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Purpose of This Directory

This directory is intended to provide a list of tobacco cessation resources offered in Tennessee for smokers, health care providers, and friends or family members of tobacco users. This document includes a wide range of options for people attempting to quit tobacco, including: cessation classes, support groups, hypnosis, acupuncture, and internet resources at the local, state and national level. However, resources included in this directory are not endorsed by the Tennessee Department of Health. Techniques that may work for one person may not work for another. Please consult your doctor to determine the method best suited for your needs.

If you have any questions, suggestions, knowledge of new programs, or programs that are not included in this directory, please call your local health department and speak to a Tobacco Use Prevention and Control Program Coordinator.



Tennessee Tobacco QuitLine

Telephone help and referral for quitting tobacco

Tennessee Tobacco QuitLine

1-800-QUIT-NOW

(1-800-784-8669)

<http://health.tn.gov/tobaccoquitline.htm>

The Tennessee Tobacco QuitLine is a free telephone-based, web-based and proactive counseling services available to help smokers and spit tobacco users quite using tobacco.

The Quitline serves Tennessee residents who are tobacco users, in any stage of readiness to quit, family and friends (proxy callers), health care providers, other professionals, and the general public. Information, counseling services, tailored materials and referrals are offered. A TDD line, 1-877-559-3816, is available to provide services to the hearing impaired. Automatic call answering extensions are used to channel callers to specific services or staff. Live call center response is provided from 8am - 10pm CST, Monday through Sunday. Recorded information and voice mail is available when the call center is closed. For more information regarding the Tennessee Tobacco QuitLine, visit <http://health.tn.gov/tobaccoquitline.htm>.

The Tennessee Tobacco QuitLine also offers a unique clinical support service for health care providers interested in increasing tobacco quit attempts among their patients. Through the Tennessee Tobacco QuitLine's Fax Referral Service, health care providers can refer their patients to the free telephone based cessation program by following these simple steps:

- Ask the patient about his/her tobacco use.
- Advise the patient to quit.
- Assess the patient's readiness to quit.
- If the patient is ready to quit,
 1. prescribe nicotine replacement pharmacotherapy, and
 2. complete the Tennessee Tobacco QuitLine fax referral form.
 3. Fax the fax referral form to the Tennessee Tobacco QuitLine's fax referral service at 1-800-646-1103.

Referral forms can be downloaded from,
<http://health.tn.gov/tobaccoquitline.html>.

For more information on the Tennessee Tobacco QuitLine Fax Referral Service, visit:

http://health.tn.gov/Downloads/tqL_faxreferralbrochure.pdf.



Local Resources

Local Health Department Services

Talk with your medical health care provider about options for tobacco cessation treatment. If you do not have a primary care provider or lack health insurance coverage in general, or coverage specifically for tobacco cessation treatment, then we encourage you to contact your local health department.

Some local health departments are offering low cost help to quit smoking as cessation counseling and nicotine free aids like gum, lozenges or medication.

For a listing of the county health departments in Tennessee, visit: <http://health.tn.gov/localdepartments.htm>.

Local Resources

Northeast Region

Program: Smoking and Tobacco Cessation
Organization: ETSU Family Medical Clinic
Address: 917 W. Walnut Street
Johnson City, TN 37601
Phone: 423-439-6464
Program Fees: No fee.
Program Description: Program to support those in need of assistance with cessation of tobacco use, smoking, and nicotine addiction.
Intended Audience: Patients or Employees Only
Meeting Information: Please call to register and to find out current dates and times.

Program: "Beat the Tobacco Habit" Smoking Cessation Program
Organization: Health Resource Center
Address: The Mall at Johnson City
2011 North Roan Street
Johnson City, TN 37601
Phone: 423-915-5200
Email: hrc02@msha.com
Program Fees: Free Introductory Orientation. \$45.00 for 4 week series. Some scholarships available.
Program Description: Start to live tobacco free by learning of methods available to beat the tobacco habit. Information on medications, income-based programs, and peer support get participants on the road to a tobacco free life.
Meeting Information: Call to register for a spot in the Introductory Orientation

Program: Smoking and Tobacco Cessation
Organization: American Cancer Society
Address: 508 Princeton Road,
Suite 102
Johnson City, TN 37601
Phone: 423-926-2921
Website: www.cancer.org
Program Fees: Free
Program Description: ACS has many tobacco and smoking brochures which can be picked up at the local chapter. ACS supports the TN Quitline which is 1-800-QUIT-NOW. ACS also provides employer-based solutions like Freshstart and Great American Smokeout Kits. Call to receive information on all of their programs.

Program: Acupuncture
Organization: The Oaks Castle Clinic
Contact: Dr. Tuan Zhu Ha
Address: 1416 South Roan Street
Johnson City, TN 37601
Phone: 423-979-6257
Program Fees: \$110.00 for consultation and 1st visit and \$75.00 for each additional session.
Program Description: Treatment with acupuncture and herbs are very individualized, taking into account all aspects of health. How many treatments a person needs varies depending on the medical condition.
Meeting Information: Call for any additional information and to schedule an appointment.

Local Resources

Northeast Region (cont.)

Program: Acupuncture
Organization: New Paradigms Health Care
Contact: Patricia Danda,
M.Ac.O.M.,L.Ac.
NCCAOM Board Certified
Address: 113 East Unaka Avenue
Johnson City, TN 37601
Phone: 423-928-9394
Program Fees: \$40.00 per treatment. Clients are encouraged to receive treatment for 2 to 3 weeks for best results. Herbs recommended.
Program Description: Treatment with acupuncture and herbs are very individualized, taking into account all aspects of health. How many treatments a person needs varies depending on the medical condition.

