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R U Ready to Quit?

by Amanda Rozycki, BA

Funding for Tobacco Programs at Rutgers University, through REBEL, was cut this year. As a Residence Life staff member at Rutgers University and an MSW intern at the Tobacco Dependence Program, I saw a need to combine these two positions and educate college students at Rutgers University about the dangers of tobacco. Together with Amy Schmelzer, MPAT Coordinator at the Tobacco Dependence Program, I have organized educational programs on tobacco targeting the Rutgers dormitories. So far, I have completed more than 10 programs have reached about 400 students. As part of the programs, I sit at "desk duty" in the dorm lobbies with the resident assistants with posters, a carbon monoxide monitor, flyers, and water bottle give-aways. Since I am near the entrance of the building, smokers who live in the building notice me on their way out for a cigarette and often have many questions upon their return. Some smokers who are trying to quit won't even go outside, they will stop and ask for help. The resident assistants have often gone to their individual floors and asked their residents who smoke to come down and talk with me. At the Tobacco Dependence Clinic, we have seen an increasing number of Rutgers University students, perhaps due to outreach at the residence halls. I would like these programs to continue next year and have created a protocol document for future interns or volunteers to follow.

I was sad to leave at the end of the semester, as I have had such an amazing experience at the Tobacco Dependence Program, working with amazing people, getting experience with two stop-smoking groups, and doing outreach at Rutgers University.

The *Tobacco Dependence Program* is dedicated to reducing the harm to health caused by tobacco use. We do this through education, treatment, research and advocacy.

The *Tobacco Dependence Program*, UMDNJ-School of Public Health, helps programs, organizations and clinicians deal with tobacco issues and nicotine dependence.

Products and services include:

- ◆ consultation
- ◆ education and training
- ◆ policy & program development
- ◆ treatment planning
- ◆ staff recovery workshops
- ◆ tobacco dependence treatment

See page 8 for more information.



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