

Quit Tobacco Resources 2009



Ingham County Health Department - 887-4315

The Ingham County Health Department provides **free** self-help materials, including tobacco information in 13 languages, culturally sensitive quit kits, and literature on passive smoke. The Health Promotion Unit provides resources to all callers. Callers are sent a quit kit, smoking cessation guidance resources, smoke-free home/smoke-free auto decals and support materials to those wishing to quit their tobacco addiction. Low income and Ingham Health Plan clients may have access to additional services. Callers are encouraged to register for a Quit Tobacco Workshop (see below).

QUIT TOBACCO WORKSHOP (QTW) - 887-4315

This one-time two-hour program presents the basics of how to quit tobacco. Participants walk away with a quit plan, an understanding of addiction, a listing of available resources, strategies to avoid relapse and information on how to obtain and use nicotine replacement therapies and medications. Free; available to all. QTWs are held twice each month through the Ingham County Health Department. Registration required. See below for dates, times, and locations.

Quit Tobacco Workshop

Third Thursday of each month

11:30-1:30

**Ingham County Health Department
5303 S. Cedar, Door 3; 2nd floor, Atrium**

March 19, 2009

April 16, 2009

May 21, 2009

June 18, 2009

July 16, 2009

August 20, 2009

September 17, 2009

October 15, 2009

November 19, 2009

December 17, 2009

Quit Tobacco Workshop

Fourth Tuesday of each month

3:00-5:00 pm

**Sparrow Medical Arts Building
1322 E. Michigan Ave.; 2nd floor, Conference**

March 24, 2009

April 28, 2009

May 26, 2009

June 23, 2009

July 28, 2009

August 25, 2009

September 22, 2009

October 27, 2009

November 24, 2009

December 22, 2009

March: Lansing City Rescue Mission Quit-Tobacco Workshop: Monday March 23, 9:30-11:15 am

607 East Michigan Avenue, Lansing; Register: (517) 887-4315

April: Tax Increase Quit Tobacco Workshop: Wednesday, April 8, 12 noon – 2 pm

5303 S. Cedar, Door 3, 2nd floor, Conference Room A

Ongoing Weekly Support:

Mini Workshop at Ingham Regional Medical Center - (517) 975-6400

A one-hour program about how to quit smoking at IRMC, 401 W. Greenlawn, Merriman Center. Call with a request for the Certified Cessation Counselor.

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 p.m. in the Doctor's Lounge at the St. Lawrence Campus of Sparrow Hospital.

Nicotine Anonymous - (517) 204-6638 Faith

Nicotine Anonymous is a fellowship of men and women helping each other to live free of nicotine. Meetings are held Wednesday from Noon to 1:00 p.m., 1200 E. Michigan Ave., Prof. Building, Suite #130.

Telephone Support and Resources

Michigan Department of Community Health - 1-800-480-7848

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**. Free Quit kits, smoke-free home/smoke-free auto decals available. Order between 1-50 kits per call to give to friends or display at work.

American Lung Association of Michigan - (517) 484-4541 or (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

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

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

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

Michigan Department of Community Health: www.hpclearinghouse.org/ Free health resources.

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

Become An Ex: <http://www.becomeanex.org> : Free Booklet, Talk to a Personal Coach, follow an on-line plan. Must have a valid e-mail address.

Specialty Services - By Community

Pregnant and Parenting Women in Ingham County - (517) 887-4470

“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.

Michigan State University - (517) 353-2596

Smoking/tobacco cessation resources are available to MSU faculty, staff, retirees, and the spouses/partners of members of these groups as well as to MSU students through two campus based service units: the MSU Health4U Program and the Olin Health Center-Education Services. Information and service descriptions can be accessed via the web at www.Health4u.msu.edu

Greater Lansing African American Health Institute - (517) 492-0376

Smoking cessation counselors are available to provide smoking cessation counseling for members of the Greater Lansing African American community.

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.

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.

Self-Help

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

Center located at 2025 Abbott Road, Suite 200, East Lansing, MI 48823. \$50: half-hour quit smoking consultation plus \$25: 15 minute follow-ups averaging 2-3. Effectiveness varies.

Hypnosis with Jack G. Jesse PhD, LMSW, ADS - (517) 887-0083 or (517) 281-5065

Individualized hypnosis combined with Emotional Freedom Technique (EFT): safe, painless smoking cessation with hypnosis. No withdrawal. Fee of \$105, includes hypnosis session, recording of your session and instruction in EFT. Auricular acupuncture is also available. Located at 5607 Aurelius Road, Lansing. Evening and weekend appointments available.

BreakFree Laser™ Tobacco Addiction Treatment Center - (517) 886-QUIT (7848) or (888) 448 QUIT (7848); www.breakfreelaser.com –Program fee: \$349 includes treatment, kits and subsequent support.

Mayo Clinic, Rochester, MN - 8 Day Residential Treatment Program. Information: 1-800-344-5984.