

TOBACCO CESSATION RESOURCES

(as of 8/11/11)

Michigan Department of Community Health:

State Quitline: 1-800-QUIT-NOW (1-800-784-8669)

- Free confidential phone counseling service up to 7 sessions & provides a self-help Quit Kit.
- Might be eligible for free nicotine patches.

American Lung Association:

National Quitline: 1-866-QUIT-YES (1-866-784-8937)

- Free confidential phone counseling service.

Website: www.lungusa.org or www.ffsonline.org

- Links to the Freedom From Smoking on-line self-help program.
- Free with Basic Membership / Premium Membership is \$15 for 3 months or \$40 per year.
- Confidential service, but must fill out a registration form first.

Lisa Anne Danto, RN, Tobacco Addiction Specialist: (231) 271-3684 or ldanto@mac.com

- Teaches the American Lung Association course "Freedom From Smoking" supplemented with Nationally Certified Tobacco Addiction Specialist training.
- Classes offered 2-3x/year at \$150/person (including materials) for 7 120-minute classes, held in Traverse City. Payment plans and scholarships are an option. Contact Lisa for more information & to register.
- Classes can be taught on-site for worksite group programs.
- Individual sessions can be arranged by appointment.

Chuck Bethea, Therapist, Tobacco Addiction Specialist: (231) 947-2255 Pine Rest TC Clinic

- Teaches a smoking cessation program and runs a tobacco addiction recovery support group.
- Classes offered 4-6x/year at \$210/person for 6 90-minute classes, held in Traverse City. Contact Pine Rest for more information or to register.
- Individual sessions can be arranged by appointment and might be covered by insurance.

Carolyn Pifer, MI Certified Peer Support Specialist & ALA FFS Facilitator

(231) 882-2141 Manistee-Benzie Community Mental Health or piferc@mbcmh.org

- Teaches the American Lung Association course "Freedom From Smoking."
- Classes offered 2-4x/year at \$60/person (including materials) for 8 120-minute classes, held in Benzie or Manistee Counties. Payment plans and scholarships are an option. Contact Carolyn for more information & to register.
- Classes can be taught on-site for worksite group programs.
- Individual sessions can be arranged by appointment.

Dr. Gary Vann, Ph.D. (private practice): (231) 947-2990 or www.garyvannphd.com

- Offers the Quit Smart Program for \$150/person for 4 90-minute group classes.
- Offers the Quit Smart Program for \$600/person for 4 60-minute individual sessions.
- Provides private counseling that might be covered by health insurance.
- Will do company group programs.

Doug Moser & Barb Webster, Counselors, Tobacco Addiction Specialists:

(231) 935-6382 Munson Medical Center (MMC) Behavioral Health Services/ADTC

- Offers a smoking cessation program for employee groups as needed. Contact MMC for more information or to register.
- Provides private counseling for employees and their families through the EAP program for up to 6 free sessions.