

Resource Guide

Programs, websites...designed to help you quit

There are many wonderful resources available to meet individual needs. Some are for adults, some for teens, some for those looking for a group program, and others for those wanting private or individualized help. We're highlighting a few of these resources and/or places to turn for more help.

Contacts

If you want to quit smoking and need help, contact one of the following organizations:

- American Cancer Society (ACS)
Phone: 1-800-ACS-2345
Website: www.cancer.org
- American Heart Association (AHA)
Phone: 1-800-AHA-USA-1 (1-800-242-8721)
Website: www.amhrt.org
- American Lung Association (ALA)
Phone: 1-800-586-4872 (1-800-LUNG-USA)
Website: www.lungusa.org
- Centers for Disease Control and Prevention (CDC), Office on Smoking & Health
Phone: 1-800-784-8669 (1-800-QUIT-NOW);
TTY 1-800-332-8615.
Website: www.cdc.gov/tobacco
- National Cancer Institute, Cancer Information Service
Phone: 1-800-4-CANCER or 800-422-6237
Website: www.cancer.gov
- U.S. Department of Health and Human Services, Smokefree.gov
Phone: 1-877-44U-QUIT (1-877-448-7848)
Online materials, including info on state quitlines:
www.smokefree.gov

Books & Audio Books

- *Fresh Start: 21 Days to Stop Smoking*. Created by the American Cancer Society, this book (also available in audiocassette) is based on the American Cancer Society's Fresh Start Smoking Cessation Program

(see below) and designed for face-to-face group classes. Contact your local library, bookstore, or online bookstore for availability.

- *7 Steps to a Smoke-Free Life* by Edwin B. Fisher. In association with the American Lung Association, this book (also available on audiocassette) is based on their Freedom from Smoking Program and leads you through the 7 steps/modules:
 1. Understanding your habit
 2. Building your motivation to quit
 3. Developing your quit plan
 4. Preparing for your quit day
 5. Quitting
 6. Fighting temptations (the first two weeks)
 7. Staying focused (the first six months).

Contact your local library, bookstore, or online bookstore for availability.

- *Quit & Stay Quit: A Personal Program to Stop Smoking* by Terry A. Rustin, M.D. Contact your local library, bookstore, or online bookstore for availability.



Face-to-Face Programs & Support

- *Fresh Start Smoking Cessation Program*. Created by the American Cancer Society, this is a four-week (meets once per week), face-to-face, group program. Available to adults and teens (with parental permission). Call your local ACS to see if this course is available in your area.
- *Freedom from Smoking*. Created by the American Lung Association, this is a six-week, face-to-face, group program. There is usually a fee to cover expenses of materials and facility only, if necessary. This fee is also considered an incentive to

participate, since people who invest their money in something tend to be more committed to it or feel more obligated to participate and make the most of their investment. Call your local ALA to see if this course is available in your area. This program can also be accessed online for free to anyone who wants to register and go through the course on their own (see below).

- *Nicotine Anonymous*. Like Alcoholics Anonymous, some communities offer a Nicotine Anonymous program following similar quit philosophies. There is no fee to attend. Ask your health care provider if they know of a Nicotine Anonymous program in your area, or use the contact line or website at 1-877-TRY-NICA (1-877-879-6422) or www.nicotine-anonymous.org.

Prenatal/Infant/Young Child Resources

- *Breathe Smart from the Start*. Created by the American Lung Association, the *Breathe Smart from the Start* program provides free environmental tobacco smoke information to mothers and expectant mothers. The program targets clinics and local organizations that work with teen mothers and families with children ages 6 and under. Materials are also available in Spanish. To find out if the Healthy Beginnings Program is offered in your area, contact: Ronneal Mathews at 214-631-5864 Ext. 213 (Dallas), or Stephanie Deal at 915-532-6776 (El Paso).
- *Great Start*. www.americanlegacy.org/2110.aspx - A program with a toll-free national quit line 1-866-667-8278 (1-866-66-START), providing free counseling to pregnant smokers.

Quitline Resources

- *Breaking away from the Pack*. These self-help materials are available to those who qualify (18 years or older) and want to participate in phone counseling through the American Cancer Society's quitline at 1-877-937-7848. The 3 *Breaking away from the Pack* booklets focus on:
 - setting a quit date,
 - getting through the initial withdrawal, and
 - staying quit how to's.

