

# Tobacco Cessation, Education and Prevention Resources Available in El Paso County

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**Compiled by El Paso County Public Health**

1675 W. Garden of the Gods Rd., Suite 2044, Colorado Springs, CO, 80907

To provide content updates, please contact email [tepp@elpasoco.com](mailto:tepp@elpasoco.com) or call (719)-578-3199.

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# Resources for Quitting - In Person

## The DIMENSIONS at University of Colorado Hospital

This six-week program helps individuals stop smoking by providing information, modifying behavior, and demonstrating effective coping techniques to eliminate tobacco, in any form, and thereby improving quantity and quality of life. The first class is offered free of charge. Individuals receive information concerning the risks of smoking, benefits of quitting and details of what is covered in this comprehensive education program that will enable them to quit for good.

For more information, call Health Link at 719-444-CARE (2273).

## Tobacco Cessation Class at UHealth Memorial Hospital

Each month, UHealth Memorial Hospital holds a free three-hour tobacco cessation class. Topics include preparing to quit, choosing your quit date, creating a non-smoking environment, nicotine effects, nicotine products, coping with withdrawal, healthy living, staying quit, resources and success stories. The class is held in Suite 230, Printers Park Medical Plaza, 175 S. Union Blvd. Virtual classes are also available.

For more information, visit <https://www.uhealth.org/services/respiratory-lung-care/smoking-cessation/> or call 719-365-7511.

## Nicotine Anonymous

Nicotine Anonymous is a non-profit 12-step fellowship of men and women helping each other live nicotine-free lives. Nicotine Anonymous welcomes all those seeking freedom from nicotine addiction, including those using cessation programs and nicotine withdrawal aids. The primary purpose of Nicotine Anonymous is to help all those who would like to cease using tobacco and nicotine products in any form. In addition, the fellowship offers group support and recovery using the 12 Steps adapted from Alcoholics Anonymous to achieve abstinence from nicotine. Meetings are held at The Dwelling Place at 508 North Tejon on Wednesdays at noon.

For more information, visit [nicotine-anonymous.org](http://nicotine-anonymous.org), call 719-635-3549 or email [office@fcucc.org](mailto:office@fcucc.org).

## N-O-T Not on Tobacco American Lung Association

Not On Tobacco (N-O-T) is the American Lung Association's voluntary smoking and vaping cessation program for teens ages 14-19. Over the course of the 10-week program, participants learn to identify their reasons for smoking, healthy alternatives to tobacco use and people who will support them in their efforts to quit.

For more information, visit [lung.org](http://lung.org) or email questions to [NOT@Lung.org](mailto:NOT@Lung.org).

## Well-Being Classes with Diversus Health

Diversus Health offers well-being classes for people struggling with tobacco use, substance use, weight gain, finances, stress, asthma, grief or loss, diabetes, job loss and spirituality.

For more information, call 719-572-6100 or visit [diversushealth.org/service/addiction/](http://diversushealth.org/service/addiction/).

# Resources for Quitting - By Phone

## Colorado QuitLine Telephone Coaching

Colorado QuitLine is a free telephone and online service available to Colorado residents 15 years of age and older. When you become a member, you get access to several tools, a team of coaches, research-based information and a community of others trying to become tobacco-free. Expert coaches can talk to you about overcoming common barriers, such as dealing with stress, fighting cravings, coping with irritability and managing weight gain. Through the telephone program, you can also receive a supply of nicotine gum and patches.

Call the QuitLine at 1-800-QUIT-NOW (1-800-784-8669) or visit [www.coquitline.org/](http://www.coquitline.org/) to enroll.

## SmokeFree.gov Text and Online Support

[SmokeFree.gov](http://SmokeFree.gov) offers free text messaging programs that give 24/7 encouragement, advice, and tips for becoming smoke-free. Sign up for texts and get help making a quit plan. Programs include SmokefreeTXT, SmokefreeMOM, SmokefreeTeen, SmokefreeVET, Smokefree Español and SmokefreeVET en Español.

For more information, visit [smokefree.gov/tools-tips/text-programs](http://smokefree.gov/tools-tips/text-programs).

