

Tobacco Cessation Resources Tuscarawas County

Agency: Tuscarawas County Health Department
Service: Baby and Me–Tobacco Free

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(about a 12-minute drive from Tuscarawas campus)

Description of Service: The Tuscarawas 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! Beginning October 1, 2016, the pregnant woman will also have the option to bring a support partner (someone who lives with her) to attend the sessions and to quit along with her. If the support partner also stays tobacco-free, the mother will receive an additional \$25 per month in free diapers, therefore earning up to \$50 a month in free diapers.

Eligibility: Newly pregnant women that use tobacco currently; or quit using tobacco up to 3 months prior to pregnancy

Cost: Free for Tuscarawas County residents, partners are also welcome at no additional cost

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>

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

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/QuitSmoking_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>

