

## Quit Smoking Butler County Programs

### Programs for Pregnant Moms

Organization	Program Description	Website	Phone #
<b>Envision Partnerships in Butler County</b>	<p><b><u>BABY &amp; ME – Tobacco Free Program™</u></b> An evidence-based, smoking cessation program created to reduce the burden of tobacco on the pregnant and postpartum population.</p> <ul style="list-style-type: none"> <li>• Women attend four prenatal counseling sessions to receive education and support for quitting, staying quit, and test using a carbon monoxide (CO) monitor (breath test)</li> <li>• At prenatal sessions 3 and 4, women may receive their first two diaper vouchers, if they test tobacco free</li> <li>• After the birth of the baby, women return monthly to continue CO monitoring and if proven to be smoke-free, receive a monthly voucher for up to twelve months postpartum</li> </ul>	<p style="text-align: center;">Envision Partnerships <a href="https://www.envisionpartnerships.org/">https://www.envisionpartnerships.org/</a></p> <p style="text-align: center;">BABY &amp; ME – Tobacco Free Program™ <a href="http://www.babyandmetobaccofree.org/">http://www.babyandmetobaccofree.org/</a></p>	For program information and to register call, 513-286-2448

### Community Programs

Organization	Program Description	Website	Phone #
<b>Ohio Department of Health (ODH)</b>	<p><b><u>Ohio Quit Line - Ohio Department of Health</u></b> Provides personal quit coaching and telephone counseling free of charge to Ohioans who are uninsured, have Medicaid, are pregnant, or are covered through the Ohio Tobacco Collaborative.</p>	<a href="https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/tobacco-use-prevention-and-cessation/cessation/">https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/tobacco-use-prevention-and-cessation/cessation/</a>	1-800-QUIT-NOW

	<ul style="list-style-type: none"> <li>Nicotine patches, gum or lozenges are provided for up to four weeks at no charge to eligible participants.</li> </ul>		
<b>Atrium Medical Center (Premier Health Partners)</b>	<p><b><u>Free Quit Smoking Class</u></b>  Tuesday, January 8, 2019  6:00 PM-7:00PM, Atrium Medical Center - Professional Bldg</p>	<p><a href="https://www.premierhealth.com/Your-Wellness/Live-Well-Stay-Well/Prevention-and-Wellness/Quitting-Smoking/">https://www.premierhealth.com/Your-Wellness/Live-Well-Stay-Well/Prevention-and-Wellness/Quitting-Smoking/</a>  Click on Premier classes and events  Registration required</p>	<p>Call Toll Free 877-274-4543 for more information or CareFinders at (866) 608-FIND</p>
<b>Premier Community Health (Premier Health Partners)</b>	<p><b><u>One-on-One Cessation Counseling</u></b>  Offers a free eight-week program with a certified tobacco treatment specialist that works with you one on one, providing support and counseling to help you quit. The program is one hour each week for eight weeks. You'll learn more about:</p> <ul style="list-style-type: none"> <li>Making a quit plan</li> <li>Choosing a method to quit</li> <li>Practicing stress management techniques</li> <li>Dealing with cravings or weight gain while quitting</li> <li>Symptoms for recovery</li> </ul> <p>Anyone in the community can take advantage of the program.</p>	<p><a href="http://www.premiercommunityhealth.org/pchdefault.aspx?id=30554">http://www.premiercommunityhealth.org/pchdefault.aspx?id=30554</a></p>	<p>To register call CareFinders at 866-608-3463. For more information about the program, call 877-274-4543.</p>
<b>Christ Hospital-Cincinnati</b>	<p><b><u>Fresh Start Smoking Cessation Classes</u></b></p> <ul style="list-style-type: none"> <li>Learn more about nicotine replacement techniques and cessation tools</li> <li>Take control of cravings</li> <li>Receive support from peers and professionals</li> <li>Improve your health</li> </ul> <p>Fresh start classes are FREE- led by certified Fresh Start facilitators. Classes are held on Thursdays from 5:30 to 6:30 p.m. for four weeks. Classes will be held:</p> <ul style="list-style-type: none"> <li>January 3, 10, 17, 24</li> <li>February 7, 14, 21, 28</li> <li>March 7, 14, 21, 28</li> <li>April 4, 11, 18, 25,</li> </ul>	<p><a href="https://www.thechristhospital.com/services/additional-services/smoking-cessation/class">https://www.thechristhospital.com/services/additional-services/smoking-cessation/class</a></p> <p>For additional resources:  <a href="https://www.thechristhospital.com/services/cancer/prevention-and-screenings/smoking-cessation">https://www.thechristhospital.com/services/cancer/prevention-and-screenings/smoking-cessation</a></p>	<p>To register, call Misty Bostic at 513-585-4002</p>

