

Quit Educator training



Quit Victoria is committed to the prevention of tobacco-related deaths and disease in the community through cessation programs and smokefree initiatives.

Quit Victoria's *Fresh Start* and the Short Course are evaluated smoking cessation courses which are administered by Quit throughout Victoria and have achieved success rates consistent with best practice standards. All Quit courses are run by trained and accredited educators.

100 Drummond Street
(PO Box 888)
Carlton VIC 3053 Australia

T 03 9663 7777
F 03 9635 5510
E quit@quit.org.au

quit.org.au

Quitline 13 7848

Course details

Quit courses can be conducted for the general community or specific target groups. Community courses are usually run at community health centres and are open to the general public, while targeted courses are run on-site for a specific organisation's client group. Trained Quit educators are responsible for recruiting participants and organising the course details. Quit organises the required resources to run a course.

Who should train?

The role of an accredited Quit trained educator is to conduct Quit programs or provide one-to-one assistance for people wanting to stop smoking.

Training is therefore designed for professionals wishing to facilitate Quit courses and to develop their knowledge in the area of smoking cessation intervention skills. The Quit *Fresh Start* course and Short Course are group oriented programs. Relevant experience, for example, in an education or health-related setting, is an important requirement for undertaking the training and previous experience of group teaching methods is recommended.

It is important that applicants share a commitment to the same health promotion goals and values of Quit Victoria and are able to reflect those values and goals. Therefore, Quit Educators may be either ex-smokers or 'never' smokers.

Quitting smoking is difficult and research has shown that most people make a number of attempts before quitting successfully. For this reason, we require that someone who wishes to undertake the training and be accredited as a Quit Educator has not smoked for at least six months. Twelve months quit provides the best indicator that a person is now a non-smoker and less likely to relapse.

Program details

The two day Quit educator training program covers health information, smoking cessation theory, brief smoking cessation intervention and the content of the Quit courses. The training includes practical exercises with reflection and feedback. Educator notes and handouts are provided.

The cost of the two day program is \$250.00 (including lunch on both days) and is payable on registration. The program is GST exempt. It is essential that participants attend all sessions throughout the training.

How to apply

Complete and forward the enclosed application form. Pending acceptance of your application, you will be sent a registration form when the next training date has been set.



Educator training application

Please complete and return to the Quit Training Co-ordinator.



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NAME		
ORGANISATION		
ADDRESS		
		POSTCODE <input type="text"/>
POSTAL ADDRESS		
		POSTCODE <input type="text"/>
OCCUPATION		
PHONE	A/H PHONE	MOBILE
FAX	EMAIL	
SMOKING STATUS (PLEASE REFER TO THE TRAINING INFORMATION):		
<input type="checkbox"/> SMOKER	<input type="checkbox"/> NEVER SMOKER	<input type="checkbox"/> EX-SMOKER
		DATE QUIT <input type="text"/>
DO YOU SPEAK A LANGUAGE OTHER THAN ENGLISH?		
IF SO, WHICH LANGUAGE? <input type="text"/>		

Office use only

Reg. sent:
Conf. sent:
Receipt no:

1. Please outline your current role as it relates to smoking cessation intervention.

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2. Why do you want to become a Quit Educator?

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3. Please outline your experience/qualifications (e.g. in an education or health-related setting relevant to the requirements of the training)

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4. Do you have previous experience in group teaching methods? Yes No

5. What do you consider to be your strongest relevant skill?

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Trained Quit Educators conduct courses and/or work individually with people wanting to quit smoking. It is important that the Educator Training is relevant to your work and that there is a practical application for the skills developed.

To ensure a successful schedule of courses and provision of individual support, we encourage you to submit a detailed planned schedule for your first year as a Quit Educator. While we acknowledge that it may be difficult at this stage for you to know realistically the number of courses you may promote in a year, or the amount of one-to-one work you may do, we have found that having a draft schedule, which takes into account the following points, is helpful.

Please include the following information in your draft schedule:

- How many courses do you intend to run in one calendar year?
- How will you advertise and promote your services?
- List the names of organisations you may work with.
- List any ideas for campaigns you will initiate to promote courses.
- What possible venues will you use?

Please attach your proposed schedule to this application. Thank you.