

TOBACCO CESSATION COUNTY RESOURCES: updated 04/03/13

Allen County:

Coping Strategies: 2444 Cable Court, Lima
Contact: Stephanie Zimmerman, PhD (Psychologist)
Phone: 419-204-5677
Hypnosis for smoking cessation as well as cessation counseling and therapy.

Clinical Neuropsychological Services, Inc.
1045 Mackenzie Drive, Lima
Contact: Dr. Sohrabb Dadfar, PhD, LICDC (Psychologist)
Phone: 419-222-5672
Counseling for nicotine addiction.

Lima Memorial Health Systems
1001 Bellefontaine Avenue, Lima
Contact: Rita Nees, Respiratory Care Practitioner
Phone: 419-226-5036
Cessation counseling available upon request by the Respiratory Care Department in individual sessions.

Blanchard Valley Health System – Bluffton Hospital
139 Garau Street, Bluffton
Contact: Bruce Parkins, Cardiopulmonary Department
Phone: 419-369-2309 or 419-230-4052
Individual counseling, inpatient lecture, and pamphlets. Youth advisement available.

Athens County:

O'Bleness Health System in Athens is offering smoking cessation classes to assist those who are determined to quit smoking. The classes will be held on Wednesdays from 4 p.m. – 5 p.m. in O'Bleness' Lower Level Conference Rooms, for 5-weeks. The 5-week program is based on the American Cancer Society's Fresh Start Smoking Cessation program and will be facilitated by Kim Knapp-Browne or Rachel Marein. Participants will learn a positive approach to becoming a non-smoker, strategies to recover from tobacco addiction, the barriers to smoking cessation, the health benefits of choosing a smoke-free lifestyle, nicotine-replacement options, motivational exercises and techniques for stress management. All meetings are free of charge. The class is limited to 15 participants; early registration is recommended. Please call (740) 566-4800 or email stopsmoking@oblness.org for more information about the smoking cessation classes or to register.

Belmont County:

Barnesville Hospital – Barnesville 740-425-3941

Has a program for hospital employees and community members.

<http://www.barnesvillehospital.com/info/tobacco.php>

Health Plan of Upper Ohio Valley. The Health Plan is pleased to announce that we are offering, FREE, to members, **as well as the community**, the opportunity to attend The Health Plan sponsored Tobacco Cessation Classes. The Health Plan strongly believes that one of the most important actions which an individual can take to help prevent/delay disease, disability and death is to STOP SMOKING and RUBBING SNUFF! The sessions will be held at The Health Plan, 52160 National Road East, St. Clairsville, OH and The Health Plan, 100 Lillian Gish Blvd., Massillon, OH. You may make inquiries or schedule for an upcoming clinic by calling Joy Gillispie in St. Clairsville at 1.800.624.6961 or 740.695.7640 or Bonnie Silla in Massillon at 330.834.2228 or 1.877.236.2289, ext. 2228.

The Ohio Valley Tobacco Cessation Treatment Clinic, 100 West Main Street, Suite 104. St. Clairsville, Ohio 43950. The phone number is (740) 296-5029 and email address is ovtobaccocessationtxtclinic@comcast.net

Champaign County:

Community Mercy Health Partners Reach Program at Mercy Memorial Hospital in Champaign County 937-390-5338, Tobacco Education offered by TTS for six weeks Free, 1 month of patches, gum, Lozenges. Eight total programs per year with additional programs as needed. Services funded by hospital system. Also do worksite cessation services for a fee. Marcy's email is marcyivory@health-partners.org

Franklin County:

Total Wellness Concepts LLC, offers both individual and group counseling to community and corporations. Insurance billing is available. For fee information and to register, call Total Wellness Concepts LLC at 1 (614) 414-0249.

Dublin Methodist Hospital (OhioHealth). 8 Session interactive small group program offers a step-by-step process to quit smoking. \$25 for 7 week/8 session program, workbook and CD. Free Parking. 614-544-8338.

The Ohio State University College of Pharmacy Clinical Partners Program. Three individual in-person appointments with a pharmacist and three phone call follow-ups over a 3 month period. \$120 which can be paid in installments. 614-293-5075.

The Ohio State University College of Dentistry. This clinic provides individual counseling and personal follow-up for those who wish to stop smoking or stop using any form of tobacco. Individuals can self-refer. \$150, for more information or to make an appointment please call Ms. Carol Orders at (614) 292-1140.

