



Tobacco Dependency Treatment Resources for Patients and Providers

2016

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Quit Smoking Resources for Patients

Online or printed materials:

- www.cancer.org
- www.americanheart.org
- www.lungusa.org
- www.michigan.gov/tobacco
- www.smokefree.gov
- www.surgeongeneral.gov/tobacco
- www.BecomeanEx.org
- <http://betobaccofree.hhs.gov/>
- Blue Cross/Blue Shield of MI: 800-775-2583
- HAP recipients(HMO & Senior Plus only): 313-874-1885

Text Messaging

- SmokefreeTXT
- QuitNowTXT
- SmokefreeVET
- SmokefreeMIL
- SmokefreeMOM

State and National Online or Telephone Resources

Telephone quit tobacco support is available at:

- Michigan Tobacco Quitline
<https://michigan.quitlogix.org/>
1-800-784-8669 / 1-800-QUIT-NOW
- American Lung Association
1-800-548-8252
- National Cancer Institute
1-877-448-7848
- American Cancer Society: Contact your local American Cancer Society office for additional cessation materials or resources
- www.michigan.gov/smokefreelaw
- www.michigan.gov/tobacco
- www.nicotine-anonymous.org

Online quit smoking support can be found at:

- www.cancer.gov/help
- www.quitnet.com
- www.becomeanex.org
- www.ffsonline.org
- <http://www.reddit.com/r/stopsmoking/>

Local Programs and Resources*

You can check your local area for more information on quit tobacco programs and resources. Here are some ideas for places to contact:

- Hospitals
- Health departments
 - Listing of local health departments: <http://www.malpb.org/directory>
- Health Centers – check locations here: <http://www.mpca.net/?page=locateHC>

*Many insurance companies provide coverage for quit tobacco programs and medications. Check with your individual provider. Medicaid recipients call 1-888-367-6557 to check your plan coverage.

Survival Kit (“Quit Kit”)

Items to have with you in smokefree places

- Straws or coffee stir sticks
- Cinnamon or mint flavored toothpicks
- Flavored dental floss
- Assorted flavors of toothpaste
- Hand cream
- Sugarless gum/hard candy (strong mint or cinnamon)
- Flavored lip balm or gloss
- Bottled water
- Stress ball
- Modeling clay or putty
- iPod or phone/music
- Small healthy snacks
 - carrot sticks
 - celery
 - grapes
 - cherry tomatoes
 - nuts
- Ice cubes
- Rubber bands
- A journal

Quitting Smoking for Older Adults

National Institutes of Health released a new web resource to help older adults stop smoking. [Quitting Smoking for Older Adults](#), a new topic from [NIHSeniorHealth](#), offers videos, worksheets, interactive features, strategies, quizzes, and more for older smokers who want to or are thinking of quitting. NCI, which based the topic on its resource, [Clear Horizons: A Quit Smoking Guide for People 50 and Older](#), has also included information about the challenges and advantages of quitting when you’re older, smoking’s effect on medications, and how to handle withdrawal cravings.

<http://nihseniorhealth.gov/quittingsmoking/quittingwhenyoureolder/01.html>

Quitting Smoking for Pregnant Women

<http://babyandmetobaccofree.org/>: Provides resources for those interested in starting the following program: A unique model to assist women in remaining tobacco-free post-partum through CO monitoring. Each month, for 6-12 months, women who pass the CO test would get a free one month supply of diapers.

<https://www.smokingcessationandpregnancy.org/>: "Smoking Cessation for Pregnancy and Beyond: A Virtual Clinic" is an updated online training, based on the "Virtual Practicum" model. The training is intended for health care professionals who will be assisting their female patients in quitting smoking, in particular, patients who are pregnant or in their child-bearing years."

WEBSITE RESOURCES FOR TEENS WHO ARE PREPARING TO QUIT

- **Determined to Quit: How to Quit**

This "how to quit" page provides information about how to identify triggers, choose a cessation method, and devise a customized plan for quit day ("quit day checklist") and the future.

