

Tobacco Cessation Directory



Tennessee Department of Health
Tobacco Use Prevention &
Control Program

Table of Contents

<i>Purpose</i>	1
<i>Tennessee Tobacco QuitLine</i>	2
<i>Local Tobacco Cessation Resources</i>	3
<i>Northeast Region</i>	4
<i>East Tennessee Region</i>	8
<i>Upper Cumberland Region</i>	10
<i>Mid Cumberland Region</i>	11
<i>Southeast Region</i>	12
<i>South Central Region</i>	13
<i>West Tennessee Region</i>	14
<i>Metropolitan Knox County</i>	15
<i>Metropolitan Hamilton County</i>	16
<i>Metropolitan Davidson County</i>	17
<i>Sullivan County</i>	18
<i>Metropolitan Memphis Shelby County</i>	19
<i>Jackson - Madison County</i>	21
<i>Statewide Tobacco Cessation Resources</i>	22
<i>National Tobacco Cessation Resources</i>	23
<i>Tennessee Department of Health Regional Map</i>	27

Purpose of This Directory

This directory provides a list of tobacco cessation resources offered in Tennessee for smokers, health care providers, and friends or family members of tobacco users. It 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. Resources 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 for you.

If you have any questions, suggestions or knowledge of new programs not 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://tn.gov/health/topic/FHW-tobacco>

The Tennessee Tobacco QuitLine is a free telephone-based, web-based and proactive counseling service in English and Spanish available to help smokers and spit tobacco users quit 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, 1-800-969-1393, 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 Monday through Friday, 7:00am - 10:00pm CST, Saturday 8:30am - 5:00pm CST and Sunday 10:00am - 4:00pm CST. Recorded information and voice mail is available when the call center is closed. For more information regarding the Tennessee Tobacco QuitLine, visit <http://tn.gov/health/topic/FHW-tobacco>

The Tennessee Tobacco QuitLine also offers a unique clinical support service for health care providers interested in stopping tobacco usage by 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 601-899-8650 or email to referrals@iqhquitline.com.

Referral forms can be downloaded from

http://tn.gov/assets/entities/health/attachments/TNQuitLine_Fax_Referral_form.pdf

or <http://www.tnquitline.org/>

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

http://tn.gov/assets/entities/health/attachments/TNQuitLine_Fax_Referral_form.pdf.



1-800-QUIT-NOW
1-800-784-8669
www.tnquitline.org

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 offer low cost help to quit smoking. Counseling services and cessation products are free to Medicaid/TennCare patients.

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

Local Resources

Northeast Region

Program Name: Smoking Cessation and Tobacco
Sponsoring Organization: ETSU Family Medicine Associates
Address: 917 West Walnut Street
Johnson City, TN 37601
Phone: 423-439-6464
Program Fees: Free
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 Name: Beat the Tobacco Habit
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: Please call to register for a spot in the Introductory Orientation.

Program Name: Smoking and Tobacco Cessation Resources
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 local chapter. ACS supports the TN Tobacco QuitLine which is 1-800-QUIT-NOW. ACS also provides employer-based solutions like FreshStart and Great American Smoke-out Kits in the Northeast Region. This office promotes national programs such as Campaign for Tobacco Free Kids, QuitNet, Tobacco Free Nurses, American Legacy Foundation, Kill the Can, Quit for Life, and NicA. Call to receive information on all of their programs today.

Program Name: Smoking and Tobacco Cessation
Organization: Wellcare Health Promotion
Address: 1004 Executive Park Boulevard,
Suite 3
Kingsport, TN 37660
Phone: 423-723-6877
Program Fees: The class is available to the public for \$30 or it is free for Wellmont Health System employees and their spouses.