The Breathing Association. Appointments at the Free Lung Health Clinic: At the Breathing Association: M/W 8:30am – 2:30pm. Services are free to eligible individuals. Call for eligibility and appointment. 614-273-2843.

Guernsey County:

Southeastern Ohio Regional Medical Center offers tobacco cessation classes once a month depending on class size. The classes are free and all program materials are provided. For more information call Cheryl Keller, RN, CTTS at (740) 439-8721.

Hamilton County:

The Christ Hospital Health Network Wellness Services offers *Targeting Tobacco*, a unique approach to help you quit using tobacco in group or individual counseling formats. We recognize that many have quit using tobacco previously and that staying quit is the more difficult part. Triggers and quit strategies are discussed to help you with the built in quit date. In addition, each class is customized around the needs of that group to stay quit. Topics include stress management, nutrition, physical activity, and assertiveness training as well as customized topics such as delegation, handling conflict and effective communication. Join us to start your journey for *Targeting Tobacco* by calling 513-585-4700.

Sherri Warshaw, RDH TTS

ph#: 513-696-9759

email: sherriwarshaw@gmail.com

Individual and Group counseling at your office or hers, Credit cards accepted,
Assistance with Medicare and Medicaid filing.

Knox County:

The Knox County Health Department offers 8 weeks of free cessation support classes and nicotine replacement therapy. Classes are ongoing and held every Thursday night from 7-8:30 PM at the health department. No registration required. Cessation support and counseling is directed by a Certified Tobacco Treatment Specialist (CTTS). On-site classes also available to county agencies and businesses upon request. For more information, contact Mike Whitaker at 740-392-2200 ext. 2233, mwhitaker@knoxhealth.com or log on to www.knoxhealth.com.

Licking County:

The Licking Memorial Hospital Tobacco Cessation Program, Quit for Your Health, offers personalized quit plans, individual counseling and nicotine replacement therapy. Services provided by a Certified Tobacco Treatment Specialist are available for free to Licking County residents only. Residents of other counties can participate, only if their physician is located in Licking County and provides a referral. For more information, contact 1 (740) 348-QUIT (7848) or <http://www.lmhealth.org/HospitalServices/TobaccoCessation.aspx>.

Lucas County:

St. Luke's Hospital Tobacco Treatment Center offers expert, evidence-based treatment and support based on the Mayo Clinic Model, for both adults and teens. Individualized and group treatment options are available. The Center also offers school-based prevention, intervention and education services. For more information, call 1 (419) 893-QUIT (7848) or email quit@promedica.org.

Mahoning County:

At St. Elizabeth Health Center, Humility of Mary Health Partners offers evidence-based tobacco treatment services based on Public Health Service Guidelines for treating nicotine dependence, combining behavioral counseling with pharmacotherapy. Counselors are licensed chemical dependency counselors and certified Tobacco Treatment Specialists. The hospital provides six weeks of over the counter nicotine replacement products and/or prescription medications at no out of pocket cost to all participants. Must be 18 or older, and residents of nearby counties are welcome. For more information call (330) 306-5010 x108.

Miami County:

Upper Valley Medical Center - Troy (Premier Health Partners) Premier Community Health, No cost, 8-week program. Call (937) 227-9427 for more information.

Montgomery County:

Premier Community Health offers free, one-on-one counseling and support with a Certified Tobacco Treatment Specialist during an 8 week program. A worksite program is also available to employers for a fee. Call 1 (937) 227-9420 or <http://www.premiercommunityhealth.org/pchdefault.aspx?id=30554>.

Dayton Children's STAND (Stop Tobacco and Nicotine Dependency) program offers teens a five-week tobacco cessation program for a fee of \$25.00. Call 1 (937) 641-3266 or <http://www.childrensdayton.org/cms/stand/index.html>.

Public Health Dayton & Montgomery County offers tobacco cessation for all residents of Montgomery County. Cessation is provided by a Certified Tobacco Treatment Specialist using the Mayo Clinic Cessation Model. PHDMC provides one month of patches. PHDMC partners with Miami Valley Hospital to offer free cessation. To register, please call 1-877-MVH-HLTH. PHDMC also will provide worksite cessation services at no cost. For more information contact Bruce Barcelo, Tobacco Cessation & Prevention Manager at bbarcelo@phdmc.org or 937-225-4398.