<http://www.determinedtoquit.com/howtoquit/>

- **Determined to Quit: Quit Companion**

This "quit companion" allows you to create a customized quit plan that uses cell phone text-messaging and communication to send personal reminders and motivational statements about triggers and staying quit. You can also use this function to enter in how much you smoke, allowing the program to graphically represent your individual smoking patterns. Friends and family members can also use this function to send personalized emails and text messages to help you stay quit. The function is able to be changed as your habits and profile evolves.

<http://www.determinedtoquit.com/quitcompanion/>

- **Determined to Quit: Support and Resources**

This page provides personal quit stories, telephone resources, state and national websites, and books about quitting.

<http://www.determinedtoquit.com/supportandresources/>

- **TeenQuit: Products that Help**

This page contains a brief list and descriptions of nicotine replacement therapy and other medications to help you quit. You are encouraged to discuss these with your doctor because these products are not well-tested with teens like you.

<http://www.teenquit.com/QuitTools/phelp.asp>

- **TeenQuit: Crave Control**

This page contains a list of 30 things to do instead of smoking and as a distraction when cravings strike.

<http://www.teenquit.com/QuitTools/quitTips.asp>

- **TeenQuit: Quit Plan**

This page allows you to create a quit plan customized to your quit date, triggers, coping strategies, support person(s), and quitting rewards. The quit plan product is printable.

<http://www.teenquit.com/QuitTools/quitplan.asp>

- **American Cancer Society: Smokeless Tobacco**

This page provides information describing smokeless tobacco products, tobacco company marketing strategies for these products, and how smokeless tobacco compares to cigarette smoking. Smokeless tobacco-related cancers are also described, as well as issues related to and strategies for quitting.

http://www.cancer.org/docroot/PED/content/PED_10_13X_Quitting_Smokeless_Tobacco.asp?sitearea=&level

WEBSITE RESOURCES FOR TEENS WHO HAVE NO INTEREST IN QUITTING

- **TeenQuit: Gallery of Gore**

This page contains pictures of diseased tongues, lungs, gums, lips, teeth, and feet caused by tobacco use. You can print out these pictures in cigarette-pack sized images to place on the outside of your pack in order to increase your awareness of your tobacco use.

<http://www.teenquit.com/Gallery/index.asp>

- **TeenQuit: Piggy Bank Cost Calculator**

This page contains a cigarette cost calculator that allows you to enter the number of cigarettes smoked per day, how many years you plan to smoke (or have smoked already), and the cost of a pack of cigarettes. TeenQuit then calculates the amount of money you would save if you quit, or that you have spent already on your tobacco use.

<http://www.teenquit.com/QuitTools/piggybank.asp>

- **TeenQuit: Real Stories**

This series of pages allows you to read several quit stories and think about how the authors' motivations to quit and quit methods might be similar to your own experiences.

<http://www.teenquit.com/RealStories/index.asp>

- **Stress Management: How to Reduce, Prevent, and Cope with Stress**

This website provides a comprehensive guide to recognizing stress, what you can do about stress and stressful situations, and offers simple and effective strategies for stress reduction which include making a stress journal, thinking of coping strategies, and creating a healthy diet and exercise routine. Also provides links to pages containing advice on how to handle burnout, job stress, and relationship stress.

http://www.helpguide.org/mental/stress_management_relief_coping.htm

- **Tips for Coping with Stress**

This webpage offers specific tips and strategies for identifying stress triggers and trying out new ways to manage your time to keep you from feeling overwhelmed by problems or issues. An extensive list of specific stress situations provides further links that can help you with individual issues.

