

TOBACCO CESSATION

RESOURCE GUIDE



Our goal is to provide you with
EXCELLENT SERVICE!



1611 N.W. 12th Avenue
Miami, Florida 33136

TABLE OF CONTENTS

A Note about This Guide	1
You've Decided to Quit	2
Tips to Help You Quit	3
Getting Help to Quit.....	4
Resources	
Introduction	5
Local Resources	6
Affiliated Community Outreach Centers	6
National Resources	10

A NOTE ABOUT THIS GUIDE

This guide is provided to you by Employee Work/Life Services (EAP). The information and statements in this guide are only intended to provide basic support and guidance about Tobacco Cessation. It is not intended to be used as medical advice, and it is not intended to replace the care or guidance provided by a physician or other healthcare professionals.

The information listed in this guide is subject to change at any time.



YOU'VE DECIDED TO QUIT

You've decided to quit using tobacco. Good for you!

You can look forward to enjoying a healthy lifestyle:

- Your breathing will improve.
- Your sense of smell and taste will improve.
- Your risk of cancer, heart disease and stroke will reduce.

And those are just a few of the many benefits.



Congratulations!

on the great choice you have made.

Steps to Help to Quit

- Talk to your healthcare providers.
- Join a support group.
- Find your “triggers.”
- Learn how to cope with cravings.
- Stay busy.
- Comply with medications, treatments and programs.

TIPS TO HELP YOU QUIT

- **Talk to your doctor.** Let your medical provider(s) know right from the start when you plan to stop smoking, dipping or chewing tobacco. Nicotine and withdrawal from it may affect certain illnesses. Withdrawal from nicotine can also affect the medicines you take. Your doctor or medical provider can help lessen the symptoms of withdrawal.
- **Get support.** Let your friends and family know that you are trying to quit. Ask them *not* to offer you tobacco or use it around you.
Join a support group or form a buddy system. You can call your buddy when you have a craving and you can offer the same support in return. This kind of system can make both buddies stronger.
- **Find your “triggers.”** Pinpoint the times when you are most likely to reach for a cigarette, dip, or chew:
 - When you feel stressed?
 - After a meal?
 - When you wake up, or at the end of the day when you unwind?Avoid these times by eating a healthy snack like carrot sticks, celery, or nuts. You can also try chewing gum.
- **Think “five minutes at a time.”** When you “need” a cigarette, dip or chew, try to wait five minutes. Many people who can do this often find that by the time the five minutes have passed, the urge is gone.
- **Write down all the reasons why you want to quit.** Keep copies of this list in the places where you usually keep your tobacco. If you see the list when you reach for your tobacco, it can help you stop and think.
- **Stay busy.** Try to become more active.
Examples of ways to keep yourself busy include:
 - Biking
 - Walking
 - Working out
 - Going to a movie



Remember

It is good to go out with others who are also trying to quit.

You can support each other.

GETTING HELP TO QUIT

There are many programs and products designed to help people quit smoking. Using medicines and support programs approved by the Food and Drug Administration (FDA) can increase your chance of quitting successfully.

Prescription Medicines

Check with your doctor about other FDA-approved medicines that have been shown to help people stop smoking. These medicines may ease symptoms of withdrawal and/or block the effects of nicotine if the person is still smoking. These medicines might be covered under your health plan formulary.

Smoking Cessation Prescriptions

- Any JHS employee who is seen at any JHS facility — or by a provider who has a relationship with JHS and is given a prescription for smoking cessation products — can have their prescriptions filled by the pharmacy at the employee rate.
- A prescription assistance program is also available to employees who are uninsured or under-insured. For more information, contact the Jackson Health System Ambulatory Indigent Drug Program at 305-355-7445.

Non-Prescription Medicines – Nicotine Replacement

- **Nicotine patch** — The patch is a form of nicotine replacement therapy. The purpose of the patch is to lessen your urge to use tobacco and cut down on your nicotine craving. The patch delivers a continuous dose of nicotine throughout the day. It is available over-the-counter.
- **Nicotine gum or lozenge** — Like the patch, nicotine gum and lozenges lessen your cravings while you withdraw from nicotine. Both allow the user to treat sudden or situational cravings. Gum and lozenges can sometimes be used in combination with the patch. These products are also available over-the-counter. Please consult your doctor before using them.

Nicotine Replacement products might be covered by your health insurance, even if they are over-the-counter products.

