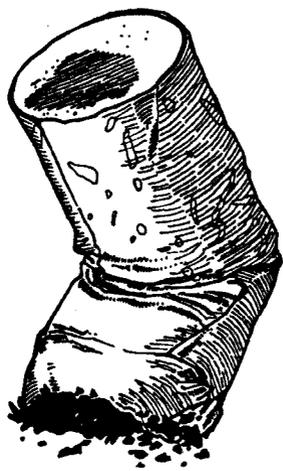


**SMOKING  
CESSATION  
RESOURCE  
DIRECTORY**



*Dear Smoker:*

*Cigarette smoking has been labeled the “#1 preventable cause of death and disability in the United States”. Smoking related diseases such as heart disease, cancer and stroke account for nearly 450,000 deaths each year in our country. In Rhode Island, only 24 percent of adults are smokers, but for many, quitting is difficult.*

*Based on the Surgeon General's latest report on smoking, one reason many people cannot quit is because they are “addicted” to nicotine. For the vast majority of smokers who have successfully quit, it has taken them on the average of 3-4 attempts to finally become “smokefree”. If you are not a heavy smoker, or have just begun to smoke, it is much easier for you to quit now than to wait until you have become addicted to tobacco and nicotine.*

*For health reasons, and whatever other personal reasons you may have, it is important to quit smoking. This resource directory is designed to provide you with assistance and support that you may need in quitting. For success in quitting, it's also important to have a support system of family members and friends to encourage you through the process.*

*For those who feel they cannot quit on their own and would like assistance, this directory offers information on organizations in Rhode Island that specialize in smoking cessation programs. The programs vary in cost, staff qualifications, techniques, etc. As a consumer, you should try to evaluate which type of program is best for you. Gather as much information as possible before deciding on a particular program. Talk to friends, co-workers, and other acquaintances who have successfully quit smoking and ask them how they did it.*

*Remember, if you don't make it on the first try, don't be discouraged. It may take you several attempts at quitting, either through a formal program or on your own. Over 40 percent of Rhode Island smokers eventually have quit - you could be one of them. Good luck in becoming one of the increasing number of people in Rhode Island who are smokefree!*

*The preceding was reprinted from the RI Department of Health's Smoking Cessation Resource Directory.*

*Spring, 1991*

## AVAILABLE THROUGHOUT RHODE ISLAND

Program Title: **NICOTINE DEPENDENCE TREATMENT PROGRAM**

Description: A full range of treatment options including behavioral skills training and medical treatment. These are provided by specially trained psychologists and physicians. Clients receive a comprehensive, individual evaluation to tailor the treatment program to their needs. Group and individual sessions are available.

Cost: Comprehensive Evaluation - \$86 (Third party payment available)

Location: The Miriam Hospital, Behavioral Medicine Clinic, 164 Summit Avenue, Providence, RI 02906, (401) 331-8500, Ext. 4305

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Program Title: **FREEDOM FROM SMOKING CESSATION CLINIC**

Description: A seven session quit smoking program led by trained, certified clinic leaders focusing on: positive behavior changes, group support, proven quit techniques and maintenance strategies. Video programs, self-help manuals and programs for worksites are also available.

Cost: \$75

Location: R.I. Lung Association, 10 Abbott Park Place, Providence, RI 02903, (401) 421-6487

Program Title: **LUNGSS – Let’s Undo Nicotine’s Grasp & Stay Smokefree**

Description: LUNGSS provides follow-up support for people who have recently become non-smokers. Information is also available for those still smoking who are interested in exploring options for quitting. Weekly meetings from 7:00 - 8:30 pm offer speakers and open discussions to those in need of help. Calls for locations and days.

Cost: Free of charge

Location: R.I. Lung Association, 10 Abbott Park Place, Providence, RI 02903, (401) 421-6487

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Program Title: **BEDER HEALTH ASSOCIATES’ QUIT SMOKING SEMINAR**

Description: The program is a 90 minute seminar using hypnosis and behavior modification to reduce cravings and quit smoking. Free monthly follow-up (at 2 Rhode Island and 30 Massachusetts locations) and a question/answer hotline to aid in the withdrawal process are included.

Cost: \$69

Program Title: **QUIT POWER**

Description: A self-help smoking cessation program made possible through a grant from Blue Cross/Blue Shield of Ohio. This hypnosis-based program integrates a 25 minute video, a 28 page manual, and an audio cassette tape to provide powerful relief from cigarette cravings.

Cost: \$29.95 - To order call Beder Health Associates, (617) 843-7908.

Location: Westerly Hospital, Wells Street, Westerly, RI 02891, (401) 596-6000

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### **KENT COUNTY**

Program Title: **BREATH OF LIFE STOP SMOKING PROGRAM**

Description: No matter how much you presently smoke, how long you have smoked, or how many times you have tried to stop, we will help you stop smoking in one hour with modern hypnosis. You will learn how to use modern hypnosis and self hypnosis to stop smoking while avoiding weight gain or becoming hostile.

Cost: \$75 which includes cassette tape and, if needed, an additional follow-up visit.

Location: Andrus Center Ltd. for Mental Health Services, 2006 Nooseneck Hill Road, Coventry, RI 02816, (401) 397-2239

Program Title: **NO SMOKE**

Description: The program combines hypnosis and cognitive behavioral techniques for groups, individuals or worksites. Homework sessions with audio-cassette tapes are included.

Cost: Individuals - \$50. Groups - discounts for group.

Location: Human Relations Consultants, Inc.,  
15 College Park, Warwick, RI 02886, (401)  
823-5570

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Program Title: **LIVE WITHOUT SMOKING**

Description: A five-part program designed to reduce physical withdrawal and help with emotional aspects of smoking. The process includes: 1) Screening - to evaluate motivation; 2) Pretherapy - preparation to stop; 3) Therapy - five days intensive plan; 4) Aftercare weekly support sessions; 5) Follow-up - relapse prevention and crisis intervention.

Cost: \$220 per person

Location: Kent County Stop Smoking Center,  
390 Tollgate Road, Warwick, RI 02886,  
(401) 739-7212

Program Title: **STOP SMOKING PROGRAM**

Description: For most people, this is a two-session program. The thrust of the first session is to drastically reduce the number of cigarettes smoked. The habit is eliminated completely during the second session. All sessions are private.

Cost: \$130

Location: R.I. Hypnosis Center, 2797 Post Road,  
Warwick, RI 02886, (401) 738-2091

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Program Title: **QUIT SMOKING WORKSHOP**

Description: A six week "Quit Smoking Workshop" provides strategies and support for becoming a non-smoker. The program includes specific information on weight control and relaxation techniques to improve the overall health of participants. Series held at various RIGHA Health Centers.

Cost: RIGHA members - \$60; Non-members - \$120.  
Follow-up sessions for former class participants offered throughout the year.

Location: RIGHA Health Education, 400 Bald Hill  
Road, Warwick, RI 02886, (401) 331-3000.  
Ext. 444

## **NEWPORT COUNTY**

- Program Title: **SMOKING CESSATION PROGRAM**
- Description: A six week course that uses a unique and effective combination of individual counseling, behavior management, stress management and group process.
- Cost: \$225 - special prices for seniors, couples, students and Scholarships are available.
- Location: Newport Hospital, Friendship Street,  
Newport, RI 02840, (401) 846-6400,  
Ext. 1119
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## **PROVIDENCE COUNTY**

- Program Title: **FRESH START**
- Description: A four session, no-nonsense approach to quitting smoking. Strategies and information addressing weight control and stress management are included.
- Cost: Nominal Fee.

Program Title: **SMART MOVE**

Description: A one session introduction to the quitting process for smokers who do not want a multi-session program.

Cost: Nominal fee.

Location: American Cancer Society, RI Division, Inc.,  
400 Main Street, Pawtucket, RI  
02860-2296, (401) 722-8480 or  
1-800-ACS-2345

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Program Title: **IN CONTROL WORKSITE SMOKING  
CESSATION PROGRAM**

Description: Combines video viewing with professional guidance to provide each member with information, encouragement, support and behavior modification techniques needed to become a permanent non-smoker. The program combines the advantages of clinic support with the ease and low-cost of a self-help program. One 30 minute session per week for 8 weeks (10 minutes video viewing, 20 minutes group discussion).

The program can be adapted top meet the needs of each worksite.

Cost: \$60/participant with a minimum group size of 15 people.

Location: American Heart Association, RI Affiliate, Inc.,  
40 Broad Street, Pawtucket, RI 02860,  
(401) 728-5300

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Program Title: **THE INCONTROL SMOKING  
CESSATION PROGRAM**

Description: Extensive program utilizing many combined therapies. Stress management, weight control and smoking cessation combined into one program. Preparation, 5 classes and unlimited follow-up are included. Special attention is on minimizing mood swings and discomfort making quitting easier than you thought possible.

Cost: \$50 - \$90 in groups; \$150 for individuals.

Location: The Incontrol Stop Smoking Center,  
77 Ives Street - Room 312, Providence, RI,  
02906 (mail only), (401) 245-1669 or  
943-6690

### **WASHINGTON COUNTY**

See Statewide Program Listings





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