

Smoking Cessation Services Offered Through Local Health Departments

Agency	Description of Service	Cost & Eligibility	Contact
Kent Campus			
Portage County Health Department (See also the Summit County Health Department offerings listed below)	PCHD offers 5-week tobacco cessation classes in partnership with University Hospital's Portage Medical Center (Robinson): 6847 N Chestnut St, Ravenna, OH 44266 (~16 min drive from Kent campus)	No cost for class or workbook Anyone is eligible	Ali Mitchell 330-296-9919 (Ext. 129) amitchell@portageco.com UH 330-297-2576
Ashtabula Campus			
Ashtabula County Health Department	<u>Freedom from Smoking</u> 6-8 group sessions offered at Ashtabula County Medical Center: 2420 Lake Ave, Ashtabula, OH 44004 (~7 min drive from Ashtabula campus)	Fee for workbook and supplies. Call for more specific cost information Anyone is eligible	Call 440-997-6634 for details about dates and times of upcoming classes
	<u>Baby and Me-Tobacco Free</u> Program for pregnant women that want to quit smoking. If the mother completes the program and stays tobacco-free after birth, she receives a voucher for free diapers for every month she is tobacco-free for up to 12 months! Offered at the Ashtabula County Health Department: 12 W Jefferson St, Jefferson, OH 44047 (~23 min drive from Ashtabula campus)	Free for Ashtabula County residents Newly pregnant women that use tobacco are eligible Program expired 10/31/17	Denise Clark 440-576-3023 (Ext. 121) dclark@ashtabulacountyhealth.com

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Stark Campus			
Stark County Health Department	<u>Tobacco-Free You</u> 6-week program consisting of six 60-90 minute small group or individual sessions (day and evening classes available) offered at Mercy Medical Center's Pulmonary Rehabilitation Department: 1320 Mercy Drive NW, Canton, OH 44708 (~12 min drive from Stark campus)	Free* Anyone is eligible *(worksite classes are also available for a fee)	Call 330-430-2759 for next set of classes https://www.cantonmercy.org/smoking-cessation
	<u>Fresh Start</u> One month long program offered at Alliance Community Hospital's Cardio Pulmonary Department: 200 E State St, Alliance, OH 44601 (~35 min drive from Stark campus)	Free Anyone is eligible	Alliance Community Hospital Cardio Pulmonary Department 330-596-7100
	<u>"Give It Up!"</u> 6-week program led by tobacco treatment specialists. Offered at Aultman Hospital's Cardiac Rehabilitation Department: 2600 6th St SW, Canton, OH 44710 (~13 min drive from Stark campus)	Free Anyone is eligible	Aultman Hospital 330-363-QUIT (7848) https://aultman.org/home/health-and-wellness/community-programs/give-it-up/?url=/healthwellness/Wellness-Resources/GiveItUp.aspx#/



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Trumbull Campus			
Trumbull County Combined Health District	<u>Baby and Me-Tobacco Free</u> Program for pregnant women that want to quit smoking. If the mother completes the program and stays tobacco-free after birth, she receives a voucher for free diapers very month she is tobacco-free for 12 months! Offered at the Trumbull County Combined Health District: 176 Chestnut Ave. NE, Warren, OH 44483 (~13 min drive from Trumbull campus)	Free for Trumbull County residents Newly pregnant women that use tobacco are eligible	Trumbull County Health Department 330-675-2489
	<u>Mercy Health Regional Tobacco Treatment Center*</u> 10 weekly sessions over 5 weeks. Evidence-based treatment program incorporates a holistic approach toward recovery from nicotine dependency offered at Saint Joseph Health Center's New Start Treatment Center: 1296 Tod Avenue, NW Suite 205, Warren, OH 44485 (~8 min drive from Trumbull campus)	No final cost to the participant as a result of grant funding and includes counseling and all medications Offered to anyone 18 years and older	For more information or to sign up 330-306-5010 Toll free 1-877-306-5010 http://www.mercy.com/youngstown/hmhp_tobaccotreatment.aspx

*There is another Mercy Health Regional Tobacco Treatment Center in Youngstown:
 Saint Elizabeth Health Center, 1044 Belmont Ave, Youngstown, OH 44504
(the description and contact information listed in the table above is applicable to both locations)



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Twinsburg Regional Academic Center			
Summit County Health Department	<u>Freedom from Smoking</u> 6-8 session class using the American Lung Association's program. Offered at Akron General's Edwin Shaw Rehabilitation Hospital 405 Tallmadge Rd, Cuyahoga Falls, OH 44221 (~27 min drive from Twinsburg RAC)	Free for community residents	Cleveland Clinic/Akron General Health Systems Centralized Scheduling Department 330-344-AGMC (2462) www.freedomfromsmoking.org
	<u>Nicotine Anonymous Meetings</u> Group support and recovery using 12 Steps to achieve abstinence from nicotine. Offered Tuesdays from 7:30-8:30 pm at Stow United Methodist Church: 4880 Fishcreek Rd, Stow, OH 44224 (~22 min drive from Twinsburg RAC)	Free Anyone is eligible	330-673-6784 http://www.ohio-nica.org/meetings.html
	<u>Baby and Me-Tobacco Free</u> Program for pregnant women that want to quit smoking. If the mother completes the program and stays tobacco-free after birth, she receives a voucher for free diapers for every month she is tobacco-free for up to 12 months! Offered at the Summit County Health Department: 1867 W Market St, Akron, OH 44313 (~38 min drive from Twinsburg RAC)	Free for Summit County residents Newly pregnant women that use tobacco are eligible	Jessie Wingert 330-812-3918 jwingert@schd.org

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Agency	Description of Service	Cost & Eligibility	Contact
Tuscarawas Campus			
Tuscarawas County Health Department	<p><u>Baby and Me-Tobacco Free</u> Program for pregnant women that want to quit smoking. If the mother completes the program and stays tobacco-free after birth, she receives a voucher for free diapers for every month she is tobacco-free for up to 12 months! Offered at the Tuscarawas County Health Department:</p> <p>897 East Iron Avenue Dover, Ohio 44622 (about a 13-minute drive from Tuscarawas campus)</p>	<p>Free for Tuscarawas County residents; can bring partner also.</p> <p>Newly pregnant women that use tobacco, or have used tobacco products up to 3 months prior to pregnancy are eligible</p>	Nicole Dorsey 330-343-555 (Ext. 111) dorseynicoletchd@gmail.com
Cleveland Urban Design Center & College of Podiatric Medicine			
Cleveland Department of Public Health	<p><u>Healthy Cleveland 2.0's Breathe Free Initiative</u> Tobacco cessation education, policy, and referral. Website includes a "Breathe Free Streetcard" that identifies smoking cessation services available to Cleveland residents</p>	Website with free tobacco cessation resources	http://www.healthycle.org/ditch-tobacco
Columbus School of Library and Information Science			
Columbus Public Health	<p><u>Tobacco-Free Collaborative</u> Network to build support for tobacco prevention and control in Columbus. Visit the website and click on "Quit Smoking Today" for a comprehensive list of tobacco</p>	Website with free tobacco cessation resources	https://www.columbus.gov/publichealth/programs/tobacco-free/



	cessation programs and resources in Franklin County		
New York City Studio			
New York City Department of Health	NYC Health's website provides an abundance of tobacco cessation resources, including a multi-lingual list of quit smoking programs in NYC under step 2 of "How to Quit Smoking"	Website with free tobacco cessation resources	http://www1.nyc.gov/site/doh/health/health-topics/smoking-how-to-quit.page

The health departments nearest the Salem, East Liverpool, and Geauga campuses do not currently have specific tobacco cessation programming, but there are many more resources available! Keep reading...

→ Many local hospitals and medical centers offer free or low-cost tobacco cessation programs or counseling.
Call your nearest hospital to find out if they provide any tobacco cessation services.

Online Resources

Ohio Department of Health

The Ohio Department of Health offers many tobacco prevention and cessation resources on their website:

<http://www.odh.ohio.gov/odhprograms/eh/quitnow/Tobacco/TobaccoHome/Tobacco.aspx>

This includes a list of local tobacco cessation programs available in each Ohio County:

<https://www.odh.ohio.gov/en/odhprograms/eh/quitnow/Tobacco/Cessation/localprograms.aspx>

The Ohio Tobacco Quit Line

The Quit Line is provided by the Ohio Department of Health is free and available to all Ohio residents regardless of insurance standing. 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>



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Tips from Former Smokers

Tips from Former Smokers is the first federally funded national media campaign on smoking cessation in U.S. history. The campaign is organized by the Centers for Disease Control and Prevention and its website offers numerous free tobacco cessation resources:

<http://www.cdc.gov/tobacco/campaign/tips/>

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>

Truth Initiative's EX Plan

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

American Lung Association

Freedom from Smoking Online is the American Lung Association's adult cessation program in web format: <http://www.ffsonline.org/>

National Cancer Institute

Find tobacco cessation resources and guidance at <http://www.smokefree.gov/> and sign up for their free mobile texting service here: <https://smokefree.gov/tools-tips/smokefreetxt>

Nicotine Anonymous

Find a meeting close to your neighborhood: <http://www.ohio-nica.org/meetings.html>

American Heart Association

The American Heart Association provides a multitude of tobacco cessation resources on their website:

http://www.heart.org/HEARTORG/HealthyLiving/QuitSmoking/Quit-Smoking_UCM_001085_SubHomePage.jsp



More online resources:

<https://www.planmyquit.com/>

<https://www.get-quit.com/>

<http://www.quit4good.com/>

<https://www.quitnet.com>

<http://www.smokefree.gov/>

Smoking Cessation Services Abroad

Agency	Description of Service	Cost & Eligibility	Contact
Geneva			
Institute of Social and Preventive Medicine (University of Geneva)	Stop-tobacco is a multi-lingual website offering a compilation of resources to help individuals become and stay smoke-free	Website with free smoking cessation resources	http://www.stop-tobacco.ch/en/

This is an internal document created by the Division of Human Resources. For additional information, please visit <http://www.kent.edu/hr/wellness/smoking-cessation-resources-ready-quit>