



# How can I become a tobacco cessation facilitator?

## Requirements and Qualifications

Facilitators should be an advocate for tobacco free living. In order to be eligible to attend the required and approved one-day tobacco cessation facilitator training, attendees must be at least an E-4 or higher rank and must be tobacco free for at least six months to one year prior to attending the training. Ideally, facilitators are also command appointed or endorsed and possess the following qualities: empathetic, understanding, nonjudgmental, friendly, dedicated, responsible, and can make the appropriate time commitment to conduct counseling and follow-up. Must be willing and able to provide tobacco cessation counseling (group and/or individual based on population needs) during the 12 months following training and also collect and report outcome data as requested.

## Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) Tobacco Cessation Facilitator Training

The required one-day classroom tobacco cessation facilitator course is offered by NMCPHC HPW staff multiple times a year. Training may also be available by NMCPHC staff at other locations as well. For the latest training dates, locations and information, please visit the Health Promotion [Tobacco Cessation Facilitator Training Web page](#).

## Regional Tobacco Cessation Facilitator Training

Regional tobacco cessation facilitator training is also available at the locations listed below. Please contact these local MTF health promotion programs for information and dates.

<ul style="list-style-type: none"> <li>NMC Portsmouth Dental Center (757) 953-8542</li> </ul>	<ul style="list-style-type: none"> <li>NHC Hawaii (808) 471-2280 or (808) 473-2444 x507</li> </ul>
<ul style="list-style-type: none"> <li>Walter Reed NMMC (301) 295-2159</li> </ul>	<ul style="list-style-type: none"> <li>NH Twentynine Palms (760) 830-2814</li> </ul>
<ul style="list-style-type: none"> <li>NH Bremerton (306) 475-4818</li> </ul>	<ul style="list-style-type: none"> <li>NHCNE Groton (860) 694-4466</li> </ul>
<ul style="list-style-type: none"> <li>NH Camp Pendleton (760) 719-3460</li> </ul>	<ul style="list-style-type: none"> <li>USNH Guam (671) 344-9124</li> </ul>
<ul style="list-style-type: none"> <li>NH Jacksonville (904) 546-7062</li> </ul>	<ul style="list-style-type: none"> <li>USNH Okinawa 315-646-9597 (DSN)</li> </ul>
<ul style="list-style-type: none"> <li>NH Pensacola (850) 505-6840</li> </ul>	<ul style="list-style-type: none"> <li>USNH Yokosuka 315-243-9775 (DSN)</li> </ul>

If you would like to request or discuss tobacco cessation facilitator training at your installation, please call (757) 953-0959.