from
New Jersey Comprehensive Tobacco Control Program.**

**We would like to thank
Janis Mayer-Obermeier, MA, CADC, Manager of Youth and School Programs
and Ed Kazimir, PhD, MBA, Manager of Treatment Services
for their additional support and encouragement with this project.**

Introduction

The Tobacco Dependence Program at the University of Medicine and Dentistry of New Jersey-School of Public Health has developed this manual as a guide to help you provide tobacco quit services to youth in your school or in other youth organizations. Our program prides itself on having the latest, research-based information available for professionals and their clients to help them quit tobacco use.

We have found that there are some important steps to insure proper implementation of cessation services for young people. While adult programs have been significantly researched, young people's programs have not. This program was developed by health educators and treatment professionals with experience in working with adolescents, as well as expertise in tobacco dependence treatment.

This manual will cover an overview of Tobacco Use and Young People, an Understanding of Tobacco Dependence Use, a brief overview of other youth cessation programs, and a step-by-step guide to implement QUIT 2 WIN.

The staff and faculty of the Tobacco Dependence Program are dedicated to reducing the harm to health caused by tobacco use. We do this through education, treatment, research and advocacy. We extend our deepest gratitude to Dr. John Slade (1949-2002), a true leader whose vision and commitment continue to inspire our work.

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