Meeting Information: Call for more information.

Program: Acupuncture
Contact: Serina M. Scott, L.Ac., Dipl. Ac.
NCCAOM Board Certified
Address: 140 Temple Road
Rogersville, TN 37857
Phone: 423-736-2089
Program Fees: 1st session: \$90.00 for 1.5 hours. Subsequent sessions: \$65.00 for 1 hour. Sliding fee scale is available. Prices of herbs vary based on formula.

Program Description: Treatment with acupuncture and herbs are very individualized, taking into account all aspects of health. How many treatments a person needs varies depending on the medical condition.

Meeting Information: Call for any additional information and to schedule an appointment.

Program: Smoking and Tobacco Cessation
Organization: First Broad Street United Methodist Church
Parish Nurse Program
Address: 100 East Church Circle
Kingsport, TN 37662
Phone: 423-224-1512
Website: www.fbsumc.org
Program Fees: No fee
Program Description: Program supports those in need of assistance with cessation of tobacco use, smoking, and nicotine addiction. One-on-one support is provided.

Program: Smoking and Tobacco Cessation
Organization: Wellcare Health Promotion
Address: 1004 Executive Park Blvd,
Suite 3
Kingsport, TN 37660
Phone: 423-723-6877
Program Fees: The class is available to the public for \$30.00 or it is free for Wellmont Health System employees and their spouses.
Program Description: Classes meet one evening for one hour a week for six weeks. Program supports those in need of assistance with cessation of tobacco use, smoking, and nicotine addiction.

Meeting Information: Call for more information and to register for class

Local Resources

Northeast Region (cont.)

Program: Hypnotherapy
Organization: Tri-Cities Therapy and Counseling
Contact: Jody C. Johnston, M.A., NBCCH-PS, LPC-MHSP
Address: 2319 Browns Mills Road, Suite C
Johnson City, TN 37604
Phone: 423-943-5550
Website: www.tricitytherapy.com
Program Fees: \$350 for 3 one-hour sessions
Program Description: Working with a wide variety of issues for individuals and couples, but not limited to the following: Weight Management, Smoking Cessation, Mental Health, Coping Mechanisms, Stress Relief, Insomnia, Headache Management, Coping with Anxiety and Phobias, etc.
Meeting Information: Call for information and to schedule an appointment.

Program: Tennessee Intervention for Pregnant Smokers (TIPS)
Organization: ETSU OB/GYN
Address: 325 North State of Franklin Road
Johnson City, TN 37604
Phone: 423-439-7272
Program Fees: No fee
Program Description: TIPS provides education, support, guidance and referral information to health care providers, the community, and interested women to help pregnant and early postpartum women quit smoking, minimize their secondhand smoke exposure, and stay smoke-free!
Along with the guidance of health care providers, TIPS

strives to help pregnant and early postpartum women and their babies become healthy individuals. Program has onsite TIPS Case Managers to work with pregnant patients.

Meeting Information: Call for more information.

Program: Tennessee Intervention for Pregnant Smokers (TIPS)
Organization: Mountain City Extended Hours Health Center
Address: 1901 South Shady Street
Mountain City, TN 37683
Phone: 423-727-1150
Program Fees: No fee
Program Description: TIPS provides education, support,

guidance and referral information to health care providers, the community, and interested women to help pregnant and early postpartum women quit smoking, minimize their secondhand smoke exposure, and stay smoke-free!

Along with the guidance of health care providers, TIPS strives to help pregnant and early postpartum women and their babies become healthy individuals. Program has onsite TIPS Case Managers to work with pregnant patients.

Meeting Information: Sessions are held at the Extended Hours Health Center at the Johnson County Community Hospital. Call for additional information and to schedule an appointment.

Local Resources

Northeast Region (cont.)

Program: Tennessee Intervention for Pregnant Smokers (TIPS)
Organization: Johnson City OB/GYN
Address: 408 North State of Franklin Road, Suite 11
Johnson City, TN 37604
Phone: 423-928-3266
Program Fees: No fee
Program Description: TIPS provides education, support, guidance and referral information to health care providers, the community, and interested women to help pregnant and early postpartum women quit smoking, minimize their secondhand smoke exposure, and stay smoke-free!
Along with the guidance of health care providers, TIPS strives to help pregnant and early postpartum women and their babies become healthy individuals. Program has onsite TIPS Case Managers to work with pregnant patients.
Meeting Information: Call for more information.

Program: Tennessee Intervention for Pregnant Smokers (TIPS)
Organization: Johnson City Downtown Clinic
Address: 207 East Myrtle Avenue
Johnson City, TN 37604
Phone: 423-926-2500
Program Fees: No fee
Program Description: TIPS provides education, support, guidance and referral information to health care providers, the community, and interested women to help pregnant and early postpartum women quit smoking, minimize their

secondhand smoke exposure, and stay smoke-free!
Along with the guidance of health care providers, TIPS strives to help pregnant and early postpartum women and their babies become healthy individuals. Program has onsite TIPS Case Managers to work with pregnant patients.
Meeting Information: Call for more information.