Program Description: Classes meet one evening for 1 hour a week for 6 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 (continued)

Program Name: Acupuncture
Organization: New Paradigms Health Care
Contact: Patricia Danda M.Ac.O.M.,
L.Ac
NCCAOM Board Certified
Address: 113 E Unaka Avenue
Johnson City, TN 37601
Phone: 423-928-9394
Program Fees: \$40 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 Name: Hypnotherapy
Organization: Tri-Cities Therapy and Counseling
Contact: Jody C. Johnston, M.A.,
NBCCH-PS, LPCMHSP
Address: 2319 Browns Mills Road, Suite C
Johnson City, TN 37604
Phone: 423-943-5550
Website: www.tricitytherapy.com
Program Fees: \$350 for 3, 1 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 Name: 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: Free
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 on-site 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. Please call for additional information and to schedule an appointment.

Local Resources

Northeast Region (continued)

Program Name: 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: Free
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 on-site TIPS Case Managers to work with pregnant patients.

Meeting Information: Please call for more information.

Program Name: 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: Free
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 on-site TIPS Case Managers to work with pregnant patients.

Meeting Information: Please call for more information.

Program Name: Tennessee Intervention for Pregnant Smokers (TIPS)
Organization: Johnson City Community Health Center

Address: 2151 Century Lane
Johnson City, TN 37604
Phone: 423-926-2500

Program Fees: Free
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 on-site TIPS Case Managers to work with pregnant patients.

Meeting Information: Please call for more information.

Local Resources

Northeast Region (continued)

Program Name: 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: Free
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 on-site TIPS Case Managers to work with pregnant patients.

Meeting Information: Please call for more information.

Program Name: Student 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. Employees of ETSU can receive cessation resources through the employee insurance benefit plan.

Program Description: Program and classes support those ETSU students in need of

assistance with cessation of tobacco use, smoking, and nicotine addiction.

Meeting Information: Please call for more information.

Program Name: Student 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. Employees of ETSU can receive cessation resources through the employee insurance benefit plan.

Program Description: Program and classes support those ETSU students in need of assistance with cessation of tobacco use, smoking, and nicotine addiction.

Meeting Information: Please call for more information.

Program Name: Beat the Pack
Organization: Health Resources Center
Address: Kingsport Town Center
2101 Fort Henry Drive
Kingsport, TN 37664
Phone: 423-857-7981

Program Fees: Free
Program Description: Smoking cessation services from Indian Path Medical Center

Meeting Information: Please call for more information.

Local Resources

East Tennessee Region

Program: Tobacco Cessation
Organization: Methodist Medical Center (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: Allies for Substance Abuse Prevention (Anderson County)
Contact: Stephanie Strutner Executive Director
sastrutner@gmail.com
Address: 101 S. Main Street
Clinton TN 37716
Phone: 865-457-3007

Program: Tobacco Cessation
Organization: Blount Memorial Hospital (Blount County)
Address: 907 East Lamar Alexander Hwy.
Maryville, TN 37804
Phone: (865) 984-4223
Program: Live Well (Campbell County)
Address: Wilkens Medical Group
PO Box 447
Jellico, TN 37762
Contact: Kerri B.
kerrib@wilkensmedicalgroup.com
Phone: 423-784-4170
Program Fees: Call for information.
Program Description: This user-friendly, research-based program gives support through all three stages of smoking cessation: preparation, breaking free and

maintenance. It is designed to develop a vision of personal choice, individual responsibility, freedom to act, and power to escape addiction.

Program: Tobacco Cessation
Organization: LaFollette Medical Center
Tennova (Campbell County)
Contact: Mike Campbell
Carl.Campbell@hma.com
Address: 923 East Central Avenue
LaFollette, TN 37766
Phone: 423-907-1533
423-907-1219 (fax)
Program Fees: No fee.
Program Description: Call for information.

Program: Breathe Free: Tobacco Cessation
Organization: Live Well (Campbell County)
Address: Wilkens Medical Group
PO Box 447
Jellico, TN 37762
Contact: Kerri B.
kerrib@wilkensmedicalgroup.com
Phone: 423-784-4170
Program Fees: Call for information.
Program Description: This user-friendly, research-based program gives support through all three stages of smoking cessation: preparation, breaking free and maintenance. It is designed to develop a vision of personal choice, individual responsibility, freedom to act and power to escape addiction.