Support groups, classes, or phone coaching

These programs offer people a chance to get and give support to others who are also trying to quit. Educational materials on how to quit smoking might also be offered by the groups.

Other Methods of Quitting

- **Hypnotherapy** – Some healthcare providers use hypnosis as a form of treatment. During hypnosis, the patient enters a “trance” and is then more open to ideas and suggestions.
- **Biofeedback** – This treatment helps you learn your body’s responses when you become stressed and “need” nicotine. Biofeedback is managed by a professional who will help you change or “re-channel” your feelings at those times.
- **Cognitive Therapy** – Cognitive therapy is short-term and focuses on how you are thinking, functioning and communicating today. This form of therapy helps the client learn self-help skills in order to gain freedom from real-life issues like tobacco and alcohol use, marital conflict and panic disorders as well as other problems.
- **Acupuncture** – Acupuncture works for some people by stopping messages sent by the brain to the body that demands nicotine; this disrupts the addictive process. Acupuncture is used to lessen nicotine cravings, calm the nervous system and strengthen a person’s willpower. However, acupuncture can only work if you really want to stop using tobacco.

RESOURCES

Introduction

The resources listed in this section are for reference only.

Jackson Health System does not endorse, recommend or vouch for the quality of the services provided by the organizations listed in this section or for the content of their websites. We leave it to your good judgment to contact and select the people, products and services that best match your individual needs, costs, and standards. Please use caution in choosing services for yourself and your family.

This section contains information about several resources available in South Florida (primarily Broward and Miami-Dade counties) and nationwide.

If you need assistance in finding additional resources, please contact Employee Work/Life Services (EAP) at 786-466-8377 or for non-urgent matters, e-mail jhseap@jhsmiami.org.

Local Resources

- **American Cancer Society – Miami-Dade and Monroe County Unit**

Address: 3901 NW 79^h Avenue
Miami, FL 33166

Phone: 305-594-4363

Website: www.cancer.org

Description:

This office serves Miami-Dade and Monroe Counties. It provides information and educational materials regarding tobacco cessation. The American Cancer Society also administers the Florida Quit for Life Line (see below).

- **American Lung Association – South Florida Area**

Address: 2020 S. Andrews Avenue
Fort Lauderdale, FL 33316

Phone: 954-524-4657

Website: www.lungfla.org

Description:

This chapter of the American Lung Association serves Miami-Dade, Broward and Monroe Counties. This office has information and educational materials regarding smoking cessation and can also provide referral to local in-person Freedom from Smoking classes.

- **Florida Quit For Life Line**

Phone: 1-877-U-CAN-NOW (877-822-6669)

Website: www.floridaquitline.com

Description:

This service is offered to Florida residents. The QuitLine is sponsored by the Florida Department of Health and is operated by the American Cancer Society. Five telephonic counseling sessions are initially provided (eight for pregnant women). Additional sessions may be available upon request. Educational materials are also available. Both counseling and materials are available in English, Spanish, and Creole. There is a translation service for other languages. Free Nicotine Replacement products (patches, gum, or lozenges) are distributed to eligible adult participants of the program. Participants

must complete a brief phone screening to determine whether they are eligible to receive the patch.

The Florida Quit for Life Line can also provide referrals to local in-person tobacco cessation resources throughout the State of Florida.

- **University of Miami Area Health Education Center Program (AHEC)**

Address: 1801 NW 9th Avenue, Suite 470
Miami, FL 33136

Phone: 305-243-2847

Website: UHealthSmokeFree.com

Description:

This agency, along with its two affiliated centers in Miami Dade and Monroe counties, offers the Quit Smoking Now program at UM/ JHS campuses as well as the entire two counties. Participants may receive services in a group or individual basis. Services are available in Spanish and Creole. This is a **FREE** program.

Affiliated Community Outreach Centers

- **Acupuncture & Ayurveda Wellness Center & Spa**

Address: 10621 SW Kendall Drive, Suite 104
Miami, FL 33176

Phone: 305-596-0858

Description:

This center provides acupuncture services to assist with tobacco cessation. Please call for further information and to schedule an appointment.

- **Acupuncture and Massage College**

Address: 10506 N. Kendall Drive
Miami, FL 33176

Phone: 305-595-9500

Website: www.amcollege.edu

Description:

This is a school offering training in acupuncture. The school has a student clinic that offers acupuncture services at a reduced rate of \$40/visit. Please call to schedule an appointment and for further information.

