


ZEP SMOKING CESSATION TOOL

LOCAL PROGRAMS

<p>H. Lee Moffitt Cancer Center & Research Institute – Freshbreak™ Smoking Cessation Clinic</p> <p>813.745.1751</p>	<ul style="list-style-type: none"> • Free or low-cost (\$5 to \$25) smoking cessation programs to the Tampa Bay community to develop and test new and improved methods for quitting smoking • Smoking cessation counseling <ul style="list-style-type: none"> ○ Individuals or small groups ○ Meet at the clinic ○ Afternoon or early evening. • FreshBreak™ Programs <ul style="list-style-type: none"> ○ Varies depending on the particular research program that is under study ○ Programs also vary with respect to the qualifications of the smoker (for example, amount smoked, age, use of medications) required for participation. ○ Call to schedule a free, no-obligation, informational meeting to find out if you qualify for any current programs ○
<p>St. Joseph’s Hospital 3001 West Dr. MLK Jr. Blvd Tampa, FL 33607</p> <p>St. Joseph’s Women’s Hospital 3030 Dr. Martin Luther King Jr. Blvd Tampa, FL 33607</p> <p>St. Joseph’s Children’s Hospital 3001 W. Dr. Martin Luther King Jr. Blvd. Tampa, FL 33607</p> <p>South Florida Baptist Hospital 301 N. Alexander St. Plant City, Florida 33563</p> <p>813.870.4747</p>	<ul style="list-style-type: none"> • Freedom From Smoking Program - developed by the American Lung Association <ul style="list-style-type: none"> ○ Eight-session ○ Group program, especially those who have tried to quit before, group support can make all the difference ○ Provide the extra support you need to kick your habit for good ○ A strong student support network that is built in each class helps everyone become tobacco-free. • St. Joseph’s Hospital also offers free one-hour smoking cessation presentations every month and covers the pros & cons a variety of methods to help you kick the habit. • During the presentation, we will discuss methods such as: <ul style="list-style-type: none"> ○ The American Lung Association’s Freedom from Smoking group program, which meets at St. Joseph’s Hospital. ○ Nicotine Replacement Therapy (NRT) ○ Alternative Therapy (acupuncture or hypnosis) ○ Additional Methods (Zyban and SmartShot) ○
<p>University Community Health – Freedom from Smoking An American Lung Association Program Call University Community Hospital at 813.615.7377</p>	<ul style="list-style-type: none"> • 8 session group led by trained instructor • Positive behavior change approach • Session 1 & 2 – cover triggers and coping • Session 3 – Quit Day • Sessions 4-7 – dealing symptoms, weight control, stress, urges • One-time non-refundable fee of \$80 includes cost of program, behavior modification booklet, and a relaxation audiotape
<p>Family Support and Resource Centers Smoking Cessation Classes North Tampa Family Support and Resource Center 1401A East Fowler Avenue Tampa 33612</p>	<ul style="list-style-type: none"> • FREE OF CHARGE • 7 classes • Smoking cessation trained instructor • To Register call: 813.233.2800
<p>American Lung Association 8950 Dr. MLK Jr. St North Ste 205 St Petersburg, FL 33702</p>	<ul style="list-style-type: none"> • For more info on American Lung Association programs call: 1.800.LUNG.USA for referral to your nearest local Association
<p>Genesis 5802 North 30th Street, Tampa, FL 33610</p>	<ul style="list-style-type: none"> • Tuesdays 4-5pm • 813.236.5100
QUITLINES	
	<ul style="list-style-type: none"> • Telephones answered 24 hours a day, 7 days a week. • QuitLine is toll-free tobacco use cessation hotline. Any TEENS and ADULTS living in Florida who are interested in making a quit attempt can also use QuitLine • Counseling sessions; • Referrals to support groups; • Self help materials; • Counseling and materials in English, Spanish; • Translation service for other languages; • TDD service for hearing impaired.

<p>A Fresh Start Families QuitLine 1-866-66-START</p>	<ul style="list-style-type: none"> • Free one-on-one cessation counseling for pregnant smokers 24 hours a day • Callers can also request additional free quit smoking materials after a brief questionnaire • Sponsored by the American Legacy Foundation and managed by the American Cancer Society • Referrals to local agencies and resources • Telephone counseling
WEBSITES	
<p>http://www.nicotine-anonymous.org/</p>	<p>Nicotine Anonymous is a Non-Profit 12 Step Fellowship of men and women helping each other live nicotine-free lives. Nicotine Anonymous welcomes all those seeking freedom from nicotine addiction, including those using cessation programs and nicotine withdrawal aids. The Fellowship offers group support and recovery using the 12 Steps as adapted from Alcoholics Anonymous. Internet Meetings on Yahoo, only registration required.</p>
<p>http://www.ffsonline.org/</p>	<p>Freedom From Smoking Online, sponsored by the American Lung Association</p>
<p>http://www.quitnet.com/</p>	<p>Quit smoking support site run in association with Boston University School of Public Health, community support, quitting buddies, chat rooms, forums, and individual quitting, also En Espanol!</p>
<p>http://www.trytostop.org/home.asp</p>	<p>Quit Wizard, community message boards, expert advice, and screensavers available for download</p>
<p>http://www.4woman.gov/QuitSmoking/</p>	<p>Comment board, news and facts, support website list</p>
<p>http://www.tobaccofree.org/quitting.htm</p>	<p>Detailed comprehensive quitting plan with support links and phone numbers</p>
<p>http://www.cdc.gov/tobacco/how2quit.htm</p>	<p>List of websites and materials to help quit smoking</p>
<p>http://www.join-the-circle.org</p>	<p>Campaign for women trying to quit smoking, includes a message board for sharing stories</p>
<p>Freedom Village – http://www.network54.com/Forum/210097/</p>	<p>A Not-for-profit Hon Code Accredited Quit Smoking support community</p>
<p>http://www.smokefreefamilies.org/documents/patientdownload.html</p>	<p>Download materials to help guide quitting smoking</p>
<p>http://www.smokefree.gov/index.asp</p>	<p>Online quit guide, downloadable materials, instant messaging, and phone support from experts</p>
<p>http://www.helppregnant smokersquit.org</p>	<p>Downloadable materials, stories, information about many topics related to smoking during pregnancy</p>
<p>http://www.surgeongeneral.gov/tobacco/</p>	<p>Downloadable materials to help with quitting smoking</p>
<p>http://committedquitters.quit.com/</p>	<p>Nicoderm's online support website, though the program is centered around Nicoderm products, the site is free and their online support plan sends periodic emails to give positive support</p>

Do you have additions or corrections to this list?

Please call *Jessica Reynolds*, Zero Exposure Project Manager at 813.233.2800, or email info@zeroexposure.org.

Let us know if this tool is helpful to you, talk to the Community Liaison who brought you this tool, or contact *Jessica Reynolds*. Also use the **ONLINE VERSION** of this tool at www.zeroexposure.org