

Success Story Worksheet



Provide as many concrete and memorable details as possible – as soon after learning about the success/story as possible – and concentrate on how the success/story relates to the bigger picture.

* Required Field

Date Submitted:

7/26/2021

County/Area/Tribe:

Buffalo

Buffalo County Tobacco Free Coalition

Goal Area:

- ☒ Cessation
- ☐ Disparate Populations
- ☐ Secondhand Smoke Exposure
- ☐ Youth Prevention

Individuals/Target Audience:
(who this happened to)

Clients and therapists at Midwest Encouragement and Counseling Center

Individual(s) Contact Info:
(if applicable)

Jessica Schlegelmilch, PLMHP

Setting:
(Where and when this took place)

Midwest Encouragement and Counseling Center, July 3, 2021

Conflict:
(obstacle, barrier or problem)

Clients are asked about tobacco use during their initial visit with a therapist at Midwest Encouragement and Counseling Center including desire to quit tobacco use. The therapists asks follow-up questions about use and progress on quitting (if identified as a goal) in subsequent visits. However, the agency and its therapists did not have any materials on cessation and/or the Nebraska Quitline to distribute to clients.

Action:
(what happened)

As a result of her previous experience working at Region 3 and with the Buffalo County Tobacco Free Coalition, Jessica called me and asked about stopping by to pick up materials to have on hand to distribute to clients. I provided a box of pamphlets and pens on cessation, including the Quitline.

Outcome(s):
(measurable or concrete evidence of change)

Materials will now be distributed directly to clients that have identified cessation as a goal. Additionally, materials will be available in the waiting area of the counseling center for individuals to pick up.

Relevance:
(how this story helps us demonstrate need or measure success)

This story demonstrates how providing cessation/Quitline materials can be institutionalized within treatment agencies. These agencies are a vital partner to our tobacco control work and can be a key place to distribute cessation materials to individuals at higher risk of use.

Submitted by:
(name & agency)

Tiffany Gressley, Region 3 Behavioral Health Services