Muskingum County:

Rambo Memorial Health Center offers free cessation classes and nicotine replacement therapy. Call 1 (740) 452-5401 for a class schedule or log on to http://rambomemorialhealthcenter.org/App_Content/programs.aspx#Smoking_Cessation.

Pickaway County:

Berger Health System – Circleville: "Berger Health System is offering a program to help smokers in our community better their health by kicking the habit – for good. The Stay Quit Tobacco Treatment Program is a six-week program that helps participants gain confidence and equip them with the tools to be successful in tobacco cessation. If you are interested in the program, please call (740) 420-8810 or 8240 to register. Cost \$30 for 6 weeks."

Portage County

Robinson Memorial Hospital – Ravenna: "5 week ongoing classes free of charge, open to anyone. Jan Bahle, MSN, RN, CNS, CTTS, CVN , Clinical Nurse Specialist, CC; Robinson Memorial Hospital, P.O. Box 1204, Ravenna, OH 44266 (330) 297-2414 (office) (330) 297-8696 (fax) "

Sandusky County:

FREMONT — The Bellevue Hospital is giving smokers and people addicted to tobacco a chance to "Kick Their Butts" during upcoming tobacco cessation classes from 5 to 6:30 p.m. April 30 in Conference Rooms A&B. Classes are free, but registration is required, and seating is limited. There will be a total of six classes. Other meeting dates include May 9, 16, 20, 28 and June 13. The classes will be taught by Terry Webb, certified smoking cessation counselor, and the program is funded through a Healthy Ohio Tobacco Use Prevention and Cessation Grant from the Healthy Ohio initiative and the Ohio Department of Health. Participants are eligible for free nicotine replacement therapy patches through the sponsoring grant. Those who attend all six sessions are eligible to receive a \$25 gas card. Registration is free and open to the public. Register by calling the hospital's cardiopulmonary department at 419-483-4040, ext. 4244 during normal business hours.

Scioto County:

Portsmouth City HD: OSU Quit Smoking Project, for residence of Scioto County only, 18 years and older, 1 person per household eligible. Contact Joyce Adkins at 740-935-2614 to enroll.

Southern Ohio Medical Center – Portsmouth: SOMC Cancer Center. Freedom From Smoking Program, 8 week No-Cost. Registration or more information contact: Community Health & Wellness at 740-356-2720. Classes have been scheduled for 2013. Also provide worksite smoking cessation programming, contract 740-356-7557.

Teens and Pregnant Women Smoking Cessation. Melissa Whitt 740-961-9754.

Stark County:

Alliance Community Hospital offers “Fresh Start” - a free cessation program. Call 1 (330) 596-7100 or <http://www.achosp.org/news/smoking-cessation-program/5307>.

Aultman Hospital “Give It Up” tobacco cessation program offers free cessation group sessions led by a Certified Tobacco Treatment Specialist. Contact 1 (330) 363-QUIT (7848) for more information or <http://www.aultman.org/healthwellness/Wellness-Resources/GiveItUp.aspx>.

Mercy Medical Center “Tobacco-Free You” program offers free individual and group cessation classes led by a tobacco treatment specialist. Worksite classes are also available for a fee. For more information call 1 (330) 430-2759 or <http://www.cantonmercy.org/smoking-cessation>.

Summit County:

Summit County Public Health offers free cessation classes taught by a Certified Tobacco Treatment Specialist. To register, call 1 (330) 344-2462 or to view the class schedule log on to: <http://scphoh.org/PDFS/PDF-Events/2012QuitSmokingClassSchedule.pdf>.

Akron General Medical Center - Akron (General Medical Centers) "Akron General is pleased to offer community residents a FREE seven-session smoking cessation class using the American Lung Association's Freedom from Smoking® program. Call us: 330-344-2462 to register. Classes scheduled for January, March, May, September and November."

Akron General Edwin Shaw Rehabilitation Institute: "Akron General is pleased to offer community residents a FREE seven-session smoking cessation class using the American Lung Association's Freedom from Smoking® program. Call us: 330-344-2462 to register. Classes scheduled for January, March, May, September and November. "

Trumbull County:

At St. Joseph Health Center, Humility of Mary Health Partners offers evidence-based tobacco treatment services based on Public Health Service Guidelines for treating nicotine dependence, combining behavioral counseling with pharmacotherapy. Counselors are licensed chemical dependency counselors and certified Tobacco Treatment Specialists. The hospital provides six weeks of over the counter nicotine replacement products and/or prescription medications at no out of pocket cost to all participants. Must be 18 or older, and residents of nearby counties are welcome. For more information call (330) 306-5010 x108.

