

Tobacco Cessation Resources Summit County

Agency: Akron General's Edwin Shaw Rehabilitation Hospital
Service: Freedom from Smoking®

Contact: Cleveland Clinic/Akron General Health Systems Centralized Scheduling Department
Phone: 330-344-AGMC (2462)
Address: 405 Tallmadge Rd, Cuyahoga Falls, OH 44221
(about a 27-minute drive from the Twinsburg Regional Academic Center)

Description of Service: Akron General offers the American Lung Association's Freedom from Smoking® program. The program is led by a tobacco treatment specialist and consists of 8 small-group sessions held over 6-8 weeks. The program focuses on how to quit, and because no single cessation technique is effective for all smokers, the program includes a comprehensive variety of evidence-based cessation techniques.

Eligibility: All community residents are eligible
Cost: Free

Agency: Summit County Health Department
Service: Baby and Me—Tobacco Free

Contact: Jessie Wingert
Phone: 330-812-3918
Email: jwingert@schd.org
Address: 1867 W Market St, Akron, OH 44313
(about a 38-minute drive from the Twinsburg Regional Academic Center)

Description of Service: Summit County Health Department offers Baby and Me—Tobacco Free, a program for pregnant women that want to quit smoking. If the mother successfully completes the program and stays tobacco-free after giving birth, the health department provides a monthly voucher for free diapers every month she stays tobacco-free for up to 12 months!

Eligibility: Newly pregnant women that use tobacco
Cost: Free for Summit County residents

Agency: Ohio Intergroup of Nicotine Anonymous

Service: Nicotine Anonymous Meetings

Contact: Elizabeth Burke

Phone: 330-673-6784

Website: <http://www.ohio-nica.org/meetings.html>

Address: Stow United Methodist Church, 4880 Fishcreek Rd, Stow, OH 44224
(about a 22-minute drive from the Twinsburg Regional Academic Center)

Description of Service: Nicotine Anonymous meetings offer group support and recovery from nicotine addiction using the 12 Steps as adapted from Alcoholics Anonymous to achieve abstinence from nicotine.

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/>



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>

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

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>

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>

