



## 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

**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

**N.O.T. - Not On Tobacco/youth cessation: voluntary 10-session program for teens that want to quit**  
**A.T.S. - Alternative to Suspension: four-session education for students about tobacco**  
\$180 for adults to attend training sessions to become facilitators for both programs  
Call 614-279-1700 for more information.

### Ohio Dental Association

**Operation TACTIC (Teens Against Chewing Tobacco in the Community) Program is an educational curriculum for grades three through 12. It can be implemented as a one-time program in the classroom or a large assembly setting.**  
\$62 plus tax and shipping  
Call 614-486-2700 or email [kellyh@oda.org](mailto:kellyh@oda.org) for more information.

## ONLINE QUIT GUIDES AND RESOURCES

### How to quit smoking...& quit for keeps

(by the National Institutes of Health)  
[www.quit-smoking.com/clearingair.htm](http://www.quit-smoking.com/clearingair.htm)

### Smokefree.gov

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

## QUIT LINES

### Ohio Tobacco Quit Line

1-800-QUIT-NOW (1-800-784-8669)  
Callers can receive 2 weeks of free nicotine replacement therapy by calling

### American Legacy Great Start Quit Line

1-866-66-START (1-866-667-8278)

### American Cancer Society Quit Line

1-800-ACS-2345 (1-800-227-2345)

### American Lung Association

1-800-LUNG-USA (1-800-586-4872)

The following information is brought to you by the Tobacco-Free Collaborative (TFC). The TFC is a local coalition of organizations and individuals with the purpose of reducing tobacco use and its harm. 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  
Contact: Jen Morel  
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## Smoking Cessation Services in Franklin County

Brought to you by...



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# 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	\$85 per person Free online at <a href="http://www.ffsonline.org">www.ffsonline.org</a>	614-279-1700
The Breathing Association	Quit For Good	Individual counseling at a reduced cost and medication therapy available. Site specific. Call for locations. Counseling for pregnant women and special populations also available.	See website for details. <a href="http://www.quitforgoodnow.com">www.quitforgoodnow.com</a>	614-457-4570 ext. 17
Children's Hospital	Not On Tobacco (NOT)	The program is designed for teens between 13 and 19 who want to quit smoking. The program consist of groups of five to ten people who meet weekly for ten weeks.	Free. Each participant will be given five dollars for each session they attend to help offset travel expenses.	614-355-3445
Grant Hospital Fitness Center	Smoking Cessation	Eight group counseling sessions preparing the smoker to quit. Held at Grant Health and Fitness Center. Meet monthly on Thursdays from 6 to 7 p.m. and includes carbon monoxide monitoring. Open to patients, employees and the community.	\$115 per person	614-566-8272
McConnell Heart Health Center	U Can Quit	Eight weekly group sessions, 60 minutes each or 30 minute individual sessions with the first assessment being 45 minutes. Program develops an individualized plan to remain a non-smoker for life. New participants attend an individualized orientation prior to the first class.	\$60 for members/\$150 for non-Ohio Health employees/Individual sessions: \$104-\$117	Call 614-566-3804 to schedule an appointment
Mount Carmel Health	Mount Carmel Smoke Stoppers	Eight 60-90 minute meetings over a one-month period breaking the steps to being smoke-free into three phases. Includes Smoke Stoppers Kits, follow up calls and patients are also free to return at any time with no additional costs. Open to public and can be provided at place of business.	\$125 per person including Smoke Stoppers kit, three follow-up phone calls and freedom to return at no additional cost.	Smoking Cessation Coordinator 614-234-QUIT (7848)
Ohio State University College of Pharmacy Clinical Partners Program	Be "SmokeFree"! (cessation program)	One-on-one 12 week program provided by registered pharmacists. Participants will receive three individual counseling sessions to determine their smoking triggers, barriers to cessation, and develop strategies for a successful quit. Pharmacists also discuss different medication treatment options in collaboration with the patient and physician. Follow-up/monitoring for additional three months.	\$120 registration fee for 12 weeks or \$60 initial visit, \$30 for each face to face follow-up counseling session	Call 614-293-5075 or go to <a href="http://www.pharmacy.ohio-state.edu/clinicalpartners">www.pharmacy.ohio-state.edu/clinicalpartners</a>
Safe and Drug Free Schools Consortium	H.A.B.I.T. – Health Awareness for Being Independent of Tobacco	Educational alternative to school suspension or formal court action. A health awareness program for middle and high school students who have violated their school's tobacco use policy and/or who are interested in becoming free of the nicotine addiction; smoking or oral use of tobacco.	Free. Open to students and their parent/guardian in Franklin County.	Call for schedule and registration at 614-688-3200
Veterans Affairs	Smoking Cessation	Individual and group counseling available for all honorably discharged veterans. Hypno-therapy, nicotine replacement therapy, and pharmacological therapies are available.	Dependant on insurance copay	614-257-5441