Program: Tennessee Intervention for Pregnant Smokers (TIPS)
Organization: ETSU Family Medicine Associates
Address: 917 West Walnut Street
Johnson City, TN 37604
Phone: 423-439-6464
Program Fees: No fee
Program Description: TIPS provides education, support, guidance and referral information to health care providers, the community, and interested women to help pregnant and early postpartum women quit smoking, minimize their secondhand smoke exposure, and stay smoke-free!
Along with the guidance of health care providers, TIPS strives to help pregnant and early postpartum women and their babies become healthy individuals. Program has onsite TIPS Case Managers to work with pregnant patients.
Meeting Information: Call for more information.

Local Resources

Northeast Region (cont.)

Program:	Smoking Cessation Classes and Counseling
Organization:	East Tennessee State University
Address:	University Health Clinic 160 Roy S. Nicks Hall Johnson City, TN 37614
Phone:	423-439-4225
Program Fees:	Classes and counseling are offered on a sliding fee scale and for most are free. These classes and services are only for enrolled students at ETSU.
Program Description:	Program and classes support those ETSU students in need of assistance with cessation of tobacco use, smoking, and nicotine addiction.
Meeting Information:	Call for more information.

Local Resources

East Tennessee Region

Program: Tobacco Cessation
Organization: Methodist Medical
(Anderson County)
Address: 990 Oak Ridge Turnpike
Oak Ridge, TN 37831
Phone: 865-835-4662
Program Fees: Call for information.
Program Description: Call for information.

Program: Tobacco Cessation
Organization: St. Mary's Medical Center of
Campbell County
Contact: Missy Turner
mturner@mercy.com
Address: 923 East Central Avenue
LaFollette, TN 37766
Phone: 423-907-1533
423-907-1163 (fax)
Program Fees: No fee.
Program Description: Call for information.

Program: Tobacco Cessation
Organization: Live Well
(Campbell County)
Contact: Cyndy Shelley
Phone: 423-784-4170
Program Fees: Call for information.
Program Description: Call for information.

Program: Smoking Cessation
Organization: Community Health of East
Tennessee (Campbell County)
Contact: Jada Stanley / Shan Ray
mturner@mercy.com
Address: 502 West Central Avenue
LaFollette, TN 37766
Phone: 423-562-1705
Program Fees: Fees vary upon insurance coverage.
A sliding fee discount is available
for uninsured/underinsured.
Program Description: Smoking Cessation Program
Services

Program: Tobacco Cessation
Organization: Jellico Hospital
(Campbell County)
Contact: Kevin Shelley
Phone: 423-784-7252
Program Fees: Call for information.
Program Description: Call for information.

Program: Tobacco Cessation
Organization: Cherokee Health Systems
(Union County)
Contact: Angel Miniard
angel.miniard@cherokeehealth.com
Address: 4330 Maynardville Highway
Maynardville, TN 37807
Phone: 865-992-3849
865-992-6150 (fax)
Program Fees: Call for information.
Program Description: Call for information.

Program: Freedom from Smoking
Organization: University of Tennessee
Medical Center
(Knox County)
Contact: Paige Z. Huggler,
Community Health
Coordinator
phuggler@utmck.edu
Address: 1520 Cherokee Trail, G40
Knoxville, TN 37920
Phone: 865-305-5965
865-310-5122 (cell)
865-305-6603 (fax)
Program Fees: Call for information.
Program Description: Call for information.

Local Resources

Upper Cumberland Region

Program: Smoking Cessation
Organization: Cumberland County Health Department
Address: 131 South Webb
Crossville, TN 38555
Phone: 931-484-6196
Program Fees: No fee.
Program Description: Follow American Lung Association's *Freedom from Smoking Curriculum*.
Duration: 8 weeks (one class per week).
Call for more information.

Program: Quit 4 Life Smoking Cessation
Organization: White County Hospital
Contact: Greg Williams
Phone: 931-738-9211
Program Fees: No fee.
Program Description: Follows American Lung Association's *Freedom from Smoking Curriculum*.
Duration: 8 weeks (one class per week)

Program: Quit 4 Life Smoking Cessation Support Group
Organization: Cookeville Regional Medical Center-Algood Room in cafeteria
Contact: Randy Todd
Address: 142 W. 5th St.
Cookeville, TN 38501
Phone: 931-528-5176
Program Fees: No fee.
Program Description: Follows American Lung Association's *Freedom from Smoking Curriculum*.
Facilitators of the program are all experienced ex-smokers.
Duration: On-going, individuals may begin at anytime and attend as long as they wish.
Call for more information

Local Resources

Mid-Cumberland Region

Program: Stop Smoking Hypnosis
Organization: Murfreesboro Hypnosis Center
Contact: Benjamin D. DeFoor CH
Address: 319 W. McKnight Dr., Suite 8
Murfreesboro, TN 37129
Phone: 615-545-6363
Program Fees: \$120.00 - per session
\$320.00 - 3 sessions
\$400.00 - 4 sessions
\$480.00 - 5 sessions
Future sessions after the initial sessions are offered at a reduced price.
Program Description: Stop Smoking is 3 sessions. Call for more information.

Program: Smoking Cessation Classes
Organization: Middle Tennessee State University – Student Services
Contact: Lisa Thomason Schrader
Address: 1301 East Main Street
Murfreesboro, TN 37132
Phone: 615-494-8704
Program Fees: Free to MTSU students, faculty and staff
Program Description: For individuals who desire more direct coaching, smoking cessation classes are available through Health Promotion. The class requires four sessions with a health educator or trained student facilitator.

