

# The Power of

# ALL



# Cessation Navigator Model

# Example 1: Smoking Cessation at Head Start Pilot Project

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Kimmenau, E Burns, D Flynn

Levinson A, Valverde P et al. BMC Public Health (2015) 15:627

# Example 2: Healthy Housing

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# Example 1: Head Start Pilot

- One arm study (no comparison or control group)
- Two waves of recruitment of participants
- Hired and trained 2 tobacco cessation navigators housed at largest CO Head Start site
- Supported parents, grandparents and staff of head start on:
  - Setting quit date
  - Choosing evidence-based treatment method
  - Removing triggers
  - Keeping motivation levels up
  - Access issues- doctor, prescription, NRT, QuitLine
- Met with participants at head start & via telephone
- Baseline and post-intervention surveys & interviews

# Head Start Pilot Results

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- Enrolled 49 total: 35 in wave 1, 14 in wave 2
- Consented 40, 34 provided post intervention data
- 63% women, 68% Black/African American, 18% Latino

# Head Start Pilot Results

Pilot Outcome	Respondents (n=34)	Intention to Treat (n=40)
Made a quit attempt	82%	70%
Initiated Treatment	82%	70%
Enrolled in QuitLine	50%	43%
Used NRT	71%	60%
Self reported abstinence ( $\geq 7$ days)	21%%	18%
Co-informed abstinence	9%	
Mean # of navigator sessions completed	3.4 (2.5, 4.2)	
Mean duration of guide sessions (minutes)	30 (27, 33)	

# Recommendations Regarding Model

- Cessation navigation is a promising method to extend access to smoking cessation evidence-based treatment for and within underserved communities
- Satisfaction high with program yet 1/3 still found difficult to fit sessions into schedule
- Important to monitor fidelity to navigation intervention and motivational interviewing using tapes, observation and offer coaching to increase competency level
- Role boundaries important to establish- navigator ↔ TTS (tobacco treatment specialist) and navigator ↔ other staff (i.e. mental health counselor)

# Participant Comments

She was like my cheering section. When I thought I couldn't do it, she was always there.

We discussed triggers and cravings. I didn't know anything about that.

I didn't know how to go to my health provider – I didn't know what to say – so she helped me [figure out] what questions to ask before.

## Example 2: Healthy Housing Project

- Concept: Have cessation support on-site first while working to develop smoke-free policy
- Adams County Housing Authority (ACHA) hired smoking cessation navigator as peer educator
  - HA Employee, part-time
  - Bilingual
  - Received same training as from Head Start project
    - Basics of tobacco and addiction
    - Motivational Interviewing
- Works in two multifamily properties
- Meets with residents who request services – 8 sessions plus more support as needed

# Program Components

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- ▶ Provides education and support, works on goal setting
- ▶ Makes connection to Quit Line and helps with Medicaid paperwork
- ▶ Makes additional community resource connections as needed (wraparound services model)
- ▶ Provides NRT to get started while waiting for Quit Line
- ▶ Paid for through A35 funds via subgrant to ACHA from TCHD
  - ▶ NRT is not funded with grant dollars – ACHA contribution
- ▶ So far supported 17 participants (11 completed, 6 active)

# Program Experience

- Benefits:
  - Provides additional support while making needed connections with Quit Line and Medicaid
  - Meets people where they are
- Downsides:
  - Expensive
  - Low reach