<http://www.mayoclinic.com/health/coping-with-stress/SR00030>

Spit/Smokeless Tobacco Resources

- <http://www.chewfree.com>
A research project, funded in part by the National Institutes of Health, to help people quit using chewing tobacco.
- <http://www.tobaccoproducts.org/index.php/KikIt>
KIKIT is a fresh, moist, completely edible alternative to chewing tobacco that can help you quit.
- <http://www.sbctc.org/built>
Building Trades Unions Ignite Less Tobacco (BUILT) is designed to provide statewide outreach to workers and their Unions about tobacco use.
- <http://www.ncbi.nlm.nih.gov/entrez/query.fcgi>
PubMed is a service of the U.S. National Library of Medicine that includes over 16 million citations from MEDLINE and other life science journals for biomedical articles back to the 1950s.
- <http://www.quitsmokeless.org>
This site offers help from your fellow quitters, cancer gallery, Hall of Fame, and tracking facts.
- <http://www.nstep.org>
The National Spit Tobacco Education Program's mission is to prevent people, especially young people, from starting to use spit tobacco, and to help all users quit.
- <http://www.stopsmokeless.com>
This site strives to present timely information on the effects of smokeless tobacco and provides a friendly atmosphere to help users quit.
- <https://quitnet.meyouhealth.com/#/>
Free education, calculators, expert advice, and chat rooms of people who can help you quit
- <http://www.tobaccofreeco.org/nochew>
Through With Chew calls attention to the dangers of using chew, which includes chewing tobacco and snuff. Chew contains at least 28 chemicals that have been found to cause cancer in the mouth, esophagus, and pancreas. Treating oral cancers can involve removal of tissue and bone including the tongue and jaw. Smokeless tobacco can also cause gum disease, heart disease, and precancerous mouth sores.
- <http://www.killthecan.org/>
This site is dedicated to helping people QUIT dip, smokeless & chewing tobacco.

Quit Smoking Apps

If you have tried to quit smoking on your own, then you probably know how difficult that can be. There are cravings to fight, withdrawal symptoms to deal with and all sorts of struggles with your health as your body recuperates.

And while there are plenty of ways to fight all those side effects of quitting, none are more convenient than apps that give you the support and guidance to quit smoking. These connect you to industry experts and those who have quit before, giving you expert advice on the best ways to quit.

- **The Best Quit Smoking iPhone and Android Apps of the Year**
<http://www.healthline.com/health/quit-smoking/top-iphone-android-apps>
- **The 6 Best Quit Smoking Apps**
<https://quitsmokingcommunity.org/the-6-best-quit-smoking-apps/>

LIVESTRONG My Quit Coach



This personalized quitting coach program can be customized to fit the way you want to quit. You can either quit cold turkey or just cut back on your nicotine intake a little each day. However you want to do it, this coaching program will help you out and tailor the schedule to fit you.

It is great for people who are not able to find a quitting program that suits their lifestyle. And the app is physician approved, ensuring you know that you can trust its advice since it has worked for others before.

My Last Cigarette – Stop Smoking Stay Quit

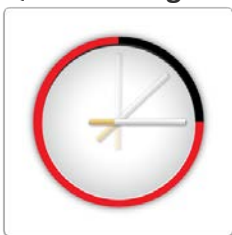
This app has been around for a while, and it still manages to be one of the best ways for people to quit, gaining popularity even as new apps hit the market. This one will actually cost you \$0.99, but it can be worth it for the help it provides.

The app gives you daily motivational messages, helping you to be inspired to quit. And it provides medical facts about smoking, quitting smoking and the difference you are making by choosing healthy options. It is a great way for people to find their inspiration and become motivated little by little to quit once and for all.

Quit Smoking – Cessation Nation

For those who need some support as they try to quit, this app is just perfect. It connects you not only to experts on quitting who provide wisdom and emotional support, but it also puts you in touch with other people who are going through the same process as you. This innovative virtual village allows you to talk to others who are trying to quit and see what is working for them and what struggles they are experiencing. If you think you are alone in your fight against addiction, just know that you don't have to be. This app makes it possible to find others who share your affliction and want to help you quit as much as they want to quit themselves.

Quit Smoking



This app gives you detailed statistical information about how your quitting is progressing. It lets you know day by day how your body is healing, how toxins are emptying from your system and how your progress is coming. You input your smoking data for each day, and the app automatically calculates what is going on inside your body.

It offers a unique look at your situation and allows you to be motivated as you see how well you are doing.

ButtOut

This app focuses on the practical side of quitting smoking. Each day it will tally how much you smoked and then give you facts and figures based on the information you provided.

The app tells you how many cigarettes you did not smoke and how much your savings were for the day. It offers benefits over time, allowing you to see how much money you have saved since you started to quit. This can be a great motivation to people who are worried about how their smoking affects their finances. They can be inspired to stay away from cigarettes if they see how much they were spending on them.

This app costs \$3.99.

Quit Now!

<http://smokefree.gov/apps>

This app helps you overcome the feelings of worry and anxiety that often accompany quitting smoking. If you are struggling to ward off cravings and are having a hard time dealing with withdrawal symptoms, the app provides methods of coping with this stress. It's great for people who feel overwhelmed by their emotions and their addiction and who just need some help to get past the roughest parts.

And you can also find support from experts and people who are trying to quit as well with the social aspects of the app. It actually connects to a lot of social media sites like Twitter and Facebook as well to allow you to show off your progress to those you care about.

QuitGuide

Tacks cravings, moods, slips, and smokefree progress.

quitSTART

Made for teens who want to quit smoking.

quitPal

Uses proven quit strategies to help you become smokefree.

Quitting Books

- *1440 Reasons to Quit Smoking* by Bill Dodds
- *The Last Puff* by Gene A. Spiller
- *If Only I Could Quit* by Karen Casey
- *How Women Can Finally Stop Smoking* by Robert C. Klesges, Margaret Debon
- *Complete Idiot's Guide to Quitting Smoking* by Lowell Kleinman MD, et al
- *American Lung Association 7 Steps to a Smoke-Free Life* by American Lung Association, et al
- *Recovery from Smoking* by Elizabeth Hanson-Hoffman, et al
- *The Enlightened Smoker's Guide to Quitting* by B. Jack Gebhardt, et al
- *The Stop Smoking Workbook* by Lori Stevic-Rust, PhD and Anita Maximin
- *Nic-the Habit* by Joe Weaver
- *Dr. Larry's Quit Smoking* by Larry Deutsch
- *You Can Stop Smoking* by Jacquelyn Rogers, Julie Rubenstein
- *American Cancer Society's Freshstart* by Dee Burton, Ph.D
- *How to Raise Non-Smoking Kids* by Neil Izenberg, MD
- *Butt Out* by David O. Antonuccio, PhD
- *Quittin' Time* by Jenny N. Duffey

- *Inhale/Exhale* by Pat A. Wills
- *The No-Nag, No-Guilt, Do-It-Your-Own-Way Guide to Quitting Smoking* by Tom Ferguson, MD
- *The Easy Way to Stop Smoking* by Allen Carr
- *The Smoke Stops Here!* by Jim Lacey
- *"Cassius Cheong's Positively Quit Manual: The Thinking Person's Guide to Stop Smoking"* by Cassius Cheong
- *Quit Smoking Today Without Gaining Weight* by Paul McKenna

CDs to Help You Quit

There are several audio CDs available to help clients quit smoking from home. Each of the following CDs* can be ordered online and some may even be found in your neighborhood bookstore.

- *Meditainment: Quit Smoking* by Richard Latham
- *6 Days to Quit Smoking* by Gwen Randall-Young
- *Dr. Larry's Quit Smoking* by Larry Deutsch
- *Quit Smoking Auto-Matically* by Bob Griswold and Deirdre Griswold
- *Quit Smoking: 20 Minute Meditation Music to Stop Smoking* by Vic Meditation Music Studio Sorisio
- *The Easy Way to Stop Smoking* by Allen Carr and Simon Prebble
- *Stop Smoking Forever* by Glenn Harrold
- *Quit Smoking Now* by Patrick Marsolek
- *Stop Smoking in One Hour: Play the CD... Just Once... and Never Smoke Again!* by Susan Hepburn [CD included with purchase of paperback]

Tweet 2 Quit

- <http://tweet2quit.merage.uci.edu/>

Quit Smoking Resources for Providers

GENERAL RESOURCES

- **Agency for Healthcare Research and Quality Guideline for Treating Tobacco Use and Dependence**
 This Quick Reference Guide for Clinicians presents summary points from the Clinical Practice Guideline. The guideline provides a description of the development process, thorough analysis and discussion of the available research, critical evaluation of the assumptions and knowledge of the field, and more complete information for health care decision making. Decisions to adopt particular recommendations from either publication must be made by practitioners in light of available resources and circumstances presented by the individual patient.
<http://www.ahrq.gov/path/tobacco.htm#clinicians>
- **American Academy of Family Physicians**
 Ask and Act Program
<http://www.aafp.org/about/initiatives/ask-act.html>
 New tobacco cessation campaign encourages 100 percent of family physicians to ASK about the tobacco use habits of all their patients and ACT on that information.
- **American Academy of Pediatrics Section on Tobacco Control**
<http://www2.aap.org/richmondcenter/SOTCo/home.html>
www.aap.org/richmondcenter/
 The Section on Tobacco Control's mission is to raise awareness about the importance of and support for pediatricians, other physicians, and non-physician clinicians in, preventing tobacco initiation and exposure, treating dependence, and eliminating children's exposure to tobacco including secondhand smoke and nicotine.
- **AAP Julius B. Richmond Center**
www.aap.org/richmondcenter/
- **American College of Chest Physicians**
 Easily access materials and instruments for assessment and treatment.
<http://tobaccodependence.chestnet.org/>
- **American Society of Clinical Oncology**
 ASCO is committed to providing oncologists the tools and resources needed to help their patients definitively quit tobacco.
<http://www.asco.org/practice-research/practice-tools-and-resources>
- **CDC Office on Smoking and Health**
 The Centers for Disease Control and Prevention (CDC), through its Office on Smoking and Health (OSH), is the lead federal agency for comprehensive tobacco prevention and control. OSH is a division within the National Center for Chronic Disease Prevention and Health Promotion, which is located within CDC's Coordinating Center for Health Promotion.
 Originally established in 1965 as the National Clearinghouse for Smoking and Health, OSH is dedicated to reducing the death and disease caused by tobacco use and exposure to secondhand smoke.
<http://www.cdc.gov/tobacco>

- **CEASE: Clinical Effort Against Secondhand Smoke Exposure**

www.ceasetobacco.org

The CEASE program was developed by child healthcare clinicians to help other child healthcare clinicians adjust their office setting to address parental tobacco use in a routine and effective manner.

- **CS2day**

<https://www.cs2dayuwp.com/default.aspx?section=credit>

Physicians, nurse practitioners, physician assistants, and other healthcare professionals who treat patients with tobacco use and dependence and want to help them quit through performance improvements should participate in this CME activity. BY REGISTERING FOR THIS ACTIVITY, YOU ATTEST THAT YOU ARE A PRACTICING CLINICIAN AND THAT YOU INTEND TO COMPLETE THIS ACTIVITY IN ITS ENTIRETY.

<https://register.cmeenterprise.com/8529/>

Cease Smoking Today (CS2day) is a collaborative partnership designed to reduce the number of persons who smoke and decrease morbidity and mortality from smoking-related illness. Patients with psychiatric disorders and substance use disorders have smoking rates that are two to four times higher, and are likely to die 25 years earlier, than the general population. The *Clinical Practice Guideline: Treating Tobacco Use and Dependence 2008 Update* recommends that all smokers with psychiatric disorders be offered treatment to help them overcome their dependence on tobacco.

- **Dayna Institute**

<http://www.danyainstitute.org/resources/co-occurring-disorders-training/>

Training for clinicians in the substance abuse and mental health treatment systems on the “Best Practices” for effectively treating consumers with co-occurring disorders.

- **IRETA**

<http://ireta.org/>

IRETA helps people respond effectively to substance use and its related problems, currently the [National Screening, Brief Intervention and Referral Treatment \(SBIRT\) Addiction Technology Transfer Center \(ATTC\)](#), with funding from SAMHSA to serve as national focus area experts on SBIRT.

- **Mayo Clinic Nicotine Dependence Center**

www.mayoclinic.org/ndc/

The Nicotine Dependence Center offers educational activities to healthcare professionals who are interested in incorporating nicotine dependence treatment into their practice and/or developing a service to meet the needs of tobacco dependent patients

- **Michigan Oncology Quality Consortium Tobacco Cessation Collaborative**

<http://moqc.org/>

Modeled after the Institute of Healthcare Improvement (IHI) improvement efforts, MOQC in partnership with Michigan Cancer Consortium is sponsoring a learning collaborative to change clinical culture and practice patterns to ensure that every patient being treated for cancer who uses tobacco is identified, advised to quit, and offered scientifically sound treatments.

- **Motivational Interviewing**
 - Motivational Interviewing – for patients who do not want to quit (NAQC)
<http://www.motivationalinterviewing.org/>
 This web site is intended to provide resources for those seeking information on Motivational Interviewing. It includes general information about the approach, as well as links, training resources, and information on reprints and recent research.
 - In addition to the contributions of Drs. Miller and Rollnick, the site has benefited from the input of several members of the Motivational Interviewing Network of Trainers (MINT), and hosts information about the MINT organization. In addition to providing information on Motivational Interviewing, the site serves as a resource for agencies or organizations who wish to find a skilled and knowledgeable trainer to assist them in implementing or supplementing current motivational services.
<http://www.motivationalinterview.org>

- **Guidance for Talking to Patients about Their Tobacco Use**
 - Motivational Interviewing
<http://www.motivationalinterview.org/>
 This Web site provides information on motivational interviewing. It includes details about this approach, other links, training resources, and current research.
 - Motivational Interviewing videos- [Effective Physician](#)
 - Motivational Interviewing videos- [Ineffective Physician](#)
 - Talk To Your Patients
<http://talktoyourpatients.org/>
Don't Be Silent About Smoking is a social marketing campaign to encourage clinicians to take an active role in helping their smoking patients quit. This site includes counseling tips and advice.

- **National Behavioral Health Network for Tobacco & Cancer Control**
<http://www.thenationalcouncil.org/consulting-best-practices/national-behavioral-health-network-tobacco-cancer-control/>

- **Prevent Tobacco Use: A CADCA Toolkit**
<http://www.preventtobaccouse.org>
 CADCA's Tobacco Use Prevention Toolkit is designed to provide coalitions and drug prevention practitioners with strategies and ideas they can implement to prevent and reduce tobacco use in their communities. Most of the toolkit's content is based on an environmental approach, with strategies aimed at changing or influencing community conditions, standards, institutions, structures, systems and policies.

- **Quitting Smoking for Older Adults**
<http://nihseniorhealth.gov/quittingsmoking/quittingwhenyoureolder/01.html>
 National Institutes of Health released a new web resource to help older adults stop smoking. Quitting Smoking for Older Adults, a new topic from NIHSeniorHealth, offers videos, worksheets, interactive features, strategies, quizzes, and more for older smokers who want to or are thinking of quitting. NCI, which based the topic on its resource, Clear Horizons: A Quit Smoking Guide for People 50 and Older, has also included information about the challenges and advantages of quitting when you're older, smoking's effect on medications, and how to handle withdrawal cravings.

- **Quitting Smoking for Pregnant Women**

- Provides resources for those interested in starting the following program: A unique model to assist women in remaining tobacco-free post-partum through CO monitoring. Each month, for 6-12 months, women who pass the CO test would get a free one month supply of diapers.

<http://babyandmetobaccofree.org/>

- "Smoking Cessation for Pregnancy and Beyond: A Virtual Clinic" is an updated online training, based on the "Virtual Practicum" model. The training is intended for health care professionals who will be assisting their female patients in quitting smoking, in particular, patients who are pregnant or in their child-bearing years."

<https://www.smokingcessationandpregnancy.org/>

- **Rx For Change**

<http://rxforchange.ucsf.edu>

A comprehensive, turn-key tobacco cessation training program that equips health professional students and licensed clinicians with knowledge and skills for assisting patients with quitting.

- **Smoking Cessation Leadership Center**

<http://smokingcessationleadership.ucsf.edu/>

The Smoking Cessation Leadership Center (SCLC) is a national program office of the Robert Wood Johnson Foundation. Significant support is also provided by the American Legacy Foundation. SCLC aims to increase smoking cessation rates and increase the number of health professionals who help smokers quit. The Center creates partnerships for results with a variety of groups and institutions to develop and implement action plans around smoking cessation. Partnerships with dental hygienists, nurses, pharmacists, emergency physicians, hospitals, labor unions, family physicians, the Veterans Health Administration, and myriad other groups all lead toward the same goal: saving lives by increasing cessation rates and cessation interventions.

- **Surgeon General's Report**

<http://www.surgeongeneral.gov/library/reports/50-years-of-progress/index.html>

The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General, 2014

- **Treatobacco.net**

<http://www.treatobacco.net/>

Treatobacco.net is for those working on the treatment of tobacco dependence throughout the world. It presents authoritative (see contributors) evidence-based information about the treatment of tobacco dependence, under five headings: Demographics and Health Effects, Efficacy, Health Economics, Policy, Safety. Key findings, commentaries and supporting references have been collated and reviewed by around 50 international experts and the evidence is periodically updated to incorporate new research. Referenced slide kits and other resources can also be downloaded from the site.

- **The University of Wisconsin Center for Tobacco Research and Intervention (UW-CTRI)**

<http://www.ctri.wisc.edu/>

UW-CTRI holds a unique place in tobacco control. The Center combines ground-breaking tobacco

research with practical application. This has resulted in the UW-CTRI achieving a national reputation for expertise in the study of tobacco treatment and dependence.

- **2008 Clinical Practice Guideline: Treating Tobacco Use and Dependence**

<http://www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/tobacco/index.html>

This U.S. Public Health Service's 2008 update of the Clinical Practice Guideline: Treating Tobacco Use and Dependence includes new, effective clinical treatments for tobacco dependence and the latest information to help people quit smoking.

- **1-800-QUIT-NOW**

http://www.cdc.gov/tobacco/quit_smoking/cessation/ngdw/index.htm

1-800-QUIT-NOW is the toll-free National telephone counseling service to help people stop smoking or quit other forms of tobacco use.

TREATMENT AND RESEARCH ORGANIZATIONS

- **ATTUD Association for the Treatment of Tobacco Use and Dependency**

<http://www.attud.org/>

ATTUD is an organization of providers dedicated to the promotion of and increased access to evidence-based tobacco treatment for the tobacco user.

- **Society for Research on Nicotine and Tobacco**

<http://www.srnt.org/>

The Society for Research on Nicotine and Tobacco (SRNT) is the leading association focused on this special area of research. SRNT was founded in 1994 to coordinate and advance research on a broad array of topics ranging from the pharmacology of nicotine to the societal influences on use of tobacco. The Society has flourished in the years since its inception and now has over 1100 members, in more than 40 countries around the world.

DISPARITIES, SPECIAL NEEDS

- **CDC CONSORTIUM of National Networks**

The following CDC-funded networks are working with specific populations experiencing tobacco and cancer-related health disparities

- Asian Pacific Partners for Empowerment, Advocacy and Leadership

<http://www.appealforcommunities.org/>

- Community Anti-Drug Coalitions of America

<http://www.cadca.org/>

- Inter-Tribal Council of Michigan

<http://www.itcmi.org/>

- National African American Tobacco Prevention Network

<http://www.naatpn.org/>

- National Alliance for Hispanic Health

<http://www.hispanichealth.org/>

- Network for LGBT Health Equity at Centerlink

<http://blog.lgbthealthequity.org/about/>

MORE RESOURCES ON DISPARITIES

African Americans

- National African American Tobacco Education Network
- National African American Tobacco Prevention Network
- Pathways to Freedom: Winning the Fight Against Tobacco

American Indian and Alaskan Native people

- Minnesota Native American Council on Tobacco
- Indigenous Cultural Wellness
- Tribal Smoke-free Policy Toolkit
- Native American Action Plan: Addressing Tobacco Abuse Among Pregnant and PostPartum Women

Asian Americans

- South Asian Health: Smoking
- Tobacco Cessation Among Asian American and Pacific Islanders: A Community Approach
- Asian Smokers' Quitline Services available in Cantonese, Mandarin, Korean, and Vietnamese.

HIV Positive

- Positively Smoke Free

Intellectual Disabilities

- 'I Can Quit' Facilitator's Manual

Latinos/Hispanics

- Train the Trainer Smoking Cessation Toolkit
- Key Facts About Smoking Among Hispanics
- Facts about Latinos/Hispanics and Secondhand Smoke

LGBTQ

- The LGBT Smoke Free Project
- Americans for Nonsmokers' Rights: LGBT
- The Last Drag

Mental Health

- A Hidden Epidemic: Tobacco Use and Mental Illness
- Smoking Cessation Leadership Center: Behavioral Health Resources
- Oregon Addiction and Mental Health Services
- Smoking Cessation for Persons with Mental Illnesses: A Toolkit for Mental Health Providers

Military families

- That's It- Time to Quit
- TRICARE smoking cessation program fact sheet
- Quit Tobacco. Make Everyone Proud. <https://www.ucanquit2.org/>

Oncology Patients

- American Society of Clinical Oncology: Tobacco Cessation and Control Resources

Rural Communities

- Tobacco Use in Rural Communities

Women

- National Partnership for Smoke-free Families: Clinical Practice Tools
- Pregnets
- SmokefreeWomen
- Smoking Cessation for Pregnancy and Beyond: A Virtual Clinic
- text4baby

Youth

- Help Teens Quit
- Smokefree Teen- Note that this site does not discuss nicotine replacement therapy (NRT); if you're interested in finding out more about NRT, talk to your doctor.
- I Quit Brochure
- For more resources for youth and teens, see For Kids and Teens

OTHER RESOURCES:

- Tobacco Atlas:
<http://www.tobaccoatlas.org/>
- Tobacco Timeline:
http://www.tobacco.org/History/Tobacco_History.html
- History of Tobacco:
<http://www.historian.org/bysubject/tobacco1.htm>
- Legacy Documents Library:
<http://legacy.library.ucsf.edu/>
- DOJ Case Site:
<http://www.usdoj.gov/civil/cases/tobacco2/>
- Tobacco Litigation Documents:
<http://www.library.ucsf.edu/tobacco/litigation/>
- Campaign For Tobacco Free Kids:
<http://www.tobaccofreekids.org/>
- CDC's Best Practices:
http://www.cdc.gov/tobacco/stateandcommunity/best_practices/
- WHO's Tobacco Control Handbook:
http://www.who.int/tobacco/resources/publications/tobaccocontrol_handbook/en/

- Americans for Non-Smokers Rights:
<http://www.no-smoke.org/>
- Framework Convention Alliance:
<http://www.fctc.org/>
- General Resources:
<http://wellnessproposals.com/wellness-library/tobacco-cessation/>
- MD Anderson Cancer Center Tobacco Cessation Course 2 - Interactive Vignettes for Counseling Smokers in Health Care Settings
<https://www.mdanderson.org/education-and-research/resources-for-professionals/professional-educational-resources/professional-oncology-education/tobacco-cessation/tobacco-cessation-2.html>
- Tobacco Cessation Education: A Training Program for Faculty
<https://smokingcessationleadership.ucsf.edu/webinars/tobacco-cessation-education>
- Connecting with Patients for Tobacco Free Living
<https://ce.mayo.edu/public-health/content/connecting-patients-tobacco-free-living>
- Smoking Cessation For Pregnancy And Beyond: A Virtual Clinic
<https://www.smokingcessationandpregnancy.org/>
- **American Cancer Society**
Tobacco and Cancer: <http://www.cancer.org/cancer/cancercauses/tobaccocancer/index>
The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem.
- **American Lung Association**
www.lungusa.org
Founded in 1904 to fight tuberculosis, the American Lung Association® today fights lung disease in all its forms, with special emphasis on asthma, tobacco control and environmental health.
- **Quit Smoking Today: Smokefree.gov**
<http://www.smokefree.gov>
The Smokefree Web site includes a variety of interactive tools to help you quit smoking.
- **Recovery SI**
See: For Treatment Professionals, counseling skills videos
<http://treatmentandrecoverysystems.com/>
- **Become an EX**
The EX Plan is a free quit smoking program, one that can show you a whole new way to think about quitting. It's based on personal experiences from ex-smokers as well as the latest scientific research from the experts at Mayo Clinic.

www.becomeanex.org

- **Environmental Protection Agency**

This site offers a wealth of information on the health effects of secondhand smoke on children and helps families establish a smoke-free home.

<http://www.epa.gov/indoor-air-quality-iaq/secondhand-tobacco-smoke-and-smoke-free-homes>

- **Pairing Smoking-Cessation Services with Lung Cancer Screening: A Clinical Guideline from the Association for the Treatment of Tobacco Use and Dependence and the Society for Research on Nicotine and Tobacco** (Lisa M. Fucito, PhD et al.)

<http://onlinelibrary.wiley.com/doi/10.1002/cncr.29926/pdf>

- **National Cancer Institute Cigarette Smoking: Health Risks and How to Quit–Patient Version (PDQ®)**

<http://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco/quit-smoking-pdq>