**2021-2023 Grant Cycle Qualitative Feedback for Indicator 16/*Breathe***

Below are samples of the comments shared by staff at partner organizations who completed “*Breathe: Healthy Steps for Living Tobacco Free*” trainings during the 2021-2023 grant cycle:

**From the Full Breathe Training Post Assessments**

*“What was your impression of the training?”:*

* Good, informative, useful, presenter knowledgeable, helpful, fun, interactive
* “I learned some new information about first/second and third hand smoking that I had never considered.”
* “I like that it is fun and not boring”
* “more fun and interactive than other trainings”
* “Great version of a common training topic”
* “Very comprehensive with definitive steps to take and resources to share to aid in stopping tobacco and vaping.”
* “The training was straight to the point and useful.”
* “It helped me better to understand how horrible second hand smoke can be for young children and those around the smoker.”
* “I learned more about smoking / vaping that was eye opening.”
* “It gave me some different insight on how to discuss this sensitive topic with pregnant moms and parents.”
* “Very relatable. The information and materials seem like things I can easily integrate into home visits.”
* “It was fantastic. I have been to other training and walked away feeling like it was a waste. I definitely feel this training was a huge help and has great materials.”

”*What was your favorite part of the Breathe Training?”:*

* Games, interaction, money activity, thirdhand smoke, vaping, videos, all the resources, bead demonstration, county stats
* “talking about e-cigs”
* “I enjoyed learning of additional resources to help my participants quit smoking.”
* “Knowing the stats in my community and the impact trying to be made”
* “Resources available to assist those who are attempting to quit”
* “New ways tobacco industry targeting consumers”
* “Info to share w/ families - love that it is education focused and not cessation focused”
* “Discussion about how to have the conversation with clients”
* “The discussion on barriers to quitting”
* “Proving information on how to start conversation with parents about smoking.”
* “I like the relatable examples used”
* “Learning how to talk to my parents in a respectful way about smoking.”
* “They touched on marijuana and not just tobacco. With the rise in marijuana smokers it’s a big thing and many don’t understand the effects”
* “Learning more about third hand smoke, before the training I did not realize how long it can last and linger on so many different materials”
* “I liked the q & a, so many people have such great questions that I wouldn't have thought of.”
* “non-judgmental attitude”
* “discussing what the Indiana Quit Now program entails”
* “Enjoyed listening about the ways to protect kids from second and third hand smoke, lots of creative ways to support parents to make good choices for their kids that will work well for them”
* “That it is free and adaptable to individualize.”

*“What was your least favorite part of the Breathe Training?”:*

* Nothing, too long, repetitive, role playing, tech issues, being virtual, money activity
* “I think having the handouts in front of me during the presentation could be nice since I am a visual learner.”
* “It being over my lunch break, The only break I get and I have to stay in front of a screen.”
* “needed more info on vaping dangers since it is prevalent at the moment”
* “the videos were hard to hear”
* “How sad it made me for kids”
* “Not enough interactive activities”
* “Could use more visuals”
* “a lot of this information I was already aware of”
* “Trying to convince the parents to stop smoking I think that will be a hard topic for me to have with the parents”
* “thinking / assuming parents are going to listen to us”
* “wish there can be some guidance on counseling and support those who are stuck living with a smokers”
* “Would like more information about pregnancy & marijuana.”
* “I am a smoker, so the guilt”
* “Speakers were reading the educational material. Made me feel they didn't know the information they were presenting”

*“Additional Comments”:*

* “I am grateful for this training, because I was raised by a dad who smoked. I remember the second hand smoke.”
* “More details on vaping, E cigarettes, THC.”
* “im having issues on getting the patches”
* “I thought that we have a lot of this information already. We've been doing this education for a long time.”
* “Need more information about vaping and marijuana. Would like more stats that are recent and relevant. We already know most of this info so getting updated on any changes is the most important thing.”
* “I am curious about the effect edibles have on children and pregnancies. Is it the same concerns as if parent would be smoking.”
* “Great information. I hope individuals in our community utilize the program. I can tell there was a lot of effort put into the program.”
* “I understand clearly, I'm just worried there are too many parents that just don't care and won’t listen even when it involves their child.”
* “Would like to see you role play or see a video of when you have talked with a parent about smoking.”
* “I would like ways to council clients where they don't feel you are lecturing them. As someone who lives with a smoker feel it's a delicate topic as many use as a coping mechanism for something else in their lives.”
* “Would like more information about vaping and cigarettes use for pregnant women and breastfeeding women. Would also like more info about vaping in general”

**From the 1 Month Follow Ups**

*“Please share any successes or challenges you have experienced while using the “Breathe” materials?”:*

