

**RFK SBHC
4300 Blake SW
Albuquerque, New Mexico 87121
505-873-0060 Ext 61114**

Success Stories 2009-2010

NOT Training (Not on Tobacco)

The Robert F. Kennedy SBHC in Albuquerque, New Mexico offered assistance to students with a desire to stop smoking. The 10-week training is also mandatory for students caught smoking on campus. Three staff members from the SBHC attended the Train the Trainers program offered by the American Lung Association. In partnership with the American Lung Association, incentives were provided and students worked to improve their health and lead a healthier life style.

Over 20 students attended the classes offered through out the school year. Students with a desire to stop smoking achieved more success than those required to attend the sessions. Students were educated on smoking and health related diseases, nicotine addictive tendencies, cost, sports, the pros and cons of quitting. It is an interactive session, for students to talk about why they smoke, when they feel the urge to smoke, how does it make them feel, etc. The sessions offer coping skills, facts, support and encouragement.

17 year old male. This student took the lead and quit smoking completely. “ I can breath easier, I can run faster on the basketball court without getting tired so quickly and I have extra money in my pocket.” This student was awarded a \$50.00 gift certificate for the movies and dinner.

15 to 18 year old males and 14-19 year old females: Several other students cut back on the number of cigarettes they smoke regularly. They also were awarded gift certificate incentives and received the knowledge to make healthier choices in the future, not only with smoking, but other areas in their lives as well.