

Harper College Smoke-Free Campus Implementation Update

November 19, 2014

Board of Trustees Meeting

Overview

- Background
- Communication
- Cessation and craving support
- Enforcement

Background

- Recommendation for a Smoke-Free Campus policy came through the shared governance process
- Recommended policy aligns with the
 Illinois state law Smoke Free Campus Act
- Prohibits smoking on campus. Everyone.
 Everywhere.

Background

Definition of smoking

"Burning, inhaling, or exhaling of any kind from a lighted pipe, cigar, cigarette, hookah, weed, herbs, or any other lighted smoking equipment or electronic cigarette."

Communication

- Focus is on "smoke-free work day" and "smoke-free school day"
- Campus approach is compassionate, nonjudgmental and positive
- Goal is to increase awareness of the policy and understanding of individual impact

Communication

Students

- Emails
- Website and student portal
- Social media
- Marquee/HarperVision
- Table tents/posters
- Meeting with student leaders and student organizations

Communication

Employees

- InsideHarper weekly e-newsletter
- Website and employee portal
- Marquee/HarperVision
- Table tents/posters
- Bilingual fliers placed at time clock locations
- Meetings with some employee groups, managers and supervisors, administrators

SMOKE FREE CAMPUS

January 1, 201

Supported by staff, faculty and students through the College's process, the Smoke-Free Campus policy asks everyone to re while on college property. The policy includes all indoor an college-owned vehicles and personal vehicles on College pro

Smoking (burning, inhaling or exhaling) includes:

- Pipes
- Cigars
- Cigarettes
- Hookahs
- Weed
- Herbs
- · E-cigarettes
- · Any other lighted smoking equipment

Harper College offers students, faculty and staff smoking management assistance and cessation programs.

Visit harpercollege.edu and search "smoke-free" for more information on the policy or assistance programs.



Harper College policy complies with the Smoke-Free Campus Act (098-0985)





SMOKE-FREE CAMPUS



Everyone. Everywhere.



GET STARTED

ACADEMICS

STUDENT LIFE

BUSINESS SOLUTIONS

ABOUT US

Visit Harper College

Accessibility

Parking

Public Transportation

Bicycle Routes

Smoke-Free Campus

Smoke-Free FAQs

Smoke-Free Conversation Tool Kit

Questions?

Home / About Us / Visit Harper / Smoke-Free Campus

Smoke-Free Campus

Harper College is going smoke-free January 1, 2015.

Supported by staff, faculty and students through the College's shared governance process, the Smoke-Free Campus policy asks everyone to refrain from smoking while on campus. The policy includes College-owned vehicles and all indoor and outdoor spaces on College property.

Smoke-Free Campus FAQs

- · Review frequently asked questions and answers.
- · Ask a question.

Conversation Tool Kit

Resources to help you talk about the Smoke-Free Campus policy with students, staff, colleagues and the community.

Smoking Management and Cessation Resources

Resources to help you cut down or quit smoking.

Smoke-Free Campus

Submit your question about a smoke-free campus. We'll share answers to submitted questions on the Smoke-Free Campus FAQs page.



General Information

Annual Campus Security Report Consumer Information Educational Foundation Jobs

Visit Harper College

Contact Us Directions, Maps Information Sessions Parking Harper College 1200 West Algonquin Road Palatine, IL 60067

847.925.6707

Last Updated: 11/20/14



GET STARTED

STUDENT LIFE

BUSINESS SOLUTIONS

ABOUT US

Student Life

Academic Advising

Access and Disability

Arts at Harper

Career Development

Graduation

Health Services

Health and Wellness

Self-Care Health Insurance

Requirements for Health Career Clinical Programs

Requirements for Student Athletes

Smoking Management and Cessation Resources

Job Placement Resource Center

Psychological Services

Student Conduct
Student Involvement

Tech Support

WHCM-FM

Home / Student Life / Health and Psychological Services

/ Smoking Management and Cessation Resources

Smoking Management and Cessation Resources

It's a marathon, not a sprint. Part of cutting down or quitting involves preparation.

ACADEMICS

Managing Cravings

The urge to smoke will come and go. There are people, places, things, and situations that may trigger the urge to smoke. Try these tips to manage your cravings.

Smoking Cessation

If you choose to quit, there are many programs to help you achieve your goal.

Local Resources

Harper College Health Services

- Consultation (free and confidential) with a nurse practitioner regarding smoking management or cessation to provide medications and support. By appointment, 847.925.6268.
- One-on-one counseling by appointment with a nurse practitioner or registered nurse, 847.925.6268.
- . Courage to Quit program: October 28 December 9, 2014.

Alexian Brothers Medical Center, Elk Grove Village

FREE 12-week smoking cessation program offered by Alexian Brothers Medical Center, in partnership
with the Illinois Tobacco Quit Line. The program consists of an enrollment session, weekly phone
counseling and weekly pickup of smoking cessation products.

Northwest Community Healthcare

· Visit nch.org/smokefree for the most up-to-date resources available.

