

# NO IFS, ANDS, or BUTTS



The Guidance Center

## WE'VE GOT THIS!

Evidence shows that those who have the most support when quitting tobacco have the highest success rates. The **No Ifs, Ands, or Butts** program at The Guidance Center is the only comprehensive tobacco cessation program in McKean County offering physician-monitored medications, nursing support, and therapists trained in tobacco cessation interventions.



### Combination of Treatments

Working with a doctor to find the right medications and/or nicotine replacement products and working with a therapist at the same time makes you 3x more likely to succeed.



### Counseling

Learning ways to change your thoughts and behaviors by working with a tobacco cessation counselor doubles your chances of success.



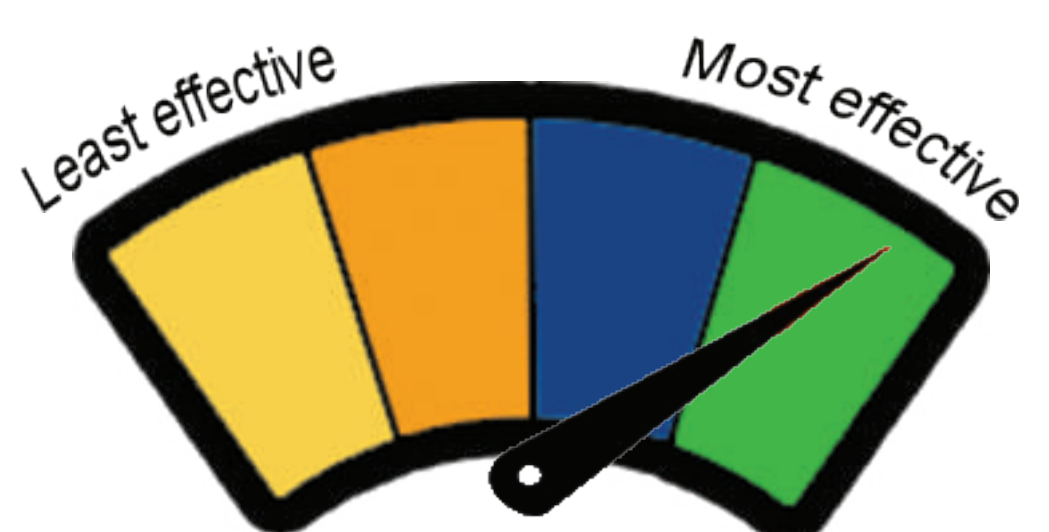
### Nicotine Replacement Products

Using products like the patch, gum, or nasal spray can be helpful but most people do not use them correctly or at the right dosage, which reduces their effectiveness.



### Cold Turkey

Relying on willpower alone results in a very low success rate.



## WHAT TO EXPECT

- Every time you meet with anyone at The Guidance Center, you will be asked about your nicotine use.
- You will be encouraged to think about quitting tobacco and if you are ready to take the next step, you will be offered a referral to the No Ifs, Ands, or Butts Program.
- You will be treated with kindness, respect, and empathy at every stage of your journey. The treatment you receive will always be trauma-informed, evidence-based, and focused on your individual needs, choices, and circumstances.

## WHAT NOT TO EXPECT

- Lectures
- Disrespect, shame, or embarrassment
- Coercion or pressure
- Non-evidence based treatments

# YOU'RE READY TO QUIT

# WE'RE READY TO HELP



Ask your provider for more information or call: 814-362-6535



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