

## Tobacco Cessation Resources Ashtabula County

**Agency:** Ashtabula County Medical Center  
**Service:** Freedom from Smoking®

**Contact:** Ashtabula County Medical Center  
**Phone:** 440-997-6634  
**Address:** 2420 Lake Ave, Ashtabula, OH 44004  
(about a 7-minute drive from Ashtabula campus)

**Description of Service:** Ashtabula County Medical Center offers the American Lung Association's Freedom from Smoking® program. The program is led by a tobacco treatment specialist and consists of 8 small-group sessions held over 6-8 weeks. The program focuses on how to quit, and because no single cessation technique is effective for all smokers, the program includes a comprehensive variety of evidence-based cessation techniques.

**Eligibility:** All Ashtabula county residents are eligible

**Cost:** Fee for workbook and supplies. Call the number above for more specific cost information.

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**Agency:** Ashtabula County Health Department  
**Service:** Baby and Me–Tobacco Free

**Contact:** Michelle Pitkin  
**Phone:** 440-576-3023, Ext. 125  
**Email:** mpitkin@ashtabulacountyhealth.com  
**Address:** 12 W Jefferson St, Jefferson, OH 44047  
(about a 23-minute drive from Ashtabula campus)

**Description of Service:** Ashtabula County Health Department offers Baby and Me–Tobacco Free, a program for pregnant women that want to quit smoking. If the mother successfully completes the program and stays tobacco-free after giving birth, the health department provides a monthly voucher for free diapers every month she stays tobacco-free for up to 12 months!

**Eligibility:** Newly pregnant women that use tobacco

**Cost:** Free for Ashtabula County residents

## More Tobacco Cessation Resources

### **Ohio Department of Health**

The Ohio Department of Health offers many tobacco prevention and cessation resources on their website:

<http://www.odh.ohio.gov/odhprograms/eh/quitnow/Tobacco/TobaccoHome/Tobacco.aspx>

This includes a list of local tobacco cessation programs available in each Ohio County:

<https://www.odh.ohio.gov/en/odhprograms/eh/quitnow/Tobacco/Cessation/localprograms.aspx>

### **The Ohio Tobacco Quit Line**

The Quit Line is provided by the Ohio Department of Health is free and available to all Ohio residents regardless of insurance standing. Eligible callers can receive two weeks of free nicotine replacement therapy.

Call **1-800-QUIT NOW (784-8669)** or log on to <http://ohio.quitlogix.org>

### **Mercy Health Regional Tobacco Treatment Centers**

Mercy Health's Regional Tobacco Treatment Centers offer a five-session, evidence-based treatment program that incorporates a holistic approach toward recovery from nicotine dependency. The program is free and available to those 18 years of age and older.

The program is offered at two locations:

#### **Saint Joseph Health Center's New Start Treatment Center**

1296 Tod Avenue NW, Suite 205, Warren, OH 44485

#### **St. Elizabeth Youngstown Hospital**

1044 Belmont Avenue, Youngstown, OH 44504

For more information or to sign up, call **330-306-5010** or toll free **1-877-306-5010**

[http://www.mercy.com/youngstown/hmhp\\_tobaccotreatment.aspx](http://www.mercy.com/youngstown/hmhp_tobaccotreatment.aspx)

### **Truth Initiative's EX Plan**

The EX Plan is a free quit smoking program that helps you re-learn life without cigarettes. The website offers a personalized free plan to quit as well as access to a virtual community and various mobile formats: <http://www.becomeanex.org/>

### **CVS MinuteClinic**

CVS MinuteClinics offer a smoking cessation program called Start to Stop that provides face-to-face counseling with a nurse practitioner. The nurse practitioner will review lifestyle factors, goals, and physical health and then create a customized smoking cessation plan that could include over-the-counter nicotine replacement therapy or another prescription. The program usually includes 4-7 nurse practitioner visits. MinuteClinics are located in many local CVS pharmacies, and they accept most insurance plans. Locate your nearest CVS MinuteClinic here:

<https://www.cvs.com/minuteclinic/clinic-locator>



### **Tips from Former Smokers**

Tips from Former Smokers is the first federally funded national media campaign on smoking cessation in U.S. history. The campaign is organized by the Centers for Disease Control and Prevention and its website offers numerous free tobacco cessation resources:

<http://www.cdc.gov/tobacco/campaign/tips/>

### **American Cancer Society**

To speak to a quit specialist, call **1-800-227-2345** or read the online Guide to Quitting Smoking:

<http://www.cancer.org/Healthy/StayAwayfromTobacco/GuidetoQuittingSmoking/index?ssSourceSiteId=null>

### **American Lung Association**

Freedom from Smoking Online is the American Lung Association's adult cessation program in web format: <http://www.ffsonline.org/>

### **National Cancer Institute**

Find tobacco cessation resources and guidance at <http://www.smokefree.gov/> and sign up for their free mobile texting service here: <https://smokefree.gov/tools-tips/smokefreetxt>

### **Nicotine Anonymous**

Find a meeting close to your neighborhood: <http://www.ohio-nica.org/meetings.html>

### **American Heart Association**

The American Heart Association provides a multitude of tobacco cessation resources on their website: [http://www.heart.org/HEARTORG/HealthyLiving/QuitSmoking/QuitSmoking\\_UCM\\_001085\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/HealthyLiving/QuitSmoking/QuitSmoking_UCM_001085_SubHomePage.jsp)

### **Additional online resources:**

<https://www.planmyquit.com/>

<https://www.get-quit.com/>

<http://www.quit4good.com/>

<https://www.quitnet.com>

*This is an internal document created by the Division of Human Resources. For additional information, please visit <http://www.kent.edu/hr/benefits/smoking-cessation-resources-ready-quit>*

