
QUIT TOGETHER PROGRAM

RECRUITMENT TOOLKIT



Dear C3I Grantees,

Quit Together (QT) is a program through the University of North Carolina Chapel Hill Tobacco Treatment Program (UNC TTP) providing free tobacco cessation treatment to North Carolina Cancer Center Hospital (NCCH) patients and their support persons. This support person recruitment toolkit compiles documents we have created in the design and implementation of our Quit Together C3I study.

The toolkit contains the following Quit Together documents:

1. Introduction email to patients who express interest in joining the program. The email contains a link to the more detailed QT information and consent document. This email also contains a request to forward the email to their friends or loved ones who may be interested in joining the QT program. The content directed at the support person provides basic information about the QT program and instructions on how to enroll.
2. Introduction email to support persons with the same content as the email to patients. This email is targeted to the support person as the first recipient when a support person is the first person to express interest in joining the QT program. This email invites support persons to forward the email to their friends or loved ones who are receiving care at NCCH and may be interested in quitting tobacco.
3. Information document provided to both the patient and the support person at the time of enrollment.
4. General workflow diagram.
5. Program advertisement that is printed as flyers (posted in hospital waiting and clinic rooms) and as cards for patients or support persons to take home.

We hope you find this toolkit useful in your future quality improvement and research studies involving the recruitment of support persons into tobacco cessation treatment.

Please contact us at the UNC Tobacco Treatment Program with any questions regarding these materials.

Warmest regards,

The UNC Tobacco Treatment Team
quit.together@unc.edu

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1. Quit Together patient introduction email
2. Quit Together support person introduction email
3. Quit Together information document
4. Quit Together workflow diagram
5. Quit Together flyer



**UNC Tobacco Treatment Program
Quit Together Program
quit.together@unc.edu
984-974-8683**

Dear Patient,

Thank you for your interest in the Quit Together Program! We look forward to helping you and your friends or loved ones become tobacco-free. Please forward this email to people in your support network who might be interested in joining the Quit Together Program with you. You can click [here](#) to access an information sheet with additional details about the study.

Dear Support Person,

You are invited to join a free tobacco cessation program called Quit Together. The Quit Together program is a quality improvement study in the UNC Tobacco Treatment Program at the NC Cancer Hospital. This study will evaluate if quitting together can improve quit rates of both patients and their support persons. Quit Together program participants receive free phone or in-person counseling from a trained Tobacco Treatment Specialist. You will also be asked to respond to interactive voice recorded calls from one of our specialists if you decide to join the study. The duration of your participation in the study is controlled by you. All information is kept confidential using the highest standards of data protection. To enroll in the study, text QT to 888-286-0549 or email quit.together@unc.edu. If you have additional questions or would prefer to enroll by phone, you may contact the Tobacco Treatment Program team at 984-974-8683.

Sincerely,

The UNC Tobacco Treatment Team



**UNC Tobacco Treatment Program
Quit Together Program
quit.together@unc.edu
984-974-8683**

Dear Support Person,

Thank you for your interest in the Quit Together Program! We look forward to helping you and your friends or loved ones become tobacco-free. As a reminder, to be eligible for the Quit Together Program, your friend or loved one must be a patient receiving care at the NC Cancer Hospital. Please forward this email to that person so that they can join the Quit Together Program with you.

Dear Patient,

You are invited to join a free tobacco cessation program called Quit Together. The Quit Together Program is a quality improvement study in the UNC Tobacco Treatment Program at the NC Cancer Hospital. This study will evaluate if quitting together can improve quit rates of both patients and their support persons. Quit Together Program participants receive free phone or in-person counseling from a trained Tobacco Treatment Specialist. You will also be asked to respond to interactive voice recorded calls from one of our specialists if you decide to join the study. The duration of your participation in the study is controlled by you. All information is kept confidential using the highest standards of data protection. To enroll in the study, or if you have additional questions, please call our patient enrollment number: 984-974-4976.

Sincerely,

The UNC Tobacco Treatment Team

Quality Improvement Information Sheet

Quality Improvement Study Lead: Kimberly Shoenbill, MD, PhD

The purpose of this quality improvement study called the Quit Together program is to offer free tobacco cessation counseling to both patients of the NC Cancer Hospital and their support persons. Trained Tobacco Treatment Specialists (TTS) will offer you expert advice on the use of tobacco cessation medications and behavioral strategies to help you meet your personal health goals through phone visits, video, or in-person sessions as available and desired by you. You are being asked to take part in this quality improvement study because you are over 18 years of age, expressed interest in quitting tobacco, and are either a patient receiving care at the NC Cancer Hospital or a support person of a patient at the NC Cancer Hospital.

Being in this quality improvement program is completely voluntary. You can choose not to participate. You can also say yes now and change your mind later. Deciding not to participate in the Quit Together program will not affect your ability to receive medical care at the UNC Health Care System.