State and National Resources

Cook County Department of Public Health

Be a Forever Quitter

Illinois Tobacco Quit Line

• Illinois Tobacco Quir Line 1-866-QUIT-YES (1-866-784-8937) A FREE resource for tobacco users who want to quit for good. We're here for you when you need us: Our hours of operation are 7 a.m. to 11 p.m., seven days a week. Call us before or after school/work, during your break or when your cravings are the strongest. We'll have a counselor waiting to answer your call and you can call as many times as you like.

American Lung Association

- Freedam From Smoking Online, or FFS Online, is a program specifically designed for adults, like you,
 who want to quit smoking. It's an adaptation of the American Lung Association's gold standard,
 group clinic that has helped thousands of smokers to quit for good.
- . The American Lung Association supports the Quitter in You with tools, tips and support.

Center for Disease Control and Prevention

· Quit Tips: Five tips for smokers who want to quit.

Contact II

Health Services Building A, Room A364 847.925.6268 Emergency call 911

Hours

Monday through Thursday: 8 a.m. to 7 p.m. Friday: 8 a.m. to 4:30 p.m.

Walk-In Appointments Monday through Friday:

8 a.m. to 3 p.m.

ULifeline

ULifeline is an anonymous, confidential resource where you can be comfortable searching for the information regarding mental health and suicide prevention.



Smokefree.gov

 Smokefree.gov provides free, accurate, evidence-based information and professional assistance to help support the immediate and long-term needs of people trying to quit smoking.

University of Rochester Medical Center

 Ready to be a Quitter? Participate in an Online Research Study, earn money, and begin your smoking cessation journey today

Apps

- The Best Quit Smoking iPhone & Android Apps of the Year, 2014
- The Five Best Quit-Smoking Apps, from Men's Fitness

Resources for Family and Friends of Smokers Who Want to Quit

American Cancer Society

· Helping a Smoker Quit: Do's and Don'ts, General hints for friends and family



General Information

Annual Campus Security Report Consumer Information Educational Foundation Jobs

Visit Harper College

Contact Us Directions, Maps Information Sessions Parking Harper College 1200 West Algonquin Road Palatine, IL 60067

847.925.6707

Last Updated: 11/7/14

Craving and cessation support

- Health Services
 - One-on-one consultation with nurse practitioner to provide prescriptions and support
 - Courage to Quit Program on campus
 - Craving management kits
- Human Resources
 - Workplace Solutions (EAP) Seminar
 - Blue Cross Blue Shield programs
- Community resources
 - Alexian Brothers
 - Northwest Community
- County, state, national resources
 - Online and telephone resources Cook County Department of Public Health, Illinois Quit Line, American Cancer Society, American Lung Association

Enforcement & consequences

Enforcement plan approved by Working Group and presented to Advisory Group for feedback

Caring and educational bystander intervention approach with positive interactions at the lowest level.

Starts from the position that the person may not be aware of the policy

- First time observed violation of policy:
 - Remind or inform individual of the Smoke Free Campus Policy
 - Provide information or resources (website, informational cards)
- Second time observed violation of policy:
 - Remind individual of the policy
 - Issue a verbal warning that a third violation will result in referral to the appropriate authority

Enforcement & consequences

Violations of this policy will follow the same disciplinary procedures as any other campus policy

Students will have a process that is managed through the student conduct process

Employees will have a process that is managed by individual managers and Human Resources as needed

Questions?

MYHARPER BLACKBOARD CALENDAR ITUNESU LIBRARY FACULTY & STAFF CONTACT US

Search Harper College



GET STARTED

ACADEMICS

STUDENT LIFE

BUSINESS SOLUTIONS

ABOUT US

Visit Harper College

Accessibility

Parking

Public Transportation

Bicycle Routes

Smoke-Free Campus

Smoke-Free FAQs

Conversation Tool Kit

Questions?

Home / About Us / Visit Harper / Smoke-Free Campus

Smoke-Free Campus

Harper College is going smoke-free January 1, 2015.

Supported by staff, faculty and students through the College's shared governance process, the Smoke-Free Campus policy asks everyone to refrain from smoking while on campus. The policy includes College-ow vehicles and all indoor and outdoor spaces on College property.

Smoke-Free Campus FAQs

- · Review frequently asked questions and answers.
- Ask a question.

Conversation Tool Kit

Resources to help you talk about the Smoke-Free Campus policy with students, staff, colleagues and the community.

Smoking Management and Cessation Resources

Resources to help you cut down or quit smoking.



General Information

Annual Campus Security Report Consumer Information Educational Foundation Jobs

Visit Harper College

Contact Us Directions, Maps Information Sessions Parking

Smoke-Free Campus

Submit your question about a smoke-free campus. We'll share answers to submitted questions on the Smoke-Free Campus FAQs page.

Harper College 1200 West Algonquin Road Palatine, IL 60067

847.925.6707

Last Updated: 11/20/14