- Aventura Comprehensive Cancer Center**
 Address: 20950 NE 27th Court
 Aventura, FL
 Phone: 305-792-5838

Description:
 This center offers a weekly support group for quitting smoking. It is free to attend and meets the first Monday of each month from 4:00 PM to 5:00 PM. This is a **FREE** program.
- Baptist Health – South Miami Hospital**
 Pulmonary Rehabilitation Division
 Address: 6250 Sunset Drive
 South Miami, FL 33143
 Phone: 786-662-8484
 Contact: Cary Gonzalez, Pulmonary Rehab Specialist

Description:
 This is a 6-week program, which follows the American Lung Association’s “Freedom from Smoking” model. The cost for this program is \$85. The next session of this program is currently scheduled to meet on Wednesdays and begin on January 6, 2010.
- Broward County Health Department**
 Address: 2421 SW Sixth Avenue
 Fort Lauderdale, FL 33315
 Phone: 954-467-4245 or 954-467-4807
 Contact: Nicole Morris with Tobacco Prevention
 Website: www.browardchd.org

Description:
 This agency offers Freedom from Smoking classes for a \$25 fee. Participants may be eligible to receive discounted Nicotine Replacement Therapy. The program lasts six weeks. Call to enroll or for more information.
- Broward Healthy Start Coalition**
 Location: Fort Lauderdale, FL
 Phone: 954-563-7583
 Website: www.browardhealthystart.org

Description:
 This agency administers the Healthy Start program for Broward County. This program provides free services for all “at-risk” pregnant mothers and newborns. Services include

tobacco cessation counseling. Generally, referrals to this program are handled through a medical professional. You may also call for more information.

- Everglades Area Health Education Center (AHEC)**
 Address: 5725 Corporate Way, Suite 208
 West Palm Beach, FL 33407
 Phone: 561-640-3620
 E-mail: mleeds@nova.edu
 Contact: Marilyn Leeds, Director of Tobacco Education and Cessation Services
 Website: www.eahectobaccoprogram.com

Description:
 This agency offers the Quit Smoking Now program. This is a free program. Current meeting locations are listed on the website. Interested individuals may contact them by phone or e-mail.
- Florida Keys Area Health Education Center**
 Address: 5800 Overseas Highway, Suite 38
 Marathon, FL 33050
 Phone: 305-743-7111, x 205
 Website: www.keystoquitsmoking.com

Description:
 This agency offers the Quit Smoking Now program. Participants may attend meetings at various locations in the Florida Keys and may also receive free or reduced-cost Nicotine Replacement and other therapies through this program. Current meeting locations are listed on the website. Interested individuals may register for the program by calling the above phone number. This is a **FREE** program.
- Florida Natural Healthcare**
 Address: 9700 Stirling Road, Suite 107
 Cooper City, FL 33024
 Phone: 954-436-6161
 Website: www.flpartnersinrecovery.org

Description:
 This center offers smoking cessation treatment through auriculotherapy. This center offers a free 15-minute consultation. This center charges approximately \$250 for a 3-session package. Follow-up sessions are approximately \$75/session.

- Florida Personal Growth Center**
 Address: 3511 W. Commercial Boulevard
 Suite 305
 Fort Lauderdale, 33309
 Phone: 954-733-3394
 Website: www.fpginc.com
Description:
 This center offers counseling for a wide variety of needs, including personal wellness services and smoking cessation treatment. Please call or visit the website for more information.
- Jackson Health System Smoking Cessation Program**
 Address: 1611 NW 12th Avenue
 Miami, FL 33136
 Phone: 305-585-5319
 Contact: Mary Mites-Campbell, RN, PhD,
 Program Coordinator
Description:
 This program is available to employees of Jackson Health System and patients of Jackson Health System. Referrals to this program are generally made through a physician. Services provided through this program include group counseling and nutrition counseling. Participants may also be eligible to receive Nicotine Replacement Therapy or medications to help quit smoking. There may be additional fees for the Nicotine Replacement Therapy or medications. Services are available in Spanish and Creole.
- Fort Lauderdale Acupuncture**
 Address: 420 NE 3rd Street
 Fort Lauderdale, FL 33301
 Phone: (954) 663-4325
 Website:
www.fortlauderdaleaccupuncture.com
Description:
 This acupuncture center offers a smoking cessation program. Please call or visit the website for further information.
- Healthy Start Coalition of Miami-Dade**
 Address: 701 SW 27th Avenue, Suite 1401
 Miami, FL 33135
 Phone: 305-541-0210
 Website: www.hscommand.org
Description:
 This agency administers the Healthy Start program for Miami-Dade County. This program provides free services for all “at-risk” pregnant mothers and newborns. Services include tobacco cessation counseling. Generally, referrals to this program are handled through a medical professional. You may also call for more information.
- Holy Cross Hospital Wellness Pavilion**
 Feldman Center for Optimal Health
 Address: 4725 N. Federal Highway
 Fort Lauderdale, FL 33308
 Phone: 954-229-7950
Description:
 This center offers hypnosis for smoking cessation. The fee is \$175/session. Additional services, such as acupuncture may also be available. Please call to schedule an appointment.
- Keystone Wellness Center**
 Address: 12405 Biscayne Boulevard
 North Miami, FL 33181
 Phone: 305-893-8822
 Website: www.flpartnersinrecovery.org
Description:
 This center offers smoking cessation treatment through auriculotherapy. This center offers a free 15-minute consultation. Please call to schedule a consultation and for further information. You may also register through the website listed above.