Local Resources

East Tennessee Region

Program: Smoking Cessation
Organization: Community Health of East Tennessee
(Campbell County)
Contact: Shan Ray
SRay@chetn.org
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: LaFollette Medical Center
Tennova
(Campbell County)
Address: 2500 Jacksboro Pike
Jacksboro TN 37766
Contact: Mike Campbell
Phone: 423-907-1533

Program: Acupuncture
Organization: Acupuncture
(Hamblen County)
Contact: Serina M. Scott, Lac, Dipl.,
Ac.
NCCAOM Board Certified
acupuncture@charter.net
Address: 400 East Economy Drive
Morristown, TN 37814
Phone: 423-736-2089
Program Fees: \$65.00 per session. 1 to 4 sessions may be necessary.

Program Description: Treatment with acupuncture. Sometimes herbs are added in conjunction for an additional fee. Treatment varies depending on individual.

Program: Freedom From Smoking
Organization: University of Tennessee
Medical Center
(Knox County)
Contact: Georgette Samaras
Address: 1520 Cherokee Trail, G40
Knoxville, TN 37920
Phone: 865-305-8577
Program Fees: Call for information.
Program Description: Call for information

Program: STAND Drug Coalition
(Scott County)
Contact: Trent Coffey Executive
Director
Phone: 423-286-9925
Program Description: Tobacco Prevention

Program: Tobacco Cessation
Organization: Cherokee Health Systems
(Union County)
Contact: Robert Mindrup
Robert.Mindrup@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.

Local Resources

Upper Cumberland Region

Program:	Quit 4 Life Smoking Cessation Support Group
Organization:	Cookeville Regional Medical Center - Algood Room in cafeteria
Contact:	Randy Todd
Address:	142 West 5th Street Cookeville, TN 38501
Phone:	931-261-4305
Program Fees:	No fee.
Program Description:	Follows the 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 - Three Sessions
\$400.00 - Four Sessions
\$480.00 - Five Sessions
Future sessions after the initial sessions are offered at a reduced price.
Program Description: Stop Smoking is three 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 1106).

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
Program Fees: \$25 for one and a half hour session
Program Description: MTMC provides a one and a half hour session with a trained staff member to introduce materials for smoking cessation. The session includes watching two DVD's (Getting Ready to Quit and Staying Quit), 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: \$75.00 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 receives \$50.00 refund. Otherwise, the \$50.00 is donated to the American Lung Association. All class sessions meet Tuesday evening in Meeting Room B with the exception of the fifth session. The fifth session will meet 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
Phone: Office
423-559-6177
Smoking Cessation line
423-559-6765

Program Fees: \$25

Program Description: Stop Tobacco and Other Products is a five-week cessation program that can have anywhere from one-fifteen 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.

Program: Breathe Free Plan to Stop Smoking
Organization: Seventh-Day Adventist Community Services, Dunlap, TN 37327, with
Contact: Charles Cleveland, MPH.
Phone: 423-290-3737
Program Description: Call for more information of program fees and description.

Local Resources

South Central Region

Program: “Break the Habit”
Organization: Maury Regional Hospital
Contact: Sharron Dobbins
Address: 1224 Trotwood Avenue
Columbia, TN 38401
Phone: 931-490-7076
Program Fees: Participants required to purchase class guide.
Program Description: Classes held quarterly. Class time is 6:00 p.m. – 7:30 p.m. Call for a schedule.

Program: “Freedom from Smoking”
Organization: Saint Thomas Hickman Hospital
Contact: Claudia Pisane
Address: 135 East Swan Street
Centerville, TN 37033
Phone: 931-729-6792
Program Fees: Call for information.
Program Description: Call for a schedule.

