

Smoke-Free Campus Information

Clark University Smoke-Free Policy

Clark University strives to create a community and atmosphere of mutual respect and wellness, as free from hazards as possible. Issues affecting the health, safety, and well-being of Clark University community members are important to mitigate wherever possible. Research findings have clearly shown smoking and exposures to secondhand smoke by non-users constitute a significant health hazard. Clark University recognizes its obligation to promote a healthy learning and working environment for the students, employees, and visitors on campus. As part of the Healthy Clark Commitment, it is important everyone participate in the establishment and maintenance of our smoke-free campus. This shared responsibility will ensure a healthy environment for all of us.

As of August 18, 2020, smoking of any kind, including any electronic nicotine-delivery system or smoking device, is prohibited for the entire campus community in or within close proximity to all facilities, Clark-owned or -leased properties, and areas occupied or controlled by the University. This includes, but is not limited to, all common work areas, elevators, hallways, university-owned or -leased vehicles (including parked on campus grounds), garages, restrooms, cafeterias or dining areas, lounges, conference and meeting rooms, all enclosed areas in the workplace, parking lots, quads, the Green, grounds, rooftops, plazas, courtyards, entrance and exit ways, athletic fields, the Athletic and Recreation complex, bus stops, and any other areas of the university campus. This policy applies to all faculty, staff, students, alumni, guests, visitors, vendors, and contractors, and it is our collective responsibility to observe and enforce the smoking policy while on Clark University's campus. In implementing and enforcing this policy, common courtesy and consideration toward others should be exercised.

Resources for Education and Smoking Cessation

Education

- Vaping & Smoking Increases Risk of COVID-19
 - <https://www.nbcnews.com/health/vaping/teen-vapers-7-times-more-likely-get-covid-19-non-n1236383>
- Nicotine Replacement Medications Information Sheet
 - <https://www.nationaljewish.org/education/patient-education/print-multimedia/materials-printer?nodeId=11bb2816-20ea-4760-b56b-0666f96e5a40>
- Withdrawal Symptoms Information Sheet
 - https://rxforchange.ucsf.edu/file_downloads/06%20WITHDRAWAL%20SYMPTOMS%20INFORMATION%20SHEET.pdf

Resources for Help Quitting or Reducing Use

- The Massachusetts Smokers' Helpline
 - <http://makesmokinghistory.org/>
1-800-QUIT-NOW (1-800-784-8669)
Open for calls: Seven days a week, 24 hours a day (holiday hours may vary). Remember, you can call the Helpline back as often as you want as you quit smoking!
- How to Quit Smoking Help Guide
 - <https://www.helpguide.org/articles/addictions/how-to-quit-smoking.htm>
- Tips for Managing Cravings
 - Identify and avoid triggers that make you want to smoke. Common examples can be caffeine and alcohol.
 - Review your reasons. Remind yourself why you want to quit. This can be a powerful motivator to keep you smokefree.
 - Calculate your savings. Smoking is expensive! Add up the money you'll save, and decide what to do with it. This is a great way to stay motivated and kill time while you let a craving pass.
 - Keep your mouth busy. Chew a stick of gum instead of picking up a cigarette. Keep hard candy with you. Drink more water.
 - Think of new routines for times when you would typically smoke. This way, when a craving hits, you have a plan to stop what you're doing immediately and switch to doing something different. Simply changing your routine might help you shake off a craving.
 - Go for a walk or jog or go up and down the stairs a few times. Physical activity, even in short bursts, can help boost your energy and beat a craving.
 - Take slow, deep breaths. Breathe through your craving. Inhale through your nose and exhale through your mouth. Repeat this 10 times or until you're feeling more relaxed.
 - Most importantly, be kind to yourself! Quitting smoking is tough work, so forgive slip ups you may experience and just focus on returning to your goal.

- Learn more at:
 - <https://smokefree.gov/challenges-when-quitting/cravings-triggers/how-manage-cravings>

For Full-Time Clark Employees

- Clark's EAP offers self-guided programs for smoking cessation and could refer employees to additional programs in their area. Link is below and the company code is Clark University.
 - <https://eap.ndbh.com/Home/Search?keywords=smoking+cessation>
- Harvard Pilgrim Health Care also offers their members smoking cessation programs.
 - <https://www.harvardpilgrim.org/public/discounts-savings>

For Clark Students

- Students may utilize Health Services as they offer smoking cessation services.
 - <https://www.clarku.edu/offices/health-services/>
- For mental health support, CPG is available for all students for counseling, consultation, or referral to community or other resources.
 - <https://www.clarku.edu/offices/counseling/>
- If you have the student health insurance with Blue Cross Blue Shield, smoking and tobacco cessation drugs and aids (such as nicotine gum and patches) for two 90-day treatments for each member in each calendar year, when they are prescribed for you by a health care provider. Your cost share will be waived for generic drugs and aids (or for a preferred brand-name drug or aid when a generic is not available), unless your health plan is a grandfathered health plan under the Affordable Care Act. If you choose to use a brand-name drug or aid when a generic is available, you will have to pay your cost share. Your coverage for "Preventive Health Services" includes smoking and tobacco cessation counseling as recommended by the U.S. Preventive Services Task Force, unless your health plan is a grandfathered health plan under the Affordable Care Act. BCBS also has quitting smoking information, resources and more online at <http://www.ahealthyme.com/>.