



# Nicotine Dependence Intensive Tobacco Treatment

Program Guidelines



# Welcome

Welcome to the Mayo Clinic Nicotine Dependence Intensive Tobacco Treatment Program. This five-day program will address your dependence upon tobacco, combining the best research in human behavior and medicine to help you quit. The Program is designed to provide you with the tools you need to live a tobacco-free life. Classroom lectures, group therapy and individual therapy are all a part of your treatment, but the effectiveness of the treatment is dependent upon what you bring to the program. The investment of your energy, focus, and commitment will play just as much of a role in your success as any formal therapy we can offer you, so come prepared to work!

## WHO WILL HELP YOU

### Care Team

Each Program is staffed by a care team consisting of tobacco treatment specialists, physician and/or nurse practitioner. While you will have regular contact with each member of this team, one of the tobacco treatment specialists will serve as your primary counselor. That tobacco treatment specialist will work closely with you to ensure the clinical treatment you receive addresses your individual needs and best prepares you for life after the program. Should you have any questions or concerns during the week, you are encouraged to bring them to the attention of your primary counselor.

### Special Needs

Please address specific needs or concerns with your primary counselor at any time during the week. He/she can help answer questions, solve problems or refer you to the appropriate resource including issues concerning family, personal, medical, and dietary needs.

### Medical Needs

If you are planning to have additional medical appointments while in Rochester, separate from the Intensive Tobacco Treatment Program, these must be scheduled to take place prior to the first day of the program or after the program is completed.

## WHAT YOU CAN EXPECT

### Personal Care Independence

All patients must be able to perform personal care independently including toileting, bathing, dressing, eating, and taking/administering medications.

### Respectful Dress/Behavior

When choosing to enter this program, you become an important part of the treatment process not only for yourself but for every member of your group. To make the environment as pleasant and supportive as possible, modest dress and decorum are expected. Offensive language, off-color humor, and/or prejudicial behavior are not acceptable and can result in dismissal from the Program without reimbursement of the Program fee.

### Carbon Monoxide Testing (CO)

To help you see the physical benefits and to ensure accountability, carbon monoxide testing will take place daily.

### Attendance at Sessions

The benefit you gain from our treatment and educational sessions is proportional to the energy you put into it. Our goal is for you to take to heart what you learn in this program and apply it to your own life. To facilitate this learning process, all patients are expected to attend all scheduled sessions.

## WHAT YOU SHOULD BRING

### Prescription Medications

Please be certain to bring with you an adequate supply of all of your regular prescription and nonprescription medications, in their original containers.

### Other

- Tennis shoes or comfortable walking shoes
- Pillow (optional)
- Swimsuit (optional)
- Workout clothing (optional)





## WHAT IS RESTRICTED

### Tobacco Use

No tobacco product or e-cigarette use will be permitted.

### Alcohol Use

There is a strong correlation between alcohol and relapse to tobacco. To assist you to stop using tobacco, use of alcoholic beverages will not be permitted at any time during your participation in the program.

### Cannabis Use

Recreational cannabis is not allowed. Medical cannabis use by combustible or vaporized means is not allowed. Medical cannabis in the form of pills, topical, or sublingual dropper may be used **with a signed statement by the certifying physician** who is certified in the state of Minnesota.

## WHERE YOU WILL STAY

### Lodging

Participants will stay in a designated hotel in close proximity and accessible to Mayo Clinic by subway. Once confirmed into the program, you will be provided the hotel name and information to book your hotel stay. The cost of the hotel is an additional expense.

### Meals

Participants will enjoy lunch together Tuesday, Wednesday and Thursday and one evening dinner.

## WHO ELSE WILL HELP YOU

### Family Involvement

Family members are welcome to sit in on some sessions. Please be aware we do not allow unsupervised children in the treatment program areas.

## WHAT ELSE DO YOU NEED TO KNOW

### Parking

There are two patient parking ramps. The Damon Parking Ramp is located at Center St. and 3rd Ave., and the Graham Parking Ramp is located at 1st St. NW and 3rd Ave. NW. You may purchase a five-day pass from the parking ramp attendant.

### Valuables

You are responsible for all of your personal property. Mayo Clinic and the Nicotine Dependence Center cannot be responsible for personal items.

We look forward to working closely with you in this very important and personal journey. Should you have any questions before or during the program please do not hesitate to contact any of our staff at (507) 266-1930. We want your treatment experience to be a successful one and will do our best to make it so. Thank you for choosing the Mayo Clinic Nicotine Dependence Center Intensive Tobacco Treatment Program.

### Scholarships

A limited number of scholarships for the Intensive Tobacco Treatment Program are available for patients who qualify for financial assistance. If you are interested in making a donation to support a person's participation in the Intensive Tobacco Treatment Program, please talk to the Program Coordinator.

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