Program: Personal Quit Kits
Organization: Middle Tennessee State University – Student Services
Contact: Lisa Thomason Schrader
Address: 1301 East Main Street
Murfreesboro, TN 37132
Phone: 615-494-8704
Program Fees: Free to MTSU students, faculty and staff
Program Description: Health Promotion produces take-home kits with information and materials to help a person quit smoking. The kits are available in the Health Promotion office (REC 106).

Program: Smoking Cessation
Organization: Middle Tennessee Medical Center – Wellness Center
Contact: Rose Ann Mosey
Address: 611 East Bell Street
Murfreesboro, TN 37130
Phone: 615-896-0290
Fax: 615-896-1610 (fax)
Program Fees: \$25 for 1 ½ hour session
Program Description: TMC provides a one and a half hour session with a trained staff member to introduce materials for smoking cessation. The session includes watching 2 DVD's (Getting Ready to Quit and Staying Quit) that prepare the smoker for cessation, print materials, nutrition information to prevent weight gain and information on stress. Sessions are provided by appointment only.

Program: Freedom From Smoking
Organization: Williamson Medical Center
Address: 4321 Carothers Parkway
Franklin, TN 37067
Phone: 615- 791-CARE
Program Fees: \$75 for 8-week series
Program Description: This eight-week course utilizes the American Lung Association's Freedom from Smoking program, providing support and individualized attention for people who want to quit smoking. Upon completion of the course, participant receive a \$50.00 refund. Otherwise, the \$50.00 is donated to the American Lung Association. All class sessions meet on Tuesday evening in Meeting Room B with the exception of the 5th session. The 5th session will meet on Thursday evening in classroom G-3. Call 24/7 for information regarding this program.

Local Resources

Southeast Region

Program: STOP Program (Stop Tobacco and Other Products)
Organization: Skyridge Medical Center
2305 Chambliss Ave., N.W.
Cleveland, TN 37311
Contact: John Smeltzer
Clinical Coordinator,
Respiratory Therapist
Office
Phone: 423-559-6177
Smoking Cessation line
423-559-6765
Program Fees: \$25
Program Description: Stop Tobacco and Other Products is a 5-week cessation program that can have anywhere from 1-15 people. Call for information and to register.

Program: Tobacco Cessation
Organization: YMCA
Phone: 423-902-8385
Program Fees: Call for more information
Program Description: Individual or group sessions
Instructors: Agnes Colon
Brian Dvorak

Program: Breathe Free Plan to Stop Smoking
Organization: Seventh-Day Adventist Church sponsors it at the Rhea Co. Medical Center, 7900 Rhea Co. Hwy. Dayton, TN 37321
Contact: Mrs. Rowena Steck
Phone: 423-570-9501 or 423-755-2535
Program Fees: Call for more information.
Program Description: Call for more information.

Organization: Advent Home Youth Services, Inc
McMinn County
Contact: Elsie Owens
Phone: 423-336-3131
423-336-5052 ext. 222
Program Fees: Call for more information
Program Description: Call for more information

Local Resources

South Central Region

Program: Tobacco Cessation
Organization: Harton Regional Medical Center, Tullahoma
Address: 1801 N. Jackson Street
Tullahoma, TN 37388
Education Department
Contact: Melissa Riddle
Phone: 931-455-8126
Program Fees: Call for information.
Program Description: Four hour program offered.
Call for schedule.

Program: "Break the Habit"
Organization: Maury Regional Hospital
Contact: Sharon Dobbins
Address: 1224 Trotwood Avenue
Columbia, TN 38401
Phone: 931-490-7076
Program Fees: Participants required to purchase class guide.
Program Description: Call for a schedule.

Program: "Freedom from Smoking"
Organization: Hickman Community Hospital
Address: 135 East Swan Street
Centerville, TN 37033
Contact: Daphne Shelby
Phone: 931-729-6837
Program Fees: Call for information.
Program Description: Call for a schedule.

Program: "Freedom From Smoking"
Organization: Crockett Hospital
Address: 1607 South Locust Avenue
Lawrenceburg, TN 38464
Contact: Dana Townsend
Phone: 931-629-0949
Program Fees: Call for information.
Program Description: Call for schedule.

Local Resources

West Tennessee Region

Program: Quit Assist
Organization: Montgomery Family Health Center
Contact: Charlotte Montgomery
Address: 727 South Main Street
Middleton, TN 38052
Phone: 731-376-2804
Program Fees: Call for information.
Program Description: One-to-one counseling.

Program: Commit to Quit
Organization: Health Quest
Contact: Lorraine Gossett
Address: 709 Reelfoot Avenue -Baptist Memorial Hospital
Union City, TN 38261
Phone: 731-884-0110
Program Fees: \$20
Program Description: “Commit to Quit” consists of 4 one-hour sessions. Classes begin with studying your smoking habit and developing a “plan” to quit. Classes will examine individual smoking triggers and habits and will guide participants through the smoking cessation process using behavior modification and group support.

Program: Smoking Cessation Class
Organization: Lauderdale Community Hospital
Address: 326 Ashbury Avenue
Ripley TN, 38063
Phone: 731-221-2404
Program Fees: Program is free, but registration is a must.
Description: To help and assist current smokers kick the habit. This program is open to all residents of Lauderdale County

Local Resources

Metropolitan Knox County

Program: Tobacco Cessation
Smoke-Free Knoxville
Website: www.smokefreeknoxville.com
Program Description: A listing of all current smoking cessation classes in Knox County is updated and posted on www.smokefreeknoxville.com. New classes are added as they are announced.