- **Miami-Dade Area Health Education Center**

Address: 8600 NW 53rd Terrace, Suite 200
Miami, FL 33166

Phone: 305-597-3640

Website: www.mdahec.org

Description:

This agency offers the Quit Smoking Now program. This is a free program. Participants may attend meetings at various locations throughout the Miami area. Current meeting locations are listed on the website. Interested individuals may register for the program by calling or through the website. Services are available in Spanish.

- **Laser Tech of Miami**

Phone: 239-772-0703

Website: www.lasertechofmiami.com

Description:

This center offers Laser Therapy to assist with smoking cessation. Their smoking cessation program is available for a fee of \$550. Please call for further information or visit the website listed above. Services are available in Spanish and English.

- **Miami Hypnotic Center**

Location: Miami, FL

Phone: 305-389-0032

Website: www.miamihypnocenter.com

Description:

This center provides hypnosis services and may assist with smoking cessation. Services are generally provided at a rate of \$99/hour, but they may vary depending on individual needs. Services begin with a free 15-minute consultation.

- **Nova - Healthy Lifestyle Guided Self-Change Clinic**

Address: 3301 College Avenue
Campus Clinic, Davie, FL 33314

Phone: 954-262-5968

Contact: Tony Craghead

Website: www.nova.edu

Description:

The Guided Self-Change Clinic offers individual therapy for smoking cessation. Call to set up an appointment and to discuss fees. Services begin with a brief screening after which individual sessions are arranged with a counselor.

- **Nova Southeastern University Area Health Education Center Program**

Address: 3200 South University Drive
Fort Lauderdale, Florida 33328

Phone: (954) 262-1588

Fax: (954) 262-3209

Contact: Steven B. Zucker, DMD, MEd
AHEC Program Director

Website: <http://medicine.nova.edu/academics/ahec.html>

Description:

The Nova Southeastern University Area Health Education Center Program (NSUAHEC) "Quit Smoking Now" Program, part of the Florida Statewide AHEC Network, offers a tobacco cessation curriculum developed by ex-smokers. Classes meet on campus for 2 hours each week for 6 weeks, and cover a wide range of topics to help you through the cessation process. Registration fee is \$25. However, the fee will be refunded upon completion of the six-week program.

- **The Miami Hypnosis Center**
Address: 429 Lenox Avenue
Miami Beach, FL 33139
Intake Line: 786-522-5464 (786-52-CLINIC)
Direct: 786-325-0804
Email: Todd@MiamiHypnosis.NET
Contact: Todd Goodwin, MS, CH
Website: www.MiamiHypnosis.NET
www.SmokeFreeCampus.com

Description:

This center provides one-on-one hypnosis programs to assist with smoking cessation, stress management and weight loss. You must schedule a free initial screening prior to beginning any program. The cost for services varies depending on specific needs and is determined at the screening.

- **Smoking End Zone**
Address: 1800 Biscayne Blvd
Miami, FL 33132
Phone: 305-607-1066
Website: www.smokingendzone.com

Description:

This center offers smoking cessation treatment through laser therapy and hypnosis. Please call for more information and to schedule an appointment.

- **Twelve Step House**
Address: 205 SW 23rd Street
Fort Lauderdale, FL 33315
Phone: 954-523-4984

Description:

This center hosts various 12-Step meetings, including Nicotine Anonymous meetings on Mondays and Wednesdays at 7:30 PM and Saturdays at 5:30 PM.