Tools for Teens

- *ASPIRE*. www.mdanderson.org/departments/aspire/ - This interactive website for teens was designed by the MD Anderson Cancer Center and University of Texas Health Science Center at

Houston to help teens quit smoking or make the wise decision to never start.

- *Not On Tobacco (N-O-T)*. N-O-T is the American Lung Association's school-based voluntary program designed to help high school students quit smoking. The program includes a 10-session curriculum and booster sessions conducted by facilitators. N-O-T facilitators are identified through a set of selection criteria, and training emphasizes nicotine addiction, curriculum content and implementation, as well as group process.

N-O-T is gender-sensitive, separating participants by gender, and tailors content and delivery to the adolescent population. N-O-T emphasizes daily life management skills such as stress management and healthy lifestyle behaviors such as nutrition and exercise. It also offers awards and incentives to the teens and facilitators, and includes evaluation and mental health referral protocols. For information on how to obtain this program, contact ALA at 1-800-LUNG-USA.

- *Worth It!* www.worthit.org - This website is targeted to Texas teens and is supported by the Texas Department of State Health Services. Resources for quitting smoking and smokeless tobacco are provided, as well as a class locator, answers to frequently asked questions, and a link to Quitnet (another option for support for those who want to quit tobacco).

Web-based Programs & Support

- *Clearing the Air: Quit Smoking Today*. www.smokefree.gov/pubs/clearing_the_air.pdf Available from the National Cancer Institute, this booklet offers steps to take you through the quitting process.
- *Committed Quitters*. www.committedquitters.com/ - This is web-based, individualized stop smoking program is provided by the makers of NicoDerm CQ, Nicorette, and Commit.
- *Freedom from Smoking Online*. www.ffsonline.org/ - Available from American Lung Association, this is a free program that is well-worth registering for. It is a comprehensive quit smoking program that takes you through seven modules and provides hands-on experiences to help you get through



the quit process. The *Freedom from Smoking* online program also offers social support and numerous self-help resources. It is based on a successful program history originally used in a group program setting.

- *I Quit: What to do when you're sick of smoking, chewing, or dipping.* Available by calling the Centers for Disease Control Information Center at 1-800-232-1311. This booklet is for smokers as well as those who use chewing tobacco and snuff.
- *Joe Chemo.* www.joechemo.org/ - This website was designed by individuals and private groups with the assistance of the Centers for Disease Control, American Council on Science and Health, Tobacco Education Clearinghouse of California, California Department of Health, and other health organizations and institutions. The site offers quit smoking tips as well as an excellent list of resource links at www.joechemo.org/links.htm. The site also has fun features like e-cards and tobacco IQ tests, etc.
- *Quitnet.* www.quitnet.com/ - This website is operated in association with Boston University School of Public Health. It offers free cessation support 24/7, plus resources, professional counseling, social support, anniversary reminders, e-mails, clubs, medication information, etc. For a fee, you can sign up for premium services that offer personalized, tailor-made services and support, as well as discounts on medications and rewards.

- *Smokefree.gov.* www.smokefree.gov/ - This online guide to smoking sponsored by the National Cancer Institute, Centers for Disease Control, National Institutes of Health, and U.S. Department of Health & Human Services offers how-to-quit materials as well as telephone support and instant messaging services for those trying to quit.

Worksite & Community Events and Materials

- *Great American Smokeout.* This event is the third Thursday in November of each year. For information about resources to encourage the Great American Smokeout in your community or worksite, see the American Cancer Society website at www.cancer.org/docroot/PED/content/PED_10_5_Great_American_Smokeout_History.asp?sitearea=PED.
- *Kick Butts Day.* Kick Butts Day is the Campaign for Tobacco Free Kid's annual celebration of youth leadership and activism sponsored by the American Lung Association. For more information or to order an activity guide, see www.kickbuttsday.org/.
- *World No Tobacco Day.* This is a worldwide event held May 31st of each year to draw attention to the impact of tobacco use on public health and to reduce individual tobacco dependence. For more information on World No Tobacco Day or to receive an activity kit, see www.who.int/tobacco/en/.