Program: Smoking Cessation Classes (Freedom From Smoking)
Organization: University of Tennessee Cancer Institute
Phone: 865-305-8577
Program Fees: Please call for details.
Program Description: UT Cancer Institute holds smoking cessation classes using the Freedom From Smoking curriculum. Please call for more information or to register for a class.

Program: Smoking Cessation Classes (Freedom From Smoking)
Organization: Covenant Health
Phone: 865-541-4500
Program Fees: Please call for details.
Program Description: Parkwest Medical Center holds smoking cessation classes using the Freedom From Smoking curriculum. Please call for more information or to register for a class.

Program: Smoking Cessation Classes (Freedom From Smoking)
Organization: Mercy Medical Center
Phone: 877-599-9355
Program Fees: Please call for details.
Program Description: Mercy Medical Center holds smoking cessation classes using the Freedom From Smoking curriculum. Please call for more information or to register for a class.

Local Resources

Metropolitan Hamilton County

Program: Nicotine Anonymous
Organization: Memorial Hospital and Grace Episcopal Church
Contact: Danise
Address: Every Friday at Memorial Hospital's Weight Management Center (building behind hospital) Every Tuesday at Grace Episcopal Church at 20 Belvoir Avenue
Phone: 423-495-3703
Program Description: Meets Fridays at 12:00 p.m. (noon) at the Weight Management Center. Meets Tuesdays at 7:00 p.m. at the Grace Episcopal Church.

Program: BecomeAnEx Interactive Web Support
Website: www.BecomeAnEx.org
Program Fees: No fee.
Program Description: Get a free plan to relearn life without cigarettes using online resources, blogs and articles.

Program: Tennessee Tobacco Quitline
Phone: 1-800-QUIT-NOW (1-800-784-869) 1-877-559-3816 for hearing impaired
Website: <http://health.tn.gov/tobaccoquitline.shtml> tnquitline.com
Program Description: Obtain a Quit Kit, work with an assigned Quit Coach and learn to deal with cravings.

Program: Smoke Free Chattanooga
Organization: Chattanooga Hamilton County Health Department
Contact: Jay Collum, NDS, SAP
Phone: 423-209-8285
Website: www.smokefreechattanooga.org
Program Description: Community coalition program run by a nicotine dependence specialist for local resources.

Program: Freedom From Smoking
Website: www.ffsonline.org
Program Description: The American Lung Association's online resource is based on the premise that smoking is a learned behavior. The format gives information through modules for tracking personal habits, developing coping strategies and practicing being smokefree.

Local Resources

Metropolitan Davidson County

Program: Tennessee Tobacco Quitline
Phone: 1-800-QUIT-NOW
(1-800-784-8669)
Website: <http://health.tn.gov/tobaccoquitline.shtml>
Program Description: Callers to the quitline can receive a free tobacco quit kit, work with a free quit coach, and learn to deal with their cravings and challenges.

Program: Vanderbilt Dayani Center
Organization: Vanderbilt Hospital
Contact: Barbara Forbes
Address: 1500 22nd Avenue South
Nashville, TN 37232
Phone: (615) 343-7309
Program Description: Four group sessions per year. Eight classes per session. This is a behaviorally-based program incorporating relapse prevention. Individual and group-based program tailoring and follow-up is available. Medication used, nurse practitioner prescribed.

Program: Pulmonary Services
Department
Organization: St. Thomas Hospital
Address: 4220 Harding Road
Nashville, TN 37205
Phone: (615) 222-6506 or
1-888-603-6506
Program Fees: \$100 fee
Program Description: One-on-one counseling for 3 sessions. Call for more information.

Program: Nicotine Anonymous
(NICA)
Website: www.nicotine-anonymous.org
Email: info@nicotine-anonymous.org
Program Description: A twelve step program of recovery. Meetings take place in Nashville.
Organization: Meharry Medical College
Contact: Dr. Williams
Address: 1005 Dr., D.B. Todd
Boulevard
Nashville, TN 37208
Phone: 615-327-6385
Program Description: Individuals are seen by appointment only. The Tobacco Cessation Clinic is only open on Thursdays.
Contact: Dr. Phillip Blansett
Phone: 615-785-7568
Program Fees: \$125 fee
Program Description: Dr. Blansett guarantees that you will stop smoking or you will receive a full refund! In a one-hour session, Dr. Blansett uses a three-method approach consisting of the Cognitive Therapy, Behavioral Modification, and Clinical Hypnotherapy. A free session is included approximately 3 weeks after the initial session for those having difficulties. Complete refunds are granted to those who continue smoking 30 days after the initial session provided that they attend the second session and complete the behavioral modification protocol. This program is by appointment only.

Local Resources

Metropolitan Davidson County

Program: American Lung Associations’
“Freedom from Smoking”

Organization: Centennial Medical Center
Summit Medical Center
Southern Hills Medical
Center Skyline Medical
Center

Address: Call Medline to find out
when and where the next
series of “Freedom From
Smoking” classes take place.

Phone: 1-800-242-562 or
615-342-1919

Program Fees: \$50 refundable fee

Program Description: “Freedom From Smoking” is a highly structured and comprehensive behavior modification approach to smoking cessation in a group support setting. The program is based on the premise that smoking is a learned behavior. The seven-session format provides for tracking personal habits, developing coping strategies and practicing in a supportive environment with others who are experiencing the same feelings and challenges.

Local Resources

Sullivan County Region

Program: Nicotine-Free Mountain Empire
Address: 214 Commerce Street
Kingsport, TN 37662
Contact: Delores Bertuso
Phone: 423-246-2017
Program Fees: No fee.
Program Description: “Nicotine-Free Mountain Empire” consists of health care professionals and volunteers committed to reducing youth tobacco use in our region.