If you agree to take part in this quality improvement program, you will receive free phone or in-person counseling from a trained Tobacco Treatment Specialist and you will be asked to accept automated calls from the Quit Together program. The duration of your participation in this program is controlled by you, but we anticipate most participants will receive approximately four counseling sessions over the course of two to four months

The possible risks to you in taking part in this quality improvement program are:

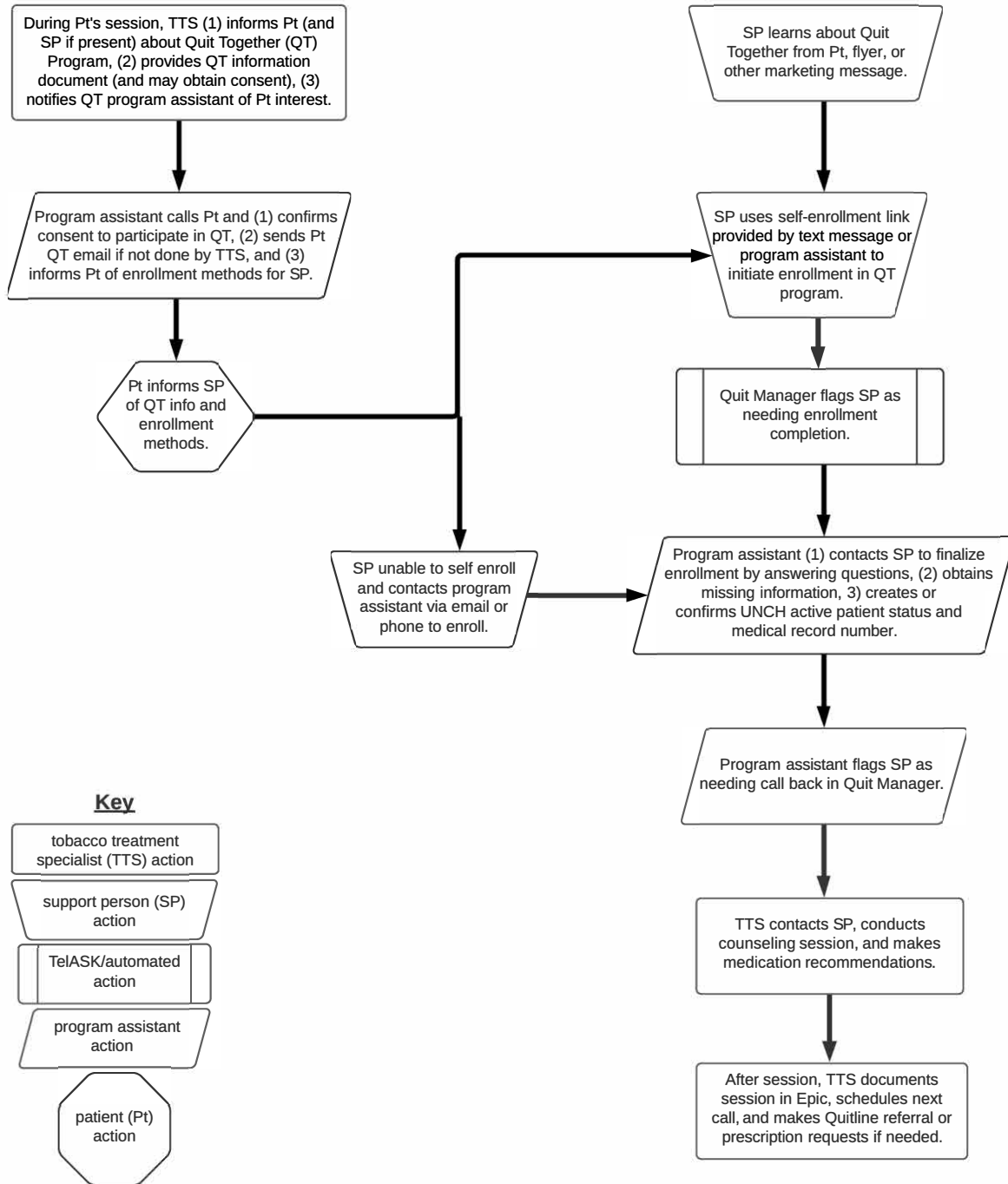
- Counseling may make you feel uncomfortable, but our Tobacco Treatment Specialists are well trained to assist you in processing any uncomfortable emotions that may arise.
- Although all information is kept confidential using the highest standards of data protection, there is a minimal risk of data disclosure to persons not involved in this quality improvement project if a data breach were to occur.

The possible benefits to you for taking part in this quality improvement study are:

- Access to free, personalized quit counseling and recommendations or prescriptions for tobacco cessation medications.
- Improved health and wellness related to stopping or reducing tobacco use.

To protect your identity as a participant in the Quit Together program, your name, your participation in this program, and your private information will not be used or shared in any publication or presentation about this study. If you consent to participate in this study, the study team will analyze quit rates among participants. An additional consent will be asked of you to allow the study team to evaluate your data in relation to your friend's or loved one's data (listed friend or support person) to determine if quit rates improve if you participate in the program together. If you have any questions about the Quit Together program, please contact the Tobacco Treatment Program team by calling 984-974-8683 or emailing quit.together@unc.edu.

Quit Together Workflow





Quit Together Program

? Do you have a family member or friend supporting you in your cancer care?

? Are you both interested in receiving free tobacco quit coaching?

! Enroll in UNC's Quit Together Program today!

Cancer Patient Enrollment



984.974.4976

Family or Friend Enrollment



Text QT to
888.286.0549



quit.together@unc.edu



984.974.8683



UNC
HEALTHSM