

## Other Tobacco Cessation Programs in the Omaha Metro

\*All descriptions taken from vendors' websites

PLEASE NOTE: UNLIKE THE *COMMIT TO QUIT* PROGRAM, FEES FOR PROGRAMS ON THE FOLLOWING THREE PAGES ARE **NOT** REIMBURSED OR COVERED BY CREIGHTON UNIVERSITY HUMAN RESOURCES.

### **American Lung Association's Freedom from Smoking Program**

*Freedom From Smoking*® is a seven-week clinic that takes you through the process of quitting smoking one step at a time. It offers a supportive environment and a proven method for quitting, based on the premise that smoking is a learned activity. A certified facilitator helps you understand why and when you smoke so you can learn to fight your addiction and quit for good. *Freedom From Smoking*® addresses these key issues:

- Managing stress
- Nicotine withdrawal
- Weight control
- Long-term strategies for staying free from tobacco

Cost: \$75

#### Contact Information:

Lisa Fuchs  
8990 W. Dodge Rd, Ste. 226  
Omaha, NE 68114  
Phone: (402) 502-4950  
Email: [tobaccofreeu@gmail.com](mailto:tobaccofreeu@gmail.com)  
Number of Sessions: 8 – held weekly (Need a minimum of 10 to hold a class)

### **Methodist Health System Quit Smart® Smoking Cessation Program**

The *QuitSmart*® Smoking Cessation Program is designed to help smokers stop smoking and learn how to prevent future relapses in only three sessions. The following topics are covered in the program:

- Tracking tobacco use
- Medical and physical aspects of quitting
- Basic quitting strategies
- Consideration of the nicotine patch and gum
- Explanation of why people use tobacco
- Discussion of habit versus addiction
- Stress management techniques
- Weight management
- Importance of fitness programs
- Relapse prevention strategies
- Follow-up

Cost: \$40

#### Contact Information:

Laura Krajicek  
8303 Dodge St.  
Omaha, NE 68114  
Phone: (402) 354-5237

## **Additional Vendors in the Omaha Metro**

\*Vendors' information extracted from Nebraska Department of Health and Human Services website  
<http://dhhs.ne.gov/publichealth/Documents/NETobaccoCessationPrograms.pdf>

### **Charles Drew Health Center**

Patricia Christopher

2915 Grant St.

Omaha, NE 68111

Phone: (402) 345-9860, Ext. 206

Email: [patriciac@cdhcmmedical.com](mailto:patriciac@cdhcmmedical.com)

Website: [www.charlesdrewhcomaha.org](http://www.charlesdrewhcomaha.org)

Additional Information: Individual counseling is available. Group counseling meets Mondays from 4:30 – 5:30 p.m.

Total Hours of Cessation Counseling: 8

Number of Sessions: 8

Cost: Free to Charles Drew patients

### **CVS Pharmacy**

Joel C. Elmborg, RRT, RPH

1919 N. 90th St.

Omaha, NE 68114

Email: [JElmborg@yahoo.com](mailto:JElmborg@yahoo.com)

Additional Information: Individual counseling

Total Hours of Cessation Counseling: 4

Number of Sessions: 8

Cost: \$240

### **Hy-Vee Pharmacy #8**

Michael S. Miles, PharmD, RPh

747 N. 132nd St.

Omaha, NE 68154

Phone: (402) 493-3110

Email: [1471rxmgr@hy-vee.com](mailto:1471rxmgr@hy-vee.com)

Additional Information: ALA Freedom from Smoking program, Group counseling

Total Hours of Cessation Counseling: 16

Number of Sessions: 8

Cost: up to \$150

### **Kurt V. Gold, MD, PC**

7919 Wakeley Plaza

Omaha, NE 68114

Phone: (402) 933-2016

Email: [kgoldmd@qwestoffice.net](mailto:kgoldmd@qwestoffice.net)

Additional Information: Individual and group counseling is available.

Total Hours of Cessation Counseling: As needed

Number of Sessions: As needed

Cost: \$45

**Medicine Man Pharmacy**

Ken Saunders, PharmD, TTS

715 N. 132nd St.

Omaha, NE 68154

Phone: (402) 496-9757

Email: [kensaunderspharmd@yahoo.com](mailto:kensaunderspharmd@yahoo.com)

Additional Information: Class locations are flexible.

Total Hours of Cessation Counseling: 4

Number of Sessions: 4

Cost: \$200

**The Nebraska Medical Center**

Tom Klingemann

600 S. 42nd St.

Omaha, NE 68198-9200

Phone: (402) 559-8757

Number of Sessions: Meet one-on-one with a trained pharmacist, 4-5 times, 30-40 minutes each session.

Cost: \$75