Program: “Helping Smokers Quit”
Organization: Mountain States Health Alliance
Contact: Health Resource Center
Phone: 423-915-5200
Program Fees: No fee
Program Description: 1 hour presentation

Program: “Tobacco Free is the Way to Be”
Organization: Mountain States Health Alliance
Contact: Health Resource Center
Phone: 423-915-5200
Program Fees: \$15.00 for 2 hour class

Program: Worksite Cessation Programs
Organization: Mountain States Health Alliance
Contact: Health Resource Center
Phone: 423-915-5200
Program Description: 1-2 hr classes or an educational and support group series of multiple sessions dependent on worksite needs and work schedule.

Program: Kick it 4 Good
Organization: Holston Medical Group
Contact: Dr. Deborah Reiff
Phone: 423-578-1588
Program Description: Program is open to anyone (not just HMG patients). A combination of group sessions are used (coordinated thru various businesses) and individual appointments for a comprehensive approach. The program follows all the current guidelines for smoking cessation.

Local Resources

Metropolitan Memphis Shelby County

Program: Fresh Start & Make Yours a Fresh Start Family
Organization: American Cancer Society
Address: 1378 Union Avenue
Memphis, TN 38104
Phone: 901-278-2091
Program Fees: No fee
Program Description: Provides information and self-help materials to callers (for pregnant women and new mothers) Services: Group Counseling Duration: Four One-hour Sessions
Website: <http://www2.cancer.org/tn.gov> (American Cancer Society in Tennessee)

Program: Commit to Quit
Organization: Church Health Center Wellness
Contact: Daniel Cole
Address: 1115 Union Avenue
Memphis, TN 38104
Phone: 901-259-4673 Ext. 1604
Program Fees: Free for Church Health Center Clinic patients and members of Hope and Healing Center. \$60 for the community.
Program Description: Group Counseling 6 weeks; one, one-hour sessions per week. Smokeless tobacco users are welcome. Tuesdays @ 6pm. Sign up required.
Website: <http://www.churchhealthcenter.org/>

Program: Smoking Cessation, Train the Trainer
Organization: Concern EAP (Employee Assistance Program)
Contact: Judy Bookman
Address: 2670 Union Extd., Suite 610,

Memphis, TN 38112
Phone: 901-458-4000
Program Fees: Call for details
Program Description: Group model: seven sessions model to be used with or without smoking cessation aids; program uses re-education approach to help people quit: seven week class.

Program: The Change Research Study
Organization: University of Tennessee Health Science Center at Memphis
Contact: Beverly Goodwin Sousoulas
Address: 822 Beale Street, Room 330
Memphis, TN 38163
Phone: 901-448-8400
Program Fees: No fee.
Program Description: Cigarette smokers who are 18 years of age or older, in relatively good health, who self-report smoking at least 10 cigarettes a day, and who are willing to accept random assignment are eligible to participate. Participants must agree to commit to the study for at least 24 months following screening. Approximate length of time for subjects to participate in this study is 309 hours over 14 months. Participants who finish the study will receive \$100 (\$24 for each completed clinic study visit). The payment is compensation for time and travel spent to participate in this study, which is sponsored by the national heart, Lung and Blood Institute.

Local Resources

Metropolitan Shelby County (cont.)

Program: Smoking Cessation Program
Organization: VA Medical Center
Address: 1030 Jefferson Avenue
Memphis, TN 38104
Phone: 901-523-8990
Program Fees: Based on ability to pay.
Program Description: Class meets third Thursday of every month from 1:00 p.m. to 4:00 p.m. in Room BE 202A- No reservation required. Special services on Great American Smokeout day and annual health fairs. ONLY for eligible veterans and employees. Group Counseling with individual follow-up available; Supervised Medication Support.

Program: American Heart Association
Contact: Joyce Hope
Address: 2170 Business Center Drive,
Suite 1, Memphis, TN 38134
Phone: 901-383-5400
Website: <http://www.americanheart.org>
Program Description: Provides information, self-help materials and referrals to community resources.

Program: Free Quit Smoking Program
Organization: University of Memphis Center
for Community Health
Address: 633 Normal St.
Memphis, TN 38152
Phone: 901-678-1710
Program Description: If you are between the ages of 18 and 65, and want to quit smoking, receive nicotine patches, and get healthier, this may be the program for you.

Statewide Tobacco Cessation Resources

Program: Alcohol and Drug Abuse Serv.
Organization: Tennessee Association of Alcohol and Drug Abuse Services (TAADAS)
Address: 1800 Church St., Suite 100
Nashville, TN 37203
Phone: 615-780-5901
taadas@taadas.org
www.taadas.org
Program Fees: Call for information
Program Description: Provides an array of publications and information, which can be downloaded or ordered. Items available through the Clearinghouse are available in single copy or limited quantities. Some of the items are available in an electronic format so that you can print directly from a computer.

Program: Tobacco Use Prevention and Control Program
Organization: Tennessee Department of Health
Address: 425 5th Avenue North
Nashville, TN 37247
Contact: <http://health.state.tn.us/tobaccoquitline.htm>
and
<http://health.state.tn.us/smokefreetennessee/index.htm>
Phone: 615-741-0380
Program Description: Call for information.

