



Quit-Tobacco Resource 2015

New Year's Resolution: Keep Your

Commitment

Kick-Butt's Day: Spring 2015: <http://kickbuttsday.org/>

Great American Smoke-Out: Third Thursday of November

Tobacco & You: Learning About Health Living

Ingham County – CEI/CMH/CA - Host Sites

Call for current schedule (517) 887-4312

<http://hd.ingham.org/Home/EnvironmentalHealth/TobaccoYouLearningaboutHealthyLiving.aspx>

Telephone Support and Resources

Michigan Tobacco Quit Line (800) 784-8669

Telephone Counseling is available now for uninsured or under-insured patients; those with Ingham Health Plan qualify. Patient completes intake call, other requirements may exist. Services are provided for free.

Nicotine Anonymous - (517) 627-9606 Kathy

Nicotine Anonymous is a 12-step recovery model, adapted from the 12-steps and traditions of Alcoholics Anonymous. Weekly meetings are held each Monday at 6:00 pm in the Doctors Dining Room at the St. Lawrence Campus of Sparrow Hospital, located at 1210 W. Saginaw, Lansing, Michigan.

American Lung Association of Michigan (800) 586-4872

The American Lung Association has a national phone support system designed to help callers quit their tobacco addiction. Free service nation-wide. Help is offered in 100+ languages and trained cessation counselors will support you with materials and scheduled phone calls that encourage and help you.

Internet Resources

American Cancer Society: www.cancer.org ACS provides information, resources and quit tobacco help.

American Lung Association of Michigan: www.lungusa.org. Includes *Freedom From Smoking* on-line.

American Heart Association: www.americanheart.org

Become an Ex: <http://www.becomeanex.org> Free Booklet, Talk to a Personal Coach, follow an on-line plan.

Central Michigan 211 - Call 211: <http://www.centralmichigan211.org/clintoneatoningham.html> Agencies offering quit-tobacco support should list their services with Central Michigan 211.

Michigan Department of Community Health: www.michigan.gov/mdch MDCH provides information on quit tobacco and other substance abuse and prevention.

Pfizer Inc.: <http://www.mytimetoquit.com> Offers quit tips and an online video.

Smokefree.gov: www.smokefree.gov Can help you or someone you care about quit smoking. The information and professional assistance available on this web site can help to walk you through the process of becoming tobacco-free, connect with resources in your community, and be a support person to others.

Tobacco Free Nurses: <http://tobaccofreenurses.org> Helping nurses and their patients to stop smoking.

Quit Net: www.quitnet.com Quit Net offers cessation information and support chat rooms.

Specialty Services - By Community

Michigan Services for the Blind and Physically Handicapped (800) 992-9012

An audio cassette of the Michigan Quit-Tobacco Kit is available free of charge to those that utilize the audiocassette services of the State of Michigan. Call to order the cassette or to register.

Michigan State University: Office of the University Physician: Healht4U Program

Faculty/Staff/Graduate Student Employees/Retirees and Adult Benefits Eligible Dependents

***Health4U Program Coaching Services:** If you are having trouble quitting on your own we can help. Consider working with one of our Emotional Wellness coaches to explore what might be getting in the way of your becoming tobacco free. Visit <http://www.health4u.msu.edu>, call (517) 353-2596 or email health4u@msu.edu.

***MSU Breathe Easy Tobacco & Nicotine Cessation Program:** The MSU Breathe Easy Program is a free tobacco and nicotine cessation program featuring behavioral support and medical evaluation. You will be offered a choice of medications to support you with your quit process, or you may choose to quit without using medication. Pre-Enrollment Sessions are Wednesday, May 13 or Wednesday September 23. Register by phone at (517) 353-2596 or email health4u@msu.edu.

***Michigan State University – Michigan Tobacco Quitline:** (800) QUIT-NOW/800.784.8669 or http://health4u.msu.edu/_pdfs/MIQuitline.pdf

Mini Workshop at McLaren of Greater Lansing – Greenlawn; Cardio-Pulmonary Rehab (517) 975-6400

A free program about how to quit smoking at McLaren, 407 W Greenlawn, Merriman Bldg Room 14.

Register and call to verify session details.

Wed 4/22 3-4pm; Wed 5/6 5:30-7pm; Wed 5/20 3-4 pm; Wed 6/3 5:30-7pm; Wed 6/17 3-4pm

Private counseling available for a fee. Services provided by a Certified Cessation Counselor: (517) 975-6653

PHP Family Care (PHP-Medicaid Patients)

Go to www.phpmm.org and find Life 360/Healthy Roads. Phone coaching, website and medications for those with pharmacy benefits.

Pregnant and Parenting Women in Ingham County (517) 887-4322

"House Calls" is a special project that helps pregnant and parenting women take a vacation from tobacco addiction. Tools to staying smoke-free provided. A coach comes to the home to help the family.

South Side Community Coalition: Health Outreach Team (517) 394-3217

Quit-Tobacco Support in the form of support groups at your church, school, apartment complex or business.

Information, counseling and quit-tobacco support provided. All services at no cost to you. Spanish speaking staff available. South Side Community Coalition, 2101 W Holmes, Lansing, 48910.

Willow Plaza: Teen Services: (517) 702-3500

Smoking cessation sessions for Ingham County teens and adolescents for those up to 21 years of age.

Self-Help

Creative Wellness Holistic Health Center - (517) 351-9240

Center located at 2045 Asher Court, East Lansing, MI 48823. \$50 initial fee for half-hour quit smoking consultation and treatment; follow up visits \$25. Thirty (30) minute follow-ups average 2-6 visits consisting of acupuncture in clinic or private setting. Effectiveness varies.

Hypnotherapy Solutions LLC (517) 977-0798

Certified Hypnotist Rich Smith, C.Ht.,ADS offers free consultation prior to sessions. A 3-session package is \$200 and includes a two-week supply of detox/sleep tea, and mp3 recording for use between sessions.

Compass Rehabilitation, Formerly The Spine Center (517) 337-3080 or (888) 712-6999

Acupuncture has been used successfully to stop smoking. Acupuncture treatments address cravings, weight gain, irritability and restlessness; all symptoms that people commonly complain about when they quit. It also aids in relaxation and detoxification. Compass Rehabilitation is located at 250 East Saginaw East Lansing, MI 48823. You can find out more information at www.mispinecenter.com

Mayo Clinic, Rochester, MN (800) 344-5984

Monthly 8-day Residential Treatment Program. No physician referral is necessary. Deposit is \$5,500.