	<ul style="list-style-type: none"> <li>• May 2, 9, 16, 23</li> </ul> <p>Fresh Start classes are held at The Christ Hospital, 2139 Auburn Ave., Cincinnati Level D.</p>		
<p><b>Fort Hamilton Hughes (Kettering Health Network)</b></p>	<p><b><u>Say Goodbye to Tobacco</u></b></p> <p>This free, five-week class takes you through the quitting process and provides a month of nicotine patches as well as gum or lozengers. The class is provided in partnership by Kettering Health Network and Public Health – Dayton and Montgomery County. Parking is free for participants in the hospital parking garage.</p> <p>Classes at Kettering, Medical Center on Wednesdays, January 2nd-30th 2019 from 6-7 pm. Registration is required.</p>		<p>Registration is required Call 937-558-3988 for more information and to register</p>
<p><b>Mercy Hospital Fairfield</b></p>	<p><b><u>Free Smoking Cessation Classes</u></b>  <b>Mercy Health — Fairfield Hospital</b>  <b>3000 Mack Rd.</b>  <b>Fairfield, Ohio 45014</b>  <b>Wed, Dec 12, 2018, 6- 7:00 pm</b></p> <p>Mercy Health’s program follows the American Cancer Society’s Freshstart program, with each class building on the previous class to explore physical and psychological aspects of nicotine addiction.</p> <p>Class One, held on December 12, is called “Decide to Quit.” It covers the negative health consequences of smoking and helps motivate attendees to quit the habit.</p> <p>Class Two, held on December 13, is the “Plan to Quit” class and it takes attendees through choosing a quit date, medications that can help smokers quit the habit, the importance of support and building a support group and preparing for the quit date.</p> <p>Class Three, held on December 19, is called “Your Quit Day.” This class covers topics such as how to quit successfully,</p>	<p><a href="https://www.mercy.com/news-events/events">https://www.mercy.com/news-events/events</a></p>	<p>Reservations required. Call 513-603-8601 to reserve your space and for upcoming class information for 2019</p> <p>For more information call 513-870-7000</p>

	<p>dealing with nicotine withdrawal and cravings and positive thinking.</p> <p>Class Four, held on December 20, is the “Staying Quit” class. It covers mental planning, recovering from slips and lung screenings and provides information about the Ohio Quit Line.</p>		
<b>TriHealth-Bethesda Butler</b>	<p><b>EAP (Employee Assistance Program) Tobacco Cessation Program</b></p> <p>You can only access their webinars and training if your company has purchased the program. A direct link must be provided by your TriHealth EAP coach</p>		
<b>UC Medical Center, Cincinnati</b>	<p><b><u>Win by Quitting Smoking Cessation Clinic</u></b></p> <p>Smokers have kicked the habit long-term through the pharmacist-assisted Win by Quitting smoking cessation clinic at the University of Cincinnati (UC) Barrett Cancer Center at University Hospital. The individualized, 12-week program is supported by the Ohio Tobacco Prevention Foundation, UC and University Hospital, and is free to qualifying individuals.</p> <p>Sessions use both behavior modification techniques and prescription medications, if appropriate. This free program helps you quit over a 12-week period.</p> <p>The Win by Quitting program accepts new patients on an ongoing basis. Appointments are available on Mondays and Thursdays at the Barrett Cancer Center clinic, located at 234 Goodman St.</p>	<p><a href="https://uchealth.com/cancer/centers-programs/lung-cancer/treatment-services/">https://uchealth.com/cancer/centers-programs/lung-cancer/treatment-services/</a></p>	<p>To schedule an appointment, call 513-584-QUIT (7848).</p>