Program: “Freedom from Smoking”
Organization: Southern TN Regional Health System
Contact: Jennifer Hewgley
Address: 1265 East College Street
Pulaski, TN 38478
Phone: 931-363-7431
Program Fees: Call for information
Program Description: Call for schedule

Program: “Freedom from Smoking”
Organization: Community Clinic
Contact: Dee Cox
Address: 200 Dover Street
Shelbyville, TN 37160
Phone: 931-684-6772
Program Fees: Free of charge
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 four 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: Freedom from Smoking (Henry County)
Organization: Henry County Medical Center
Contacts: Amy Odom, Angie Dotson, Tina Umstead
Phone: 731-644-3463
website: www.hcmc-tn.org
Program Fees: \$50.00/person. Anyone attending all 8 sessions receives \$25.00 back on last day of class. Discounts are available for Henry County Medical

Program Description: Center Cardiac Rehabilitation patients and participants in or who have completed one of the Chronic Disease Management workshop series. Group clinic is 8 sessions and features a step-by-step plan for quitting smoking. Each session is designed to help smokers gain control over their behavior. The clinic format encourages participants to work on the process and problems of quitting both individually and as part of a group. Each participant receives a workbook and additional educational materials.

Program: Smoking Cessation (Hardin County)
Organization: LifeSpan Health
Contact: Jana Carroll or Jodi Henderson
Address: 765 Florence Road
Savannah, TN 38372
Phone: 731-925-2300
Program Fees: Insurance accepted, sliding scale fee is available for those who qualify.
Program Description: Provide individual smoking cessation services through their behavioral health providers located at their Florence Road location in Savannah. Group classes can be arranged on request.

Local Resources

Metropolitan Knox County

Program: Smoking Cessation Classes (Freedom from Smoking)
Organization: University of Tennessee Medical Center
Phone: 865-305-6970
Program Fees: Please call for details.
Program Description: UT 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: Covenant Health
Phone: 8565-835-4662 or 800-468-6767
Address: Methodist Medical Center
Cardiopulmonary Rehab
Classroom
Westmall Medical Park
200 New York Avenue, Suite 360
Oak Ridge, TN
Program Fees: Please call for details.
Program Description: Methodist Medical Center holds smoking cessation classes using the Freedom From Smoking curriculum. Please call for more information or to register for a class.

Program: Adolescent Tobacco Cessation Program (Project Connect)
Organization: South College
Phone: 865-288-5854
Program Fees: Free
Program Description: Project Connect™ is an adolescent tobacco cessation and reduction program developed specifically to meet the unique needs of adolescents. Please call for more information.

Local Resources

Metropolitan Hamilton County

Program: Tobacco Free Chattanooga
Organization: Hamilton County Health Department
Contact: Paula Collier, M.S., Tobacco Prevention Coordinator
Phone: 423-209-8285
Website: www.tobaccofreechattanooga.org
Program Description: Tobacco Free Chattanooga is a source of policy, cessation, prevention and education resources, provides a forum for concerns, and action to change local and state tobacco policies. Cessation classes for groups in workplaces, churches, civic groups or other settings. Carbon monoxide testing available. (Shows carbon monoxide level as a result of smoking and is a best practice tool in cessation and education.)

Program: Free Tobacco Cessation Classes
Organization: Memorial Hospital Cancer Resource Center
Phone: 423-495-7778
Program Fees: No fee
Program Description: Classes are 12-1:30 pm on Wednesdays and include lunch. Please call for next start date, to register, and for more information.

Program: Free Tobacco Cessation Classes
Phone: 423-778-2700
Organization: Southside Community Health Center
Program Fees: No fee
Program Description: Mondays from 3-4 pm.

Program: Free Tobacco Cessation Classes
Organization: Dodson Avenue Community Health Center
Phone: 423-778-2800
Program Fees: No fee
Program Description: Wednesdays from 3-4 pm.

Program: Free Individual Cessation Counseling
Organization: Southside Community Health Center
Phone: 423-778-2700
Program Fees: No fee
Program Description: Call for an appointment.

Program: Free Individual Cessation Counseling
Organization: Dodson Avenue Community Health Center
Phone: 423-778-2800
Program Fees: No fee
Program Description: Call for an appointment.

Local Resources

Metropolitan Davidson County

Program: Tennessee Tobacco Quitline
Phone: 1-800-QUIT-NOW
(1-800-784-8669)
Website: www.tnquitline.com
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: 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.