* Have not used yet, haven’t received materials yet, not my role, plan to use them in the future
* “I've used the concept of 3rd hand smoke with people I work with. I hadn't been exposed to the concept before so I really appreciate your program sharing that with me.”
* “We do not work with children so some of the materials have not been used yet.”
* “Parents have acknowledged that they need to stop smoking and they are aware that they should not smoke around the children. Some do not want to hear it.”
* “I haven't had the opportunity to use any materials much yet. I just need to remember that I have them with me!”
* “Success one family attempt to begin the process Challenge the same challenge as before”
* “I am excited to start using the material and training”
* “I am still reading up some of the information. This is great for our community to be aware of the some of the concerns and dangers of smoking.”
* “I am not front line staff so that is why my responses reflect limited use of materials personally.”
* “I have yet to use them. But look forward to promoting and sharing these resources.”
* “Scheduling a time when it is convenient for parents when they work a full time job and when they also have a full time job at
* their home caring for their children. Sometimes it's hard for them to focus on the lesson.”
* “having the activities to send home for the parents and kids to do together”
* “Often times smokers do not want to hear this, they say they have already heard it all and know the dangers.”
* “I have used the knowledge from the materials to start conversations with several parents. One mom was telling my how she felt vaping was safer since there was no smoke cloud. I talked to her about the chemicals being left behind. She had no idea chemicals would be left if there was no smoke cloud.”

*“What suggestions do you have for improving the “Breathe” materials or additional training that would be helpful?”:*

* “More information on how to help others quit smoking.”
* “More focus on the material available to use”
* “in person trainings seem to be more beneficial and include program participants”
* “None. I've read them, and I am very impressed with them. They are colorful and informative, easy to use. Getting excited to see how we use them in our facility.”
* “The parent handouts are somewhat difficult to locate on your website.”
* “I would love to have a pocket sized version of some of the facts. Conversations about smoking don't always come up as a planned part of the visit and having something I can keep on me without taking up much space would be nice.”

**From the Breathe Refresher Post Assessments**

*“What was your impression of the training?”:*

* Great information, very informative, helpful, educational, fun, engaging
* “It was long but fun with the game.”
* “Helps to have the information gone over every year”
* “It was a good refresher”
* “It was helpful and will use the resources for lesson plans and parents engagement”
* “It was ok, short, I think there should of been a little bit more since we have many new teachers and staff that have never had the training before”
* “It was a helpful reminder of resources we can share with our families.”
* “super important for our job, and can be utilized”
* “It is a community effort to help people, especially parents who don't realize the repercussions for their children being around their smoke.”
* “I am glad Headstart is trying to equip staff to better help families with these issues.”
* “I liked having links to many resources digitally, especially new materials.”
* “It is important but a touchy subject”

*“What was your favorite part of the Breathe Refresher?”:*

* Game, quiz game, Millionaire, salad ice breaker, reminder of all the resources, Jeopardy, Family Feud, thirdhand smoke, videos, interactive sections
* “Helpful suggestions on how to speak on non smoking”
* “The information I can use to take back to my classroom for our parents”
* “Knowing that there is a lot of help out there”
* “Lots of examples and ideas on how to discuss smoking with families”
* “I like the interactive part of it that helps us recall what we remember.”
* “Seeing everyone else's opinions and thoughts about talking with parents, not alone in those thoughts.”
* “Hearing about the newer materials. I'm looking forward to looking into the journal.”
* “doing things as a team & games”
* “I liked that we could still participate virtually. I like learning more about how to use the things we didn't use so much.”

*“What was your least favorite part of the Breathe Refresher?”:*

* None, nothing, repetitive, length, Zoom/being virtual, trouble with computer/chat box
* “Confronting parents”
* “Wish we could have been in person”
* “Feeling bad that not many families have asked for resources to quit, but thankful to have resources to share when they do.”
* “could've had more in depth information and visual aids”
* “My least favorite part was the thumbs up or thumbs down questions.”
* “the questions that moved across room”
* “having those hard conversations with parents”
* “Could go over definitions better/ 2nd/3rd hand”
* “I am not good at using the tools on my computer to communicate during a zoom.”
* “Parents don't want to hear it. I feel uncomfortable, invasive talking about this.”
* “I would have liked to see more strategies/tips for how to address this issue with families.”

*“Additional Comments”:*

* Great job, great information, thank you
* “There were a lot of new staff that have not have a full training, there should be full training for them on how they can use the materials.”
* “I have used the Breathe materials in lesson plans before and the kids really like the Paper bag lungs.”
* “I am not a classroom teacher, so will not personally use the materials. I will however encourage my teaching staff to utilize the materials with families.”
* “I love the Breathe Materials”
* “Would like to have a copy of the Jeopardy game for parents”
* “Due to my position, I do not have a lot of opportunities to use. However, I can use them in meetings with parents who express interest in quitting.”

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