Program: State of Tennessee Employee Wellness Program
Organization: Tennessee Department of Finance and Administration
Address: Tennessee State Capitol,
Nashville, TN 37243-0285
Contact: www.state.tn.us/finance/ins/wellness
Phone: 615-532-3671 or
1-866-576-0029

Program Description: A worksite wellness program designed to improve state employee health and well being by focusing on the mind and body to assist in improving the health of state employees.

Organization: American Lung Association of Tennessee
Address: One Vantage Way,
Suite C-250
Nashville, TN 37228
Phone: 1-800-432-5864
Contact: www.lungusa.org (click on Local ALA for Tennessee)
Program Description: ALA has many tobacco and smoking brochures which can be ordered free of charge or some require a small fee. Orders can be placed online and to home address.

Organization: American Heart Association
Southeast Affiliate
Address: 1818 Patterson St.
Nashville, TN 37203
Phone: 615-340-4100
1-800-257-6941
1-800-AHA-USA1
Program Description: Call national toll-free number for information and free brochures.

Program: American Cancer Association
Address: 2008 Charlotte Avenue
Nashville, TN 37203
Phone: 615-327-0991
1-800-ACS-2345
1-800-227-2345
Program Description: Call national toll-free number for information and free brochures.

National Tobacco Cessation Resources

Program: Quit Smoking
Organization: Agency for Healthcare Research and Quality, US-DHHS
Address: 540 Gaither Road, Rockville, MD 20850
Contact: <http://www.ahrq.gov/consumer/index.html#smoking>
Phone: 1-800-358-9295
Program Description: Provides materials on smoking cessation for health professionals and consumers. Mon-Fri; 8 a.m. to 5 p.m.

Program: Tobacco Cessation - You can Quit Smoking Now!
Organization: Office of the Surgeon General, US Department of Health and Human Services
Website: www.surgeongeneral.gov/tobacco/default.htm
Program Description: Provides information on quitting tobacco for consumers and health care professionals.

Program: Smoking and How to Quit
Organization: National Women's Health Information Center, US-DHHS
Contact: www.4women.gov/quitsmoking/index.cfm
 1-800-994-9662
TDD: 1-888-220-5446
Program Description: Provides information and support to help women quit tobacco.

Program: Smoking Cessation
Organization: Office on Smoking and Health, Centers for Disease Control and Prevention
Contact: www.cdc.gov/tobacco
Address: Mail Stop K-50
 4770 Buford Highway, NE
 Atlanta, GA 30341-3724
Phone: 1-800-CDC-1311
 1-800-232-1311
Program Description: Offers a wide variety of information concerning smoking cessation and cancer prevention. Call for information or referral to other resources. CDC offers a wide variety of resources, programs, materials that can be printed directly from their Web site. Other information can be ordered free of charge.

Program: Office of Smoking and Health
Organization: Centers for Disease Control and Prevention
 Tobacco Information and Prevention Source (TIPS)
Contact: www.cdc.gov/tobacco
Phone: 1-800-CDC-1311
 (1-800-232-1311)

Organization: American Heart Association
Contact: www.americanheart.org
Phone: 1-800-AHA-USA1 (1-800-242-8721)

National Tobacco Cessation Resources (cont.)

Organization: American Cancer Society
Contact: <http://www.cancer.org/>
Phone: 1-800-ACS-2345
(1-800-227-2345)

Organization: National Institute of Health
Contact: www.Chewfree.com
Program Description: An interactive online program for those who dip and chew tobacco.

Organization: American Lung Association
Contact: <http://www.lungusa.org/>
Phone: 1-800-LUNG-USA
(1-800-586-4872)

Program: Nicotine Anonymous
Organization: Nicotine Anonymous
Contact: www.nicotine-anonymous.org
Program Fees: No fee.
Program Description: Welcomes all those seeking freedom from nicotine addiction, including those using cessation programs and nicotine withdrawal aids. The primary purpose of NA is to help all those who would like to cease using tobacco and nicotine products in any form. The fellowship offers group support and recovery using the 12 steps as adapted from Alcoholics Anonymous to achieve abstinence from nicotine.

Program: Guide to Quitting Smoking
Organization: American Cancer Society
Contact: www.cancer.org/ or
http://www.cancer.org/docroot/PED/content/PED_10_13X_Guide_for_Quitting_Smoking.asp?from=fast

Program Fees: No fee.
Program Description: An online planning guide to help smoker quit. Provides information on what a tobacco user needs to know to quit smoking and tips for family and friends to help a smoker quit.

Program: The Quitnet
Organization: Healthways Quit, Inc.
Contact: www.quitnet.org
Program Fees: No fee.
Program Description: Quitnet offers smokers a variety of resources including:

- interactive tools and questions for people thinking of quitting;
- quitting guides;
- a library on cessation;
- online chat sessions with other people trying to quit;
- news updates on Tobacco Issues; and
- links to other Web sites.

National Tobacco Cessation Resources (cont.)