Program: American Lung Association's "Freedom From Smoking"
Organization: Centennial Medical Center
Summit Medical Center
Contact: Barbara Forbes
Address: Meets Tuesday 5:30 .
Phone: 1-800-242-5662
or 615-342-1919
Program Fees: \$50.00 fee (non-refundable)
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 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: “Helping Smokers Quit”

Organization: Mountain States Health Alliance

Contact: Health Resource Center

Phone: 423-915-5200

Program Fees: No fee

Program Description: One 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 two-hour class

Program: Worksite Cessation Programs

Organization: Mountain States Health Alliance

Contact: Health Resource Center

Phone: 423-915-5200

Program Description: One to two hr classes or an educational and support group series of multiple sessions dependent on worksite needs and work schedule.

Local Resources

Metropolitan Memphis Shelby County

Program: Commit to Quit
Organization: Church Health Center Wellness
Address: 1115 Union Avenue
Memphis, TN 38104
Phone: 901-272-0003
Website: www.churchhealthcenter.org
Program Fees: Free for members; \$60 for non-members.
Program Description: Smoking cessation group classes held at Hope and Healing for 4 weeks on Tuesday from 6 - 7 pm. Sign up is required. Some Saturday classes are offered.

Program: Train the Trainer
Organization: Concern EAP
Address: 2670 Union Extension, Suite 610
Memphis, TN 38112
Phone: 901-458-4000
Program Fees: Call for fees.
Program Description: Training program for employers who wish to start a smoking cessation program.

Program: Smoking Cessation
Organization: VA Medical Center-Memphis
Address: 1030 Jefferson Avenue
Memphis, TN 38104
Phone: 901-523-8990 Ext. 6921
Program Fees: Free to veterans.
Program Description: Offers group sessions every Friday at 11am. VETERANS & SPOUSES ONLY

Program: Time to Quit Orientation
Organization: VA Medical Center-North
Outpatient Clinic
Address: 3461 Austin Peay Highway
Memphis, TN 38127
Phone: 901-261-4500
Program Fees: Free to veterans.
Program Description: Offers one-on-one counseling and group sessions. Group meetings are every Tuesday at 10 am. VETERANS & SPOUSES ONLY.

Program: Smoking Cessation Program
Organization: VA Medical Center- South Clinic
Address: 1056 Eat Raines Road
Memphis, TN 38116
Phone: 901-271-4900
Program Fees: Free to veterans.
Program Description: Offers one-on-one counseling by doctor referral only. Patches, medication, and hypnosis are options. VETERANS ONLY.

Program: Tobacco Cessation Resources
Organization: American Cancer Society
Address: 1378 Union Avenue
Memphis, TN 38104
Phone: 901-278-2000
Website: www.cancer.org
Program Fees: Free
Program Description: Provides information, self-help materials and referrals to community resources.

Local Resources

Metropolitan Memphis Shelby County (continued)

Program: Information source for effects of smoking
Organization: American Heart Association
Address: 2170 Business Center Drive, Suite 1
Memphis, TN 38134
Phone: 901-383-5400
Website: www.heart.org
Program Fees: Free
Program Description: Provides information, self-help materials and referrals to community resources

Program: Freedom From Smoking
Organization: Shelby County Health Department
Address: 814 Jefferson
Memphis, TN 38105
Phone: 901-222-9274
Program Fees: Free to Shelby County Residents
Program Description: Freedom From Smoking class is an evidence-based smoking cessation curriculum from the American Lung Association. It focuses on behavior change and the positive effects of quitting. The goal of the program is for participants to be non-smokers by the end of the program. There are eight total sessions that run over the course of seven weeks.

Program: Baby and Me Tobacco Free
Organization: Shelby County Health Department
Address: 814 Jefferson
Memphis, TN 38105
Phone: 901-222-9268
Program Fees: Free to Shelby County Residents
Program Description: Baby and Me Tobacco Free for pregnant moms who have smoked or currently smoke and want quit for their health and their baby's health.