- **University of Miami Medical Wellness Center**
Address: 1120 NW 14th Street
Miami, FL 33136
Phone: 305-243-3537
Website: UHealthSmokeFree.com

Description:

The University of Miami Medical Wellness Center offers the Be Smoke Free program.

Program participants have access to the “Quit Smoking Now” program for free. Participants may attend “Quit Smoking Now” meetings at the address listed above or at the Patti and Alan Herbert Wellness Center (1241 Dickinson Drive, Coral Gables, FL 33146). Be Smoke Free also offers access to other therapies. All program participants may receive a free supply of Nicotine Replacement Therapy (patches, gum or lozenges). Prescription medications and access to treatments such as acupuncture and hypnosis are also available for additional fees. Please call to register or to visit the website for additional information.

- **Yang’s Acupuncture and Herbal Center**
Address: 1051 SE 17th Street
Fort Lauderdale, FL 33316
Phone: 954-522-6425
Website: www.yangsupuncture.com

Description:

This acupuncture center offers a smoking cessation package for a fee of \$300. This package includes 5 acupuncture sessions.

National Resources

- **American Cancer Society**
Phone: 1-800-227-2345
Website: www.cancer.org

Description:

The American Cancer Society provides information and referral for smoking cessation support online and over the telephone.

American Heart Association

Phone:
1-800-242-8721 (1-800-AHA-USA1)
Website: www.americanheart.org

Description:

Through its national office and its website, the American Heart Association provides educational material regarding smoking and cardiovascular health and smoking cessation.

- **American Lung Association**
 Phone: 1-800-LUNG-USA
 (800-586-4872)
 Website: www.lungusa.org
Description:
 The American Lung Association offers a variety of smoking control and prevention programs targeted to specific groups, including *Not On Tobacco* (N-O-T), a smoking cessation program specifically for teens, and the online *Freedom From Smoking* program (www.ffsonline.org).
- **Nicotine Anonymous**
 World Services Telephone Number:
 1-877-879-6422 or 1-415-750-0328
 Website: www.nicotine-anonymous.org
Description:
 Nicotine Anonymous is a program offering group support and recovery using a 12-Step program adapted from Alcoholics Anonymous to help participants quit using tobacco. Information about meetings is available by phone or on the internet. A listing of websites for internet meetings is available at the Nicotine Anonymous website. Telephonic meetings are held most days of the week at 8:00 PM, Eastern Standard Time. For current information about telephonic meetings, please visit the website or call the World Services number listed above. The telephone number to call for telephonic meetings is 605-475-6230 and the Access Code is 4567891.
- **North American QuitLine Consortium**
 Phone: 1-602-279-2719
 Website: www.naquitline.org
Description:
 The North American QuitLine Consortium is made up of quit lines around the world that work together to increase access to information and resources to help people quit using tobacco products. The website can help you locate the QuitLine serving your area.
- **QuitNet**
 Website: www.quitnet.com
Description:
 This is a nationwide, online community of people interested in quitting smoking. This website offers a free online quit smoking program.
- **Smokefree.gov/National Cancer Institute**
 Phone:
 1-877-44U-QUIT (1-877-448-7848)
 Website: www.smokefree.gov
Description:
 Smokefree.gov and the National Cancer Institute provide information and resources to help people quit smoking. The National Cancer Institute has its own toll-free QuitLine, which offers an individual consultation and quit planning session. This QuitLine is available in English and Spanish from Monday to Friday, 9:30 AM to 4:30 PM. On the website, you can get assistance through:

 - An online step-by-step cessation guide and publications regarding smoking cessation
 - Local and state telephonic QuitLines
 - Access to the National Cancer Institute's instant messaging support
- **The Foundation for a Smokefree America**
 Website: www.anti-smoking.org
Description:
 The mission of the Foundation for a Smokefree America is to motivate youth to stay smokefree and empower smokers to quit. The foundation uses web resources, education-based programs, peer teaching programs and proactive physician programs to fulfill that mission.

Developed by:
JHS Employee Work/Life Services (EAP)
University of Miami /JHS Smoke-Free Steering Committee
JHS Clinical Resource Management
University of Miami Health Education Center Program (AHEC)

Revised by:
Mary E. Remón, MS, LMHC, CEAP

Published by:
© 1/2010 Jackson Health System