Union County:

Memorial Hospital offers a free seven class cessation program called, "Freedom from Smoking." This national program is designed to provide the support needed to live a smoke free lifestyle. For more information call the Health Center at (937) 578-2580 or Rebecca Wilder at (937) 578-2755.

Rainbow Prenatal Clinic: If you are pregnant and are uninsured, underinsured or on Medicaid call the Rainbow Prenatal Clinic and make an appointment. The Rainbow Prenatal Clinic is on Tuesdays only from 12:30 – 2:30 p.m. by appointment only. Medicaid, CareSource and Molina are accepted and for those who are uninsured we provide a sliding fee scale for services. To set up your intake appointment with the clinic call 937-645-2053.

Van Wert County:

Van Wert County Hospital offers the FreshStart program. FreshStart is the American Cancer Society's group-based tobacco cessation counseling program. The program is designed to help participants stop smoking by providing essential information, skills for coping with cravings and group support. For more information on the FREE program call Anne Dunn at (419) 238-2390 ext. 345 or <http://www.vanwerthospital.org>.

Warren County:

Warren County HD: "On occasion the Warren County Combined Health District will hold an evening Smoking Cessation Class. If you would like to attend a scheduled class, please call 513-695-2475. No classes were scheduled when checked (Dec 2012)"

Atrium Medical Center - Middletown (Premier Health Partners) Premier Community Health, No cost, 8-week program. Call (937) 227-9427 for more information

Washington County:

Selby General Hospital offers free cessation classes. Call 1 (740) 374-2229 or <http://www.selbygeneral.org/tobaccoprevention>.

Wayne County:

Wooster Community Hospital: Call the Smoking Cessation Program at 330-263-8329.

Williams County:

Community Hospitals and Wellness Centers - Bryan : Cynthia Wise, OT. Will meet with clients individually. If she does have 4 to 5 people she will run a group. Individuals can call to schedule an appointment with Cynthia at 419-630-2123. No Cost

ONLINE RESOURCES**American Cancer Society:**

To speak to a quit specialist, call 1(800) 227-2345 or read the online Guide to Quitting Smoking: <http://www.cancer.org/Healthy/StayAwayfromTobacco/GuidetoQuittingSmoking/index?ssSourceSiteId=null>.

The American Legacy Association:

The EX Plan is a free quit smoking program that helps you re-learn life without cigarettes. The Web site offers a free plan to quit as well as access to a virtual community and various mobile formats. <http://www.becomeanex.org/>.

American Lung Association:

N-O-T: Not on Tobacco is a program to help teens quit. <http://www.notontobacco.com/>.
Freedom From Smoking[®] is an online adult cessation site. <http://www.ffsonline.org/>.

Mayo Clinic:

Teen Smoking: Guide to Help your Teen Quit.
<http://www.mayoclinic.com/health/teen-smoking/TN00016>.

National Cancer Institute:

Cessation information: <http://www.smokefree.gov/>.
Teen cessation initiative <http://teen.smokefree.gov>.
Free mobile smoking text app <http://smokefree.gov/smokefreetxt/default.aspx>.

Nicotine Anonymous:

Find a meeting in your neighborhood: www.nicotine-anonymous.org.

The Ohio Tobacco Quit Line:

The Quit Line offers free cessation telephonic counseling services to uninsured Ohioans, Medicaid recipients, pregnant women and members of the Ohio Tobacco Collaborative. Eligible callers can receive two weeks of free nicotine replacement therapy.

Call 1 (800) QUIT NOW (784-8669) or log on to <http://ohio.quitlogix.org>.

To learn more about the Ohio Tobacco Collaborative click here:

<http://www.healthyohioprogram.org/~media/HealthyOhio/ASSETS/Files/tobacco%20of%20TobaccoCollaborativeOverview12-12.ashx>

The resources listed on these pages are a compilation of information received at ODH about local, state and national tools available to help you quit using tobacco. The list should not be construed as an endorsement of any specific program or resource by The Ohio Department of Health. If you have information about any other cessation programs located in Ohio that should be included, please contact Amy Gorenflo at 1 (614) 466-1717 or at tobaccoprevention@odh.ohio.gov.