



TRAIN THE TRAINER SMOKING PROGRAMS

Programs are available to educate you and train you to teach others.

American Cancer Society (ACS)

Freshstart - Train the trainer behavior modification cessation program encourages group interaction.

Free for worksites and community settings. Call 888-ACS-OHIO (888-227-6446) or visit www.acsworkplacesolutions.com.

American Lung Association (ALA)

N.O.T. - Not On Tobacco youth cessation program. Voluntary program that helps teens stop smoking.

Visit www.notontobacco.com/ or call 1-800-LUNG-USA to find a Facilitator Training Workshop.

Ohio Dental Association (ODA)

Operation TACTIC (Teens Against Chewing Tobacco in the Community) - Program module designed for educators, dentists and other health professionals to use as part of a curriculum or as a one-time program with youth, teens and adults.

Cost is \$52 plus tax and shipping. Call 614-486-2700 for more information.

ONLINE QUIT GUIDES & RESOURCES

American Cancer Society: Guide to Quitting Smoking

www.cancer.org/Healthy/StayAwayfromTobacco/GuidetoQuittingSmoking/index

American Heart Association

www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/Quit-Smoking_UCM_001085_SubHomePage.jsp

American Lung Association

www.lungusa.org/stop-smoking/how-to-quit/

National Cancer Institute: Smokefree.gov

www.smokefree.gov
Smokefree QuitGuide Smartphone Application

National Alliance for Tobacco Cessation

<http://www.BecomeAnEx.org/>

American Academy of Family Physicians: Free Patient Education Materials

www.aafp.org/online/en/home/clinical/publichealth/tobacco/resources.html

This information is brought to you by the Tobacco-Free Collaborative (TFC), a local coalition of organizations and individuals working to reduce tobacco use and its harm. The TFC focuses on efforts to address youth access and exposure to tobacco, reduce public exposure to secondhand smoke and coordinate smoking cessation services to the public.

For more information on the TobaccoFree Collaborative, contact:

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QUIT SMOKING TODAY



Smoking Cessation Services in Franklin County



THE CITY OF
COLUMBUS
ANDREW J. GINTHER, MAYOR

COLUMBUS
PUBLIC HEALTH

FRANKLIN COUNTY SMOKING CESSATION SERVICES

AGENCY	PROGRAM	PROGRAM INFORMATION	COST	CONTACT
American Lung Association	Freedom From Smoking (online program also)	Eight-session behavior modification program for the workplace. Senior Director of Programs Emily Lee, 216-532-8207, emily.lee@lung.org	Call for pricing. Basic version free at www.ffsonline.org .	614-279-1700
The Breathing Association Lung Health Clinic	Refer to Tobacco Free for Life	Appointments at the Free Lung Health Clinic: At The Breathing Association: M/W 8:30 a.m.-4 p.m.; Mobile Medical Unit: T/TH 8:30 a.m.-4 p.m.	Services are free to eligible individuals. Call for eligibility and appointment.	614-273-2843
Columbus Public Health	Baby & Me Tobacco Free	Appointments at the Free Lung Health Clinic: At The Breathing Association: M/W 8:30 a.m.-4 p.m.	Services are free.	614-645-2135 or KMBeckett@columbus.gov
Columbus Public Health	Alcohol & Drug Abuse Program Walk-In Assessments	Mobile Medical Unit: T/TH 8:30 a.m.-4 p.m.	Services are free.	614-645-6839
Dublin Methodist Hospital (OhioHealth)	Freedom From Smoking (American Lung Association)	Eight-session interactive small group program offers a step-by-step process to quit smoking. Topics include medication, lifestyle changes, Quit Day, managing stress, avoiding weight gain, and staying smoke-free. Group and individual sessions for moms-to-be also available. Location: Dublin Methodist Hospital.	\$25 for 7 week/8 session program, workbook and CD. Parking is free.	614-544-8338
Grant Health and Fitness Center (OhioHealth)	Smoking Cessation	Individual cessation sessions preparing the smoker to quit. Held at Grant Health and Fitness Center. Open to patients, employees and the community. Other locations are listed online	Free group sessions (6 sessions).	614-566-8272
Ohio Department of Health	Ohio Tobacco Quit Line	Tobacco cessation resource available free to uninsured individuals, Medicaid recipients, pregnant women and members of the Tobacco Collaborative. Qualified callers are paired with an experienced quit specialist who designs a customized quit plan for them and provides support and motivation to quit. Some individuals may be eligible for free nicotine replacement therapy to help them quit.	Free for qualified individuals. Employers can join the Ohio Tobacco Collaborative to receive services for their employees.	1-800-QUIT-NOW (1-800-784-8669) To join the Ohio Tobacco Collaborative, call 614-466-8939.
The Ohio State University College of Pharmacy Clinical Partners Program	Be Smoke Free (tobacco cessation program)	Three individual in-person appointments with a pharmacist and three phone call follow-ups over a 3 month period. Pharmacists work with the patient's physician to assist in getting the right medication for that patient and help him/her through the quit process with support and tips for overcoming potential barriers to quitting. Open to the public. Must make an appointment.	\$120 which can be paid in installments.	614-293-0932
Total Wellness Concepts, LLC	Tobacco Free for Life	One-on-one and group counseling for both individuals and worksites.	Call for pricing. Community based programs are also free to those who qualify.	614-414-0249 or 614-556-8906
Truth Initiative in partnership with the Mayo Clinic	BecomeAnEX	Online, free 3-step quit smoking program. Register for the service and create a personalized "My Quit Plan" checklist.	Services are free.	www.becomeanex.org
Wellness Collective	Freedom From Smoking® or customized programs	One-on-one and group counseling for worksites. Quit clinics and multi-week programs available.	Call for pricing or to add programs to the workplace.	614-523-3213

OHIO MEDICAID TOBACCO CESSATION TREATMENT - Ohio Medicaid covers tobacco cessation treatment. The following managed care plans also cover some cessation counseling, medications and quit line services. Call for more information about each plan's options.

Buckeye Community Health Plan
1-8866-296-8731

CareSource
1-800-488-0134

Molina Healthcare of Ohio
1-866-449-6848

Paramount Advantage
1-800-891-2542

United Healthcare Community Plan
1-800-600-9007

Ohio Medicaid Fee-For-Service plan also offers some support for tobacco cessation treatment. Call 1-800-686-1516 for more information.