## Quit for Life Program by UnitedHealthcare

Quit for Life® is a free app designed specifically to help you quit smoking and stay smoke-free for life. The program includes online courses, medications, personal support coach, texting features and the following app features:

- Quit date tracker: Set your quit date, follow your progress then keep track of how long you've been a non-smoker.
- Savings calculator: In real-time, calculate how much money you've saved from quitting smoking based on your actual usage. Motivational Reasons for Quitting: Create a list of reasons for quitting that are special to you.
- Daily tips: Receive daily tips to help you quit and stay quit for life.

To get started, visit <https://www.uhc.com/member-resources/health-care-programs/quit-for-life>.

## QuitSTART National Cancer Institute

QuitSTART is a free app made for individuals who want to quit smoking. This app takes the information you provide about your smoking history and gives you tailored tips, inspiration and challenges to help you become smoke-free and live a healthier life.

- Get ready to quit with tips and information to prepare you for becoming smoke-free.
- Monitor your progress and earn badges for smoke-free milestones and other achievements.
- Get back on track if you slip and smoke.
- Manage cravings and bad moods in healthy ways.
- Distract yourself from cravings with games and challenges.
- Store helpful tips, inspirations and challenges in your Quit Kit.

To sign up, text "QUIT" to iQUIT (47848) and select a date to stop smoking.

# Resources for Pregnant Women

## BABY & ME™ Tobacco Free Program

BABY & ME™ Tobacco Free Program is an evidence-based smoking cessation program created to help pregnant and post-partum women quit tobacco. Women who quit smoking are less likely to have premature and low-birth-weight babies. Maintaining smoking cessation after the baby is born extends the positive health outcomes for women and their families by reducing the damaging effects of secondhand smoke. This program offers free diaper vouchers for participants. This virtual program is offered locally by Peak Vista Community Health Centers.

For more information, visit [babyandmetobaccofree.org](http://babyandmetobaccofree.org).

## Colorado QuitLine Resources for Pregnant Women

The Colorado QuitLine has a free program to help pregnant women quit smoking during pregnancy and stay tobacco-free after the baby is born. Your Quit Coach will help you design a quit plan just for you. Benefits include:

- It's free and confidential.
- You get up to nine calls with your Quit Coach.
- You can receive text messages to remind you to stay quit.
- You earn rewards after every call that you can use to buy things for you and your baby.

To enroll, call 1-800-QUIT-NOW (1-800-784-8669) or visit <https://www.coquitline.org/>.

## SmokefreeMOM Text Support

The program provides 24/7 encouragement, advice, and tips to help pregnant smokers quit smoking and stay quit. The program is at least six weeks, depending on your due date and quit date. There is no fee for this service; however, message and data rates may apply.

To learn more, visit <https://women.smokefree.gov/tools-tips-women/text-programs/smokefreemom>.



# Resources for Military Members

## Fresh Start Peterson Space Force Base

Peterson Space Force Base offers a free four-week tobacco cessation classes for active duty, retirees, reservists, military dependents and base-employed civilians and contractors.

For more information, call 719-556-4292 opt. 1 or visit [peterson.tricare.mil/Health-Services/Preventive-Care/Health-Promotions](https://peterson.tricare.mil/Health-Services/Preventive-Care/Health-Promotions).

## SmokefreeVET Text Support

This program is for military veterans who receive their health care through the U.S. Veteran's Administration and are ready to quit smoking or using tobacco. The program provides 24/7 encouragement, advice and tips to help veterans quit tobacco and stay quit by addressing the unique challenges that veterans face. The program lasts six to eight weeks depending on your quit date and is also available in Spanish. You will receive three-to-five messages per day. Message and data rates may apply.

To sign up online, visit [veterans.smokefree.gov](https://veterans.smokefree.gov) or text VET to 47848.

## TRICARE Tobacco Cessation Benefits

TRICARE provides services, drugs and support to help you quit tobacco. These resources include quitlines, counseling services and tobacco cessation products.

For more information, visit [tricare.mil/HealthWellness/Tobacco](https://tricare.mil/HealthWellness/Tobacco).

## TRICARE Tobacco Cessation Quitline

TRICARE's toll-free Tobacco Cessation Quitline is available 24/7. Through TRICARE's tobacco Quitline, you can speak with a trained tobacco cessation coach, get a customized quit plan and request educational materials.

To enroll, call 888-713-4597.

## YouCanQuit2

YouCanQuit2 offers web-based educational materials, self-help support, a self-paced quit program and live online chat sessions from tobacco cessation coaches 24/7.

For more information, visit <https://www.ycq2.org/>

# Resources for Youth

## My Life My Quit

The program is available to anyone over the age of 12 who wants to quit vaping, smoking or other tobacco products. The program is free and there's a text message program to help you deal with the cravings. A chat function lets you talk to a coach online if you don't want to talk over the phone. Coaches don't need to speak to your parents, and all conversations are completely confidential. And even if you aren't ready to quit, coaches at QuitLine can help.

For more information, visit [co.mylifemyquit.org/index](https://co.mylifemyquit.org/index).

## Tobacco Free CO

Tobacco Free Colorado works to protect Coloradans from the health dangers of tobacco by:

- Providing tips and resources to help quit.
- Supporting Colorado's smoke-free, anti-tobacco and tobacco control policies.
- Preventing youth from using tobacco, including vape/e-cigarettes.

To access information and resources, visit [tobaccofreeco.org](https://tobaccofreeco.org).

## Not on Tobacco (N-O-T) American Lung Association

N-O-T is the American Lung Association's voluntary smoking cessation program for teens ages 14 to 19. Over the course of the 10-week program, participants learn to identify their reasons for smoking, healthy alternatives to tobacco use and people who will support them in their efforts to quit.

For more information and a list of host sites, visit [lung.org/stop-smoking/helping-teens-quit/not-on-tobacco.html](https://lung.org/stop-smoking/helping-teens-quit/not-on-tobacco.html).

## Second Chance

Second Chance is a web-based tobacco education program for middle and high school youth who have violated a tobacco policy at school or in the community. It is a free online, interactive and self-directed program intended to be used as an alternative to suspension. Content helps students think about tobacco's role in their lives and move them toward quitting. Second Chance is not a cessation program.

For more information, visit [secondchancetobacco.org](https://secondchancetobacco.org).

## Taking Down Tobacco

Taking Down Tobacco is a comprehensive youth advocacy training program created by the Campaign for Tobacco-Free Kids in partnership with the CVS Health Foundation. This initiative educates and engages youth through free online and in-person training. It provides introductory training for youth new to the fight against tobacco and advanced training to help young leaders take their advocacy to the next level. Geared toward middle- and high-school students, Taking Down Tobacco empowers youth to create change in their schools, communities and states and help achieve the first tobacco-free generation.

To enroll, visit [takingdowntobacco.org](https://takingdowntobacco.org).

## Tar Wars

Tar Wars is a tobacco-free education program for fourth and fifth-grade students. The program is designed to teach kids about the short-term health effects of tobacco use, the cost associated with using tobacco products and the advertising techniques used by the tobacco industry to market their products to youth. Tar Wars has shown to increase students' knowledge of and attitudes toward tobacco use and advertising. Available in Spanish.

To learn more and download the program guide, visit [aafp.org/family-physician/patient-care/care-resources/tobacco-and-nicotine/tar-wars.html](http://aafp.org/family-physician/patient-care/care-resources/tobacco-and-nicotine/tar-wars.html).

## Truth Initiative

Truth Initiative is dedicated to achieving a culture where all youth and young adults reject tobacco. They spread the truth about tobacco through education, tobacco control research, policy studies, and community activism and engagement. Visit [truthinitiative.org](http://truthinitiative.org) for the latest research and to sign up for their newsletter.

For more information on youth recourses, visit the following:

- [Thetruth.com](http://Thetruth.com) for youth-friendly tobacco facts and activism opportunities
- [Youtube.com/user/truthorange](https://www.youtube.com/user/truthorange) for videos around the tobacco industry tactics and tobacco product information.

# Resources for Clinics and Organizations

## Colorado Medicaid Tobacco Cessation Benefit: What Providers Need to Know

The Colorado Medicaid Tobacco Cessation Benefit provides members of Medicaid programs with free to low-cost (copay) access to evidence-based tobacco treatment. The comprehensive benefit includes medications, counseling, Colorado QuitLine services and enhanced services for pregnant women. Members must be at least 13 years old to participate in counseling and 18 years old to be prescribed medication. x

For more information, visit [colorado.gov/cdphe/providers](http://colorado.gov/cdphe/providers).

## Increase Tobacco Cessation Interventions

The El Paso County Public Health Tobacco Education and Prevention Partnership (TEPP) partners with local health care agencies to recognize tobacco use as a chronic condition and to strengthen clinical tobacco cessation interventions to increase tobacco quit rates. TEPP offers free staff training and technical assistance to clinics and organizations looking to increase cessation outcomes.

For more information, call 719-578-3199 or email [heaTEPP@elpasoco.com](mailto:heaTEPP@elpasoco.com).

## Patient-Centered Tobacco Cessation Workflow for Healthcare Clinics

This workflow provides practical strategies for implementing agency and clinic tobacco cessation services. It outlines needed staffing, as well as their roles and responsibilities. In addition, further clinic training is recommended that will provide staff the skill-sets necessary to implement the workflow. The workflow is a general model that can be readily tailored to healthcare settings. The resource was developed by the University of Colorado Anschutz Medical Campus, School of Medicine, Behavioral Health and Wellness Program.

For more information, visit [tinyurl.com/kojmpv2](http://tinyurl.com/kojmpv2).

## Tobacco-Free Alliance of El Paso County

The Tobacco Education and Prevention Partnership convenes the Tobacco-Free Alliance to mobilize cross-sectional community support around tobacco prevention to help reduce tobacco related disparities among population groups. These efforts have resulted in a sustainable, strong and broad local coalition of tobacco advocates from more than 75 community organizations and stakeholders, including representatives from school districts, colleges, and universities, local municipalities, law enforcement, hospitals and health care organizations, and non-profit agencies. Bimonthly meetings allow members to network, discover common goals and interests, and explore opportunities to support and collaborate with one another.

For more information, call 719-578-3199 or email [heaTEPP@elpasoco.com](mailto:heaTEPP@elpasoco.com).

## Tobacco Free Toolkit for Healthcare Providers

This toolkit was created to help healthcare providers understand why people use tobacco, the health effects and how to assist in healthy lifestyle changes for those they serve. The toolkit includes the following topics: tobacco use, assessment and planning, tobacco cessation treatment, and maintenance. The toolkit was developed by the University of Colorado Anschutz Medical Campus, School of Medicine, Behavioral Health and Wellness Program.

For more information, visit [bhwelness.org/resources-2/toolkits/tobacco](http://bhwelness.org/resources-2/toolkits/tobacco).



# Additional Resources

## American Cancer Society

- 800-ACS-2345 (227-2345)
- [cancer.org](http://cancer.org)

## American Lung Association

- 800-586-4872
- [lung.org](http://lung.org)

## Campaign for Tobacco-Free Kids

- 202-296-5469
- [tobaccofreekids.com](http://tobaccofreekids.com)

## State Tobacco Education and Prevention Partnership (STEPP)

- <https://cdphe.colorado.gov/chronic-disease-prevention/tobacco-education-prevention-and-cessation-grant-program>

## National Cancer Institute

- 800-4CANCER (422-6237)
- [cancer.gov](http://cancer.gov)

## TobaccoFreeCO

- 303-692-2510
- [tobaccofreeco.org](http://tobaccofreeco.org)



### Mission

Our mission is to promote and protect public health and environmental quality across El Paso County through people, prevention and partnerships.

### Vision

Our vision is for all El Paso County residents to live in thriving communities where every person has the opportunity to achieve optimal health.

### Values

Integrity  
Service Excellence  
Collaboration  
Innovation  
Data-Driven  
Respect

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