Program: Quit for Life
Organization: American Cancer Society
Address: 1378 Union Avenue
Memphis, TN 38104
Phone: 1-800-227-2345
Website: www.cancer.org
Program Fees: Free
Program Description: The Quit For Life Program brought to you by the American Cancer Society Sand Alere Wellbeing is a phone-based coaching and Web-based learning support service to help smokers quit. Participants are matched with a quit coach, who helps them develop a personalized quit plan, provides guidance in choosing medicines, and gives ongoing follow-up support.

Local Resources

Jackson - Madison County

Program: Kick The Habit Tobacco Cessation Program

Organization: The Lift Wellness Center Education Center

Email: mandy.griggs@wth.org

Phone: 731-425-6956

Program Description: Kick The Habit Tobacco Cessation Program, it is a 4 week course that provides motivation, education, and support to help you reach the goal of tobacco cessation.

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 to 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 and materials that can be printed directly from its 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 (continued)

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 (continued)

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

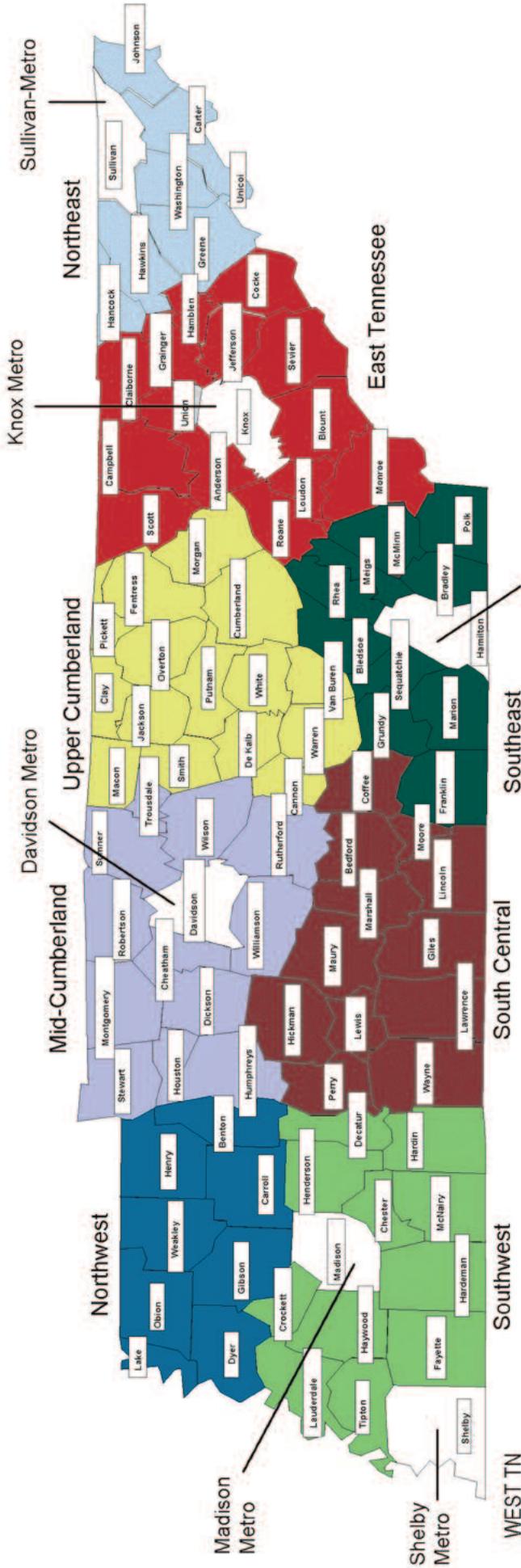
Organization: US Department of Defense

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 US military personnel and their families to help 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
Sumner
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

SOUTHEAST

Bledsoe
Bradley
Franklin
Grundy
Marion
McMinn
Meigs
Polk
Rhea
Sequatchie

EAST TN

Anderson
Blount
Campbell
Claiborne
Cooke
Grainger
Hamblen
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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Nashville, TN 37243-5210
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