

Tobacco Cessation Resources Stark County

Agency: Mercy Medical Center
Service: Tobacco-Free You

Contact: Mercy Medical Center's Pulmonary Rehabilitation Department
Phone: 330-430-2759
Website: <https://www.cantonmercy.org/smoking-cessation#sthash.h37TugO9.dpuf>
Address: 1320 Mercy Drive NW, Canton, OH 44708
(about a 12-minute drive from Stark campus)

Description of Service: Mercy Medical Center's Pulmonary Rehabilitation Department offers a 6-week tobacco cessation program at the hospital, led by a Certified Tobacco Treatment Specialist. The program consists of 60–90-minute small group or individual sessions, with both day and evening sessions available. The Tobacco-Free You curriculum includes barriers to quitting, behavior changes, stress management, avoiding weight gain, and proper use of medications.

Eligibility: Anyone is eligible
Cost: Free

Agency: Aultman Hospital
Service: Give It Up!

Contact: Aultman Hospital's Cardiac Rehabilitation Department
Phone: 330-363-QUIT (7848)
Website: <https://aultman.org/home/health-and-wellness/community-programs/give-it-up/?url=/healthwellness/Wellness-Resources/GiveItUp.aspx#/>
Address: 2600 6th St SW, Canton, OH 44710
(about a 13-minute drive from Stark campus)

Description of Service: Aultman Hospital offers a tobacco cessation program called Give It Up! It is a 6-week program consisting of group sessions led by tobacco treatment specialists. The program covers everything from how to create a quitting plan to tips on staying tobacco-free

Eligibility: Anyone is eligible
Cost: Free

Agency: Alliance Community Hospital
Service: Fresh Start

Contact: Alliance Community Hospital's Cardio Pulmonary Department
Phone: 330-596-7100
Address: 200 E State St, Alliance, OH 44601 (about a 35-minute drive from Stark campus)

Description of Service: Alliance Community Hospital offers Fresh Start, the American Cancer Society's quit smoking program. It consists of 4 sessions held over 1 month and can be customized to work around participants' schedules.

Eligibility: Anyone is eligible

Cost: Free

More Tobacco Cessation 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>

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/>



Mercy Health Regional Tobacco Treatment Centers

Mercy Health's Regional Tobacco Treatment Centers offer a five-session, evidence-based treatment program that incorporates a holistic approach toward recovery from nicotine dependency. The program is free and available to those 18 years of age and older.

The program is offered at two locations:

Saint Joseph Health Center's New Start Treatment Center
1296 Tod Avenue NW, Suite 205
Warren, OH 44485

St. Elizabeth Youngstown Hospital
1044 Belmont Avenue
Youngstown, OH 44504

For more information or to sign up, call **330-306-5010** or toll free **1-877-306-5010**

http://www.mercy.com/youngstown/hmhp_tobaccotreatment.aspx

CVS MinuteClinic

CVS MinuteClinics offer a smoking cessation program called Start to Stop that provides face-to-face counseling with a nurse practitioner. The nurse practitioner will review lifestyle factors, goals, and physical health and then create a customized smoking cessation plan that could include over-the-counter nicotine replacement therapy or another prescription. The program usually includes 4-7 nurse practitioner visits. MinuteClinics are located in many local CVS pharmacies, and they accept most insurance plans. Locate your nearest CVS MinuteClinic here:

<https://www.cvs.com/minuteclinic/clinic-locator>

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

Additional online resources:

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

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

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

<https://www.quitnet.com>

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

