

Jeff's Action Plan to Quit Smoking

HRP 2103

Part One

Our group has decided to utilize the Transtheoretical Model for our client Jeff. The rehab plan uses stages to identify and address where each individual is in their readiness to change a behavior (Taylor, 2015). The “Stages of Change Model” is a cycle that has five steps: precontemplation, contemplation, preparation, action, and maintenance. A person may enter or exit a stage at anytime which makes it good for addictions (Taylor, 2015). People benefit from using this model because each step has different interventions that deal with what a person is ready for and needs at a certain time (Taylor, 2015). Jeff has an addiction to cigarettes. He has attempted to quit several times but has had little success because of different stressors in his life including; his recent divorce and difficult job. Jeff is ready to quit and is motivated by his daughter who has recently picked up the habit of smoking as well.

We thought that the Planned Behavior and Social Cognitive Models would not be very successful in Jeff’s rehabilitation plan. We contemplated between the Health Belief Model and Transtheoretical to help Jeff quit smoking but we believe he will benefit more by using Stages of Change. In the past Jeff was well aware of the severity of smoking and his susceptibility but neither were enough to motivate him. By using our choice we can deal with the problem more aggressively by treating it as an addiction. His history shows the likelihood of relapse but also his repeated attempts to quit. Using this information we can predict what will and will not work in our plan as well as decide what stage Jeff can be entered into, to start the process. We predict he will not succeed the first time, but after he is given the interventions, when he begins to try again he could start right in preparation and focus on what he thought worked best. Jeff’s model has a long-term goal and the process will be slow and continue over a long period of time but we are confident in Jeff’s ability and motivation to address and fix his unhealthy habit.

Part Two

In Jeff's we are choosing to use education and awareness building. This would find Jeff a substitute to smoking and address his stressful career. Also increasing his knowledge of the problems with smoking would motivate him to stop, recognize the health problems for his daughter's future, and be able to reiterate this knowledge to his daughter. Another cognitive-behavioral approach we will use is behavioral assignments. Self-reinforcement is also very important. He is quitting smoking, something he really enjoys, so he should reward himself!

Jeff is aware of the consequences of smoking. He has a desire to quit and has tried previously. He feels motivated and ready to discuss a plan to permanently change his unhealthy habit. Because of this information we believe Jeff is past the precontemplation stage and our plan will begin addressing aspects of the contemplation stage. There are several motivations to push Jeff to quit smoking. He is aware of his family's history of lung cancer because his paternal grandfather recently died from the disease. He lives with his mother and she creates an environment that is not smoking friendly. His main motivation though is his daughter. She recently picked up smoking and sees it as acceptable because Jeff, her father, smokes. We plan to use this as the driving force to convince him that tobacco is not necessary in his life. Aside from the health benefits of quitting Jeff will save over \$120 a month from not buying cigarettes. We based this number off of the \$9 average cost of a pack of cigarettes in Philadelphia. He will begin writing down why he wants to quit so he can look back on it further down the road.

Jeff must be well prepared for his journey to quit smoking. In the preparation aspect of our intervention we know that Jeff needs to pick a method of quitting. He's already tried the patch, gum, cold turkey, and has not been successful so our goal is to create a new plan for him to break his habit. We think weaning might work well for Jeff. He will decrease his intake daily