



Quit-Tobacco Resource 2016

New Year's Resolution: Keep Your Commitment

Kick-Butt's Day: March 16, 2016

<http://kickbuttsday.org/>

Great American Smoke-Out: Third Thursday of November

Tobacco Prevention Program, Ingham County Health Department

Call for current schedule (517) 887-4586

<http://hd.ingham.org/SeekingCare/SubstanceUse/Tobacco.aspx>

Telephone Support and Resources

Michigan Tobacco Quit Line (800) 784-8669 and <https://michigan.quitlogix.org/>

Telephone support and referrals available to all callers. Extensive resources provided for Healthy Michigan Plan, Medicaid, Medicare, Pregnant Women and Cancer Survivors. If you have private insurance, call and ask for supportive websites, apps and services available from your medical insurance provider. Telephone support and medications are available to uninsured patients and those with Ingham Health Plan. Initial intake call can take up to 20 minutes. Services are provided for free.

Nicotine Anonymous - (517) 627-9606 Kathy

Nicotine Anonymous is a 12-step recovery model, adapted from the 12-steps and traditions of Alcoholics Anonymous. Weekly meetings are held each Monday at 6:00 pm in the Doctors Dining Room at the St. Lawrence Campus of Sparrow Hospital, located at 1210 W. Saginaw, Lansing, Michigan.

American Lung Association of Michigan (800) 586-4872

The American Lung Association has a national phone support system designed to help callers quit their tobacco addiction. Free service nation-wide. Help is offered in 100+ languages and trained cessation counselors will support you with materials and scheduled phone calls that provide encouragement.

Patients with Commercial Medical Insurance

Call the number on the back of your insurance card and ask about services and medications for quitting tobacco.

Internet Resources

American Cancer Society: www.cancer.org ACS provides information, resources and quit tobacco help.

American Lung Association of Michigan: www.lungusa.org. Includes *Freedom From Smoking* on-line.

American Heart Association: www.americanheart.org

Become an Ex: <http://www.becomeanex.org> Free Booklet, Talk to a Personal Coach, follow an on-line plan.

Central Michigan 211 - Call 211: <http://www.centralmichigan211.org/> Agencies offering quit-tobacco support should list their services with Central Michigan 211.

Michigan Department of Health and Human Services: www.michigan.gov/tobacco The State of Michigan support quit-tobacco goals, reducing youth tobacco use, and preventing passive smoke exposure.

Smokefree.gov: www.smokefree.gov These resources can help you or someone you care about quit smoking. The information and professional assistance available on this web site can help to walk you through the process of becoming tobacco-free, connect with resources in your community, and be a support person to others.

Tobacco Free Nurses: <http://tobaccofreenurses.org> Helping nurses and their patients to stop smoking.

Quit Net: www.quitnet.com Quit Net offers cessation information and support chat rooms.

Specialty Services - By Community

McLaren of Greater Lansing – Greenlawn; Cardio-Pulmonary Rehab (517) 975-6400

Call for Quit-Tobacco support options. McLaren, 407 W Greenlawn, Merriman Building, Cardio-Pulmonary Rehab.

Michigan Braille and Talking Book Library (800) 992-9012

A variety of materials to help people quit-tobacco are available free of charge to those that utilize the talking book services of the State of Michigan. Call to order the most appropriate materials.

Michigan State University: Office of the University Physician: Health4U Program

Faculty/Staff/Graduate Student Employees/Retirees and Adult Benefits Eligible Dependents:

- **Health4U Program Coaching Services:** If you are having trouble quitting on your own we can help. Consider working with one of our two Tobacco Treatment Specialists to explore becoming tobacco free. Call (517) 353-2596 or email health4u@msu.edu.
- **MSU Breathe Easy Tobacco & Nicotine Cessation Program:** The MSU Breathe Easy Program is a free tobacco and nicotine cessation program featuring behavioral, nutritional, and medical evaluation and support. Call (517) 353-2596 or email health4u@msu.edu.
- **Michigan State University – Michigan Tobacco Quitline:** http://health4u.msu.edu/_pdfs/MIQuitline.pdf or (800) QUIT-NOW/800.784.8669

MSU Student Health Services at Olin Health Center:

- Student Health Services Health Promotion Department offers quit-tobacco support through the ATOD program. Services are free to students. Call (517) 884-6598 or email olin@msu.edu.
- Student Health Services Primary Care offers quit-tobacco consultations which can be included as part of the three subsidized visits students' receive at the health center each academic year. Subsequent visits will be coordinated with the student's insurance. Call for an appointment (517) 353-4660.

Physician Health Plan (PHP): Healthy Roads (877) 330-2746

Go to www.phpmm.org and find Health Management/Life 360/Healthy Roads. Phone coaching, website and medications.

Self-Help

Creative Wellness Holistic Health Center - (517) 351-9240

Center located at 2045 Asher Court, East Lansing, MI 48823. \$50 initial fee for half-hour quit smoking consultation and treatment; follow up visits \$25. Thirty (30) minute follow-ups average 2-6 visits consisting of acupuncture in clinic or private setting. Effectiveness varies.

Hypnotherapy Solutions LLC (517) 977-0798

Center located at 808 W Lake Lansing Road, Suite 202, East Lansing MI. Certified Hypnotist Rich Smith, C.Ht offers free consultation prior to sessions. A 3-session package is \$200 and includes a four-week supply of detox tea, and mp3 recording for use between sessions. Call for more information.

The Spine Center (517) 337-3080 or (888) 712-6999

The Spine Center 250 East Saginaw East Lansing, MI. Acupuncture has been used successfully to stop smoking. Acupuncture treatments address cravings, weight gain, irritability and restlessness; all symptoms that people commonly complain about when they quit. It also aids in relaxation and detoxification. You can find out more information at www.mispinecenter.com.

Mayo Clinic, Rochester, MN (800) 344-5984

Monthly 8-day Residential Treatment Program. No physician referral is necessary. Deposit is \$5,500.