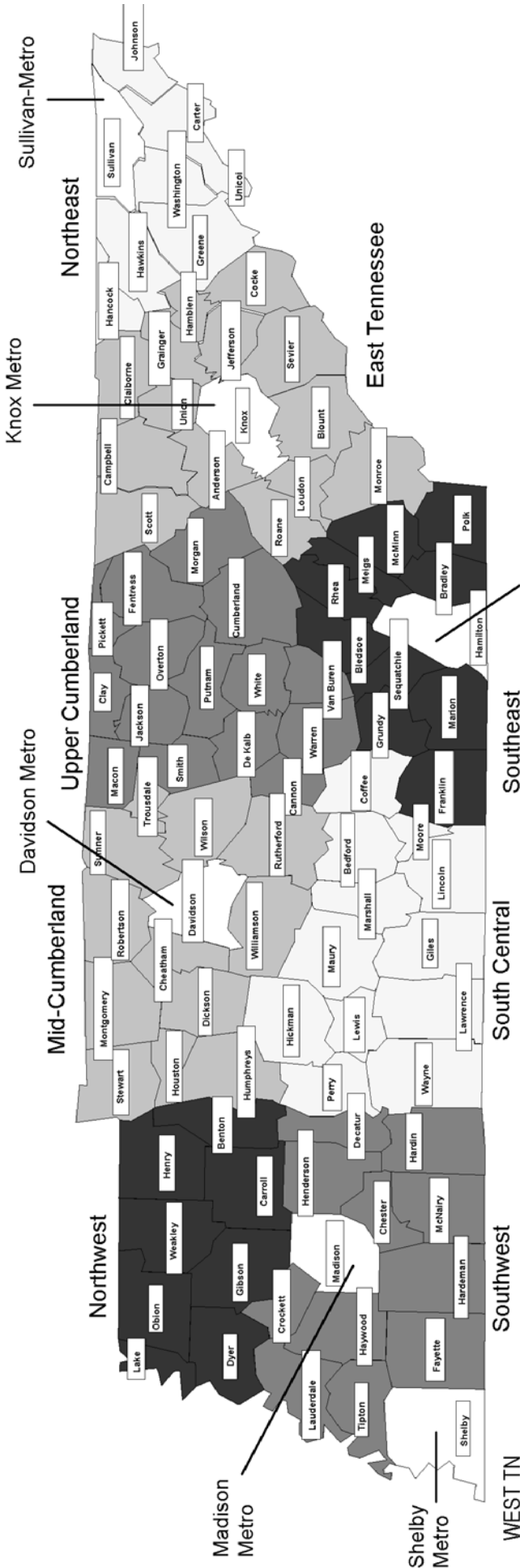
Program: Freedom From Smoking Online Cessation Program
Organization: American Lung Association
Contact: www.lungusa.org
Program Fees: No fee.
Program Description: Freedom From Smoking Online is ALA's popular smoking cessation program now offered online. The American Lung Association website contains a wealth of information on topics such as the health effects of tobacco use, quitting self help materials, data and statistics, etc.

Program: Committed Quitters Online Program
Organization: GlaxoSmithKline
Contact: www.committedquitters.com
Program Fees: No fee.
Program Description: Committed Quitters is a unique approach to quitting the smoking habit. It is a multi-week plan to help you quit smoking for good. Committed Quitters Online works because it's tailor-made to the individual. You're a person with abilities, talents, and needs that are different from everyone else. As a CQ member, you'll get materials that are different from everyone else's - because what you need to help you quit smoking is unique to you.

Program: Quit Smoking
Organization: National Cancer Institute
Contact: www.smokefree.gov
Phone: 1-800-QUIT-NOW or 1-877-44U-QUIT
Program Fees: No fee
Program Description: Allows a person to choose the help that best fits their needs. Get immediate assistance in the form of:

- an online step-by-step cessation guide;
- local and state telephone quitlines;
- NCI's national telephone quitline;
- NCI's instant message service; and
- publications, which may be down-loaded, printed or ordered.

Program: Quit Tobacco: Make Everyone Proud
Organization: US Department of Defense
Address: 11420 Rockville Pike, Rockville, MD 20852
Contact: www.ucanquit2.org
Phone: 1-800-694-4747 ext.4818
Program Description: Quit Tobacco - Make Everyone Proud is an educational campaign for the US military personnel and their families to help US service members quit tobacco - for themselves and for the people they love.



WEST TN

- Benton
- Carroll
- Chester
- Crockett
- Decatur
- Dyer
- Fayette
- Gibson
- Hardeman
- Hardin
- Haywood
- Henderson
- Henry
- Lake
- Lauderdale
- McNairy
- Obion
- Tipton
- Weakley

MID-CUMBERLAND

- Cheatham
- Dickson
- Houston
- Humphreys
- Montgomery
- Robertson
- Rutherford
- Stewart
- Summer
- Trousdale
- Williamson
- Wilson

METROS

- Davidson
- Hamilton
- Knox
- Madison
- Shelby
- Sullivan

SOUTH CENTRAL

- Bedford
- Coffee
- Giles
- Hickman
- Lawrence
- Lewis
- Lincoln
- Marshall
- Maury
- Moore
- Perry
- Wayne

UPPER CUMBERLAND

- Cannon
- Clay
- Cumberland
- DeKalb
- Fentress
- Jackson
- Macon
- Overton
- Pickett
- Putnam
- Smith
- Van Buren
- Warren
- White

HAMILTON METRO

SOUTHEAST

- Bledsoe
- Bradley
- Franklin
- Grundy
- Marion
- McMinn
- Meigs
- Polk
- Rhea
- Sequatchie

EAST TN

- Anderson
- Blount
- Campbell
- Claiborne
- Cooke
- Grainger
- Hambleton
- Jefferson
- Loudon
- Monroe
- Morgan
- Roane
- Scott
- Sevier
- Union

NORTHEAST

- Carter
- Greene
- Hancock
- Hawkins
- Johnson
- Washington
- Unicoi

Tennessee Department of Health Regional Map

For Further Information Contact



Tennessee Department of Health Tobacco Use Prevention and Control Program

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