

## Hospital/Community-Based Smoking Cessation Programs

### Anderson

#### **AnMed Health Hospital**

Phone: (864) 512-2582

Contact: Diane Linne

#### **Anderson Oconee Behavioral Health**

Phone: (864) 260-4168

### Charleston

#### **Roper North Hospital:**

12-month cessation program, \$25

Phone: (843) 402-2273

#### **Roper St. Francis Healthline**

\$25, three classes

84 Halsey Boulevard

Charleston, SC 29401

Phone: 1-800-863-2273

#### **MUSC Health Connection Line**

Phone: 843-792-1414

### Dorchester

Trident/Summerville Hospital

4-week smoking cessation program

Phone: (843) 797-3463

### Fairfield

#### **Palmetto Health**

Free Yourself from Smoking

Free program includes counseling, medical consultation and free medication. Participants must attend 6 sessions within 3 weeks.

Advanced registration is required and enrollment is open to residents of Richland, Lexington and Fairfield counties.

Phone: (803) 296-2273

Tobacco Education & Community Health Program (TEACH) \$75, 8-Sessions

Contact: Tarycia Adams

Phone: (803) 635-2335

### Greenville

#### **Greenville Hospital System Life Center**

Quit Smart, \$100

Phone: (864) 455-4001

*Revised 09/01/07*

### Horry

#### **Conway Hospital**

Online Healthwise Knowledgebase

Web: [www.conwayhospital.com](http://www.conwayhospital.com)

#### **Grand Strand Medical Center**

Free 12-step smoking cessation program, adapted from Alcoholics Anonymous. The meetings offer group support and are not allied with any sect, denomination, organization or political group.

Meets at 7:00 p.m. on Thursdays

Web: [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

### Lexington

#### **Health Directions**

Fresh Start Program

Contact: Liz Reinecher

Phone: (803) 791-2513 to register

#### **Palmetto Health Alliance**

Free Yourself from Smoking

Free program includes counseling, medical consultation and free medication. Participants must attend 6 sessions within 3 weeks.

Advanced registration is required and enrollment is open to residents of Richland, Lexington and Fairfield counties.

Phone: (803) 296-2273

### McCormick

Optimum Life Center

Fresh Start Program, \$75

Contact: Susan Cooper

Phone: (864) 725-5760

### Newberry

Breather's Choice

Contact: Brenda Riddle

Phone: (803) 405-7484

### **Richland**

#### **Palmetto Health Alliance**

Free Yourself from Smoking

Free program includes counseling, medical consultation and free medication. Participants must attend 6 sessions within 3 weeks.

Advanced registration is required and enrollment is open to residents of Richland, Lexington and Fairfield counties.

Phone: (803) 296-2273

### **Spartanburg**

Spartanburg Regional HealthCare Center

American Cancer Society Freshstart program

Free, 4 one-hour classes

Contact: Perry Patterson

Phone: 1-877-455-7747

### **York**

#### **Piedmont Medical Center**

Quit Smart program, \$30

Contact: Pansy Yates

Phone: (803) 329-6866

#### **Carolinas HealthCare System**

Contact: Tim Blackwelder

Phone: (704) 355-7808

## **Other Statewide Smoking Cessation Programs in South Carolina**

### **Statewide QuitLine**

SC Smoking Cessation Quitline. Service of National Cancer Institute.

Phone Lines open 9:00 a.m. - 4:30 p.m. Monