

# Smoking Cessation Resources for Professionals

## Referral Resources

### Colorado QuitLine (1-800-QUIT-NOW)

A free resource for your patients, the QuitLine is a telephone coaching service that offers free nicotine patches to medically-eligible participants. The QuitLine tailors its services to meet the special needs of pregnant women.

### Fax-to-Quit Program

This program offers health care providers a quick, efficient way to refer their patients to an evidence-based cessation service, the Colorado QuitLine. To refer a patient, providers just fax a completed QuitLine Fax Referral Form to 800-261-6259. Visit [www.coloradoguidelines.org/tobacco](http://www.coloradoguidelines.org/tobacco) or [www.cohealthproviders.com](http://www.cohealthproviders.com) site to learn more about the program and for fax referral forms.

### Colorado QuitLine Web-based Program [www.myquitpath.com](http://www.myquitpath.com)

Colorado's free online cessation program offers online quit tools and tips based on the latest research.

### Baby and Me Tobacco Free

Physicians or clinics refer pregnant women to this program, which offers each mother four or more sessions of cessation counseling, support and CO monitoring. If, after random saliva tests, a mother tests tobacco free, she receives a \$25 voucher for diapers up to 12 months after delivery. There are 23 Colorado communities/clinics participating in this program. To determine the availability of the program in your county, please contact your local tobacco program (see program directory at [www.steppcolorado.com](http://www.steppcolorado.com)).

### Patient Materials [www.cohealthresources.org](http://www.cohealthresources.org)

For free patient educational and outreach materials, please visit the site to order materials.

## Prenatal Programs with Smoking Cessation Intervention

### Nurse Home Visitor Program [www.cdphe.state.co.us/ps/nursehome/index.html](http://www.cdphe.state.co.us/ps/nursehome/index.html)

The Nurse Home Visitor Program (NHVP) awards grants to public or private organizations in Colorado that provide regular, in-home, visiting nurse services to first-time, low-income mothers during their pregnancy and through their child's second birthday. The trained visiting nurses help educate mothers on the importance of health and nutrition and avoiding alcohol and drugs, including nicotine, and assist and educate mothers in providing general care for their children. Additionally, visiting nurses help mothers locate assistance with educational achievement and employment. For a list of local NHVP providers, please visit website listed above.



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## Prenatal Programs with Smoking Cessation Intervention (continued)

### **Prenatal Plus** [www.cdphe.state.co.us/pp/womens/PrenatalPlus.html](http://www.cdphe.state.co.us/pp/womens/PrenatalPlus.html)

Prenatal Plus is a Medicaid-funded program which provides case management, nutrition, and psychosocial services to Medicaid-eligible pregnant women in Colorado who are assessed to be at high risk for delivering low birth weight infants. The program assists women in developing and maintaining healthy lifestyles during pregnancy and beyond, especially encouraging tobacco cessation.

### **Medicaid Smoking Cessation Counseling Benefit**

Medicaid clients can receive smoking cessation counseling through the outpatient substance abuse benefit. Providers are required to be licensed or certified addiction counselors and must be enrolled in Medicaid under that provider type. Prenatal providers cannot bill for smoking cessation counseling outside of global billing unless they are also enrolled as a Medicaid substance abuse benefit providers. For more information, call 1-800-237-0757 or 303- 534-0146 or visit <https://hcpf.cdhs.state.co.us/default.asp>

## Clinical Resources for Tobacco Cessation

### **State Tobacco Education & Prevention Partnership** [www.cohealthproviders.com](http://www.cohealthproviders.com)

This web site was created as a tobacco prevention and control resource for health care professionals. It offers tobacco education best practices, evidence-based guidelines, educational tools, timely tobacco-related information and more.

### **Office of the Surgeon General – U.S. Department of Health and Human Services**

#### **Tobacco Cessation—You can Quit Smoking Now!** [www.surgeongeneral.gov/tobacco/](http://www.surgeongeneral.gov/tobacco/)

The Surgeon General serves as America's chief health educator by providing Americans the best scientific information available on how to improve their health and reduce the risk of illness and injury. Look here for downloadable clinician's materials.

### **Colorado Clinical Guidelines Collaborative** [www.coloradoguidelines.org/tobacco/guideline2009](http://www.coloradoguidelines.org/tobacco/guideline2009)

This site offers clinical guidelines to Colorado's health care professionals for a number of chronic health diseases and conditions, including tobacco dependence. Look here for the most recent Tobacco Cessation and Secondhand Smoke Exposure Guidelines.

### **American College of Obstetricians and Gynecologists smoking cessation information and resources** [www.acog.org/departments/dept\\_web.cfm?recno=13](http://www.acog.org/departments/dept_web.cfm?recno=13)

The American College Obstetricians and Gynecologists' web site offer smoking cessation resources and information for patients and providers. Resources offered include a provider tool kit and other relevant materials.

### **National Partnership for Smoke-Free Families** [www.tobacco-cessation.org/sf/](http://www.tobacco-cessation.org/sf/)

This website provides materials and tools to help providers support pregnant smokers quit based on effective evidence-based treatments.

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## Clinical Resources for Tobacco Cessation (continued)

### Colorado Department of Public Health and Environment State Tobacco Education and Prevention Partnership (STEPP)

[www.cdphe.state.co.us/pp/tobacco/index.html](http://www.cdphe.state.co.us/pp/tobacco/index.html)

STEPP administers a grant program to non-profits and government agencies working in tobacco control in Colorado. This grant program is funded by Amendment 35, the tobacco tax increase, which was a statewide ballot initiative approved by voters in 2004.

### The American Legacy Foundation [www.americanlegacy.org/](http://www.americanlegacy.org/)

The Foundation develops programs that address the health effects of tobacco use. It endeavors to help all young people reject tobacco, and to give everyone access to tobacco prevention and cessation services.

### Society for Research on Nicotine and Tobacco [www.treattobacco.net/en/index.html](http://www.treattobacco.net/en/index.html)

For those working on the treatment of tobacco dependence throughout the world, treattobacco.net presents authoritative evidence-based information about the treatment of tobacco dependence.

### Agency For Healthcare Research and Quality [www.ahrq.gov/path/tobacco.htm](http://www.ahrq.gov/path/tobacco.htm)

*Treating Tobacco Use and Dependence: 2008 Update*, sponsored by the Public Health Service, includes new, effective clinical treatments for tobacco dependence that have become available since the 2000 Guideline was published.

### A First Look at the Revised Colorado Tobacco Cessation & SHS Exposure Guideline - How Colorado Providers Implement Guidelines (5/13/09)

<http://www.coloradoguidelines.org/tobacco/webinars/5-13-09.asp>

### Meeting the Challenge of Tobacco Cessation for Persons with Mental Illness and Substance Use Disorders [www.tcln.org/bea/cme/index.aspx](http://www.tcln.org/bea/cme/index.aspx)

The Tobacco Cessation Leadership Network (TCLN) is excited to announce the launch of a new, online CME Course designed to highlight resources available to assist health professionals in treating smokers with mental illness and substance use disorders.

## Your Reason to Quit Grows Everyday!



Colorado Department  
of Public Health  
and Environment

Colorado Department of Public Health and Environment  
4300 Cherry Creek Drive South  
Denver, CO 80246-1530  
303- 692-2000 or 1-800-886-7689 (In-state)  
TTD Line for the Hearing Impaired: 303-691-7700