



## TRAIN THE TRAINER SMOKING PROGRAMS

The following are programs which you can teach others after you have been trained with the appropriate materials.

### **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) for more information or visit [www.acsworkplacesolutions.com](http://www.acsworkplacesolutions.com)

### **American Lung Association (ALA)**

**N.O.T. - Not On Tobacco youth cessation program.**

**Voluntary program that helps teens stop smoking.**

<http://www.notontobacco.com/> or 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. Contact the ODA at 614-486-2700 for more information.

## ONLINE QUIT GUIDES & RESOURCES

### **American Cancer Society: Guide to Quitting Smoking**

<http://www.cancer.org/Healthy/StayAwayFromTobacco/GuidetoQuittingSmoking/index>

### **American Heart Association**

[http://www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/Quit-Smoking\\_UCM\\_001085\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/Quit-Smoking_UCM_001085_SubHomePage.jsp)

### **American Lung Association**

<http://www.lungusa.org/stop-smoking/how-to-quit/>

### **National Cancer Institute: Smokefree.gov**

[www.smokefree.gov](http://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**

<http://www.aafp.org/online/en/home/clinical/publichealth/tobacco/resources.html>

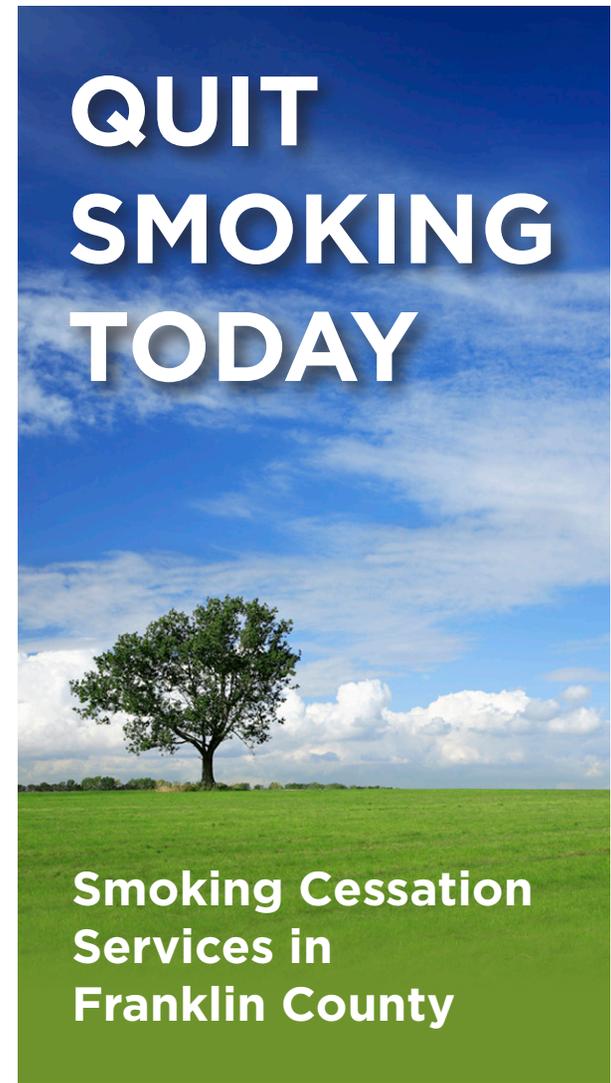
*This information is brought to you by the Tobacco-Free Collaborative (TFC). The TFC is a local coalition of organizations and individuals with the shared purpose of reducing tobacco use and its harm. The TFC focuses on efforts to address youth access and exposure to tobacco, public exposure to secondhand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

**If you would like more information about the TFC, please contact:**



c/o Columbus Public Health  
240 Parsons Avenue  
Columbus, OH 43215  
Phone: (614)645-6055

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# FRANKLIN COUNTY SMOKING CESSATION SERVICES

AGENCY	PROGRAM	PROGRAM INFORMATION	COST	CONTACT
<b>American Lung Association</b>	<b>Freedom From Smoking (online program also)</b>	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 <a href="http://www.ffsonline.org">www.ffsonline.org</a> .	614-279-1700
<b>The Breathing Association Lung Health Clinic</b>	<b>Refer to Tobacco Free for Life</b>	Appointments at the Free Lung Health Clinic: At The Breathing Association: M/W 8:30am-4pm Mobile Medical Unit: T/TH 8:30am-4pm	Services are free to eligible individuals. Call for eligibility and appointment.	614-273-2843
<b>Dublin Methodist Hospital (OhioHealth)</b>	<b>Freedom From Smoking (American Lung Association)</b>	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
<b>Grant Health and Fitness Center (OhioHealth)</b>	<b>Smoking Cessation</b>	Individual cessation sessions preparing the smoker to quit. Held at Grant Health and Fitness Center. Open to patients, employees, and the community.	\$115 for 6 sessions. Contact for more pricing information.	614-566-8272
<b>Ohio Department of Health</b>	<b>Ohio Tobacco Quit Line</b>	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.
<b>The Ohio State University College of Pharmacy Clinical Partners Program</b>	<b>Be Smoke Free (tobacco cessation program)</b>	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 physicians to assist in getting the right medication for that patient and help them through the quit process with support and tips for overcoming potential barriers to quitting. Open to the public.	\$120 which can be paid in installments.	614-293-0932
<b>Total Wellness Concepts, LLC</b>	<b>Tobacco Free for Life</b>	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
<b>Wellness Collective</b>	<b>Freedom From Smoking® or customized programs</b>	One-on-one and group counseling for worksites. Quit clinics and multi-week programs available.	Call for pricing or to add programs to workplace.	614-523-3213

## OHIO MEDICAID TOBACCO CESSATION TREATMENT

Ohio Medicaid covers tobacco cessation treatment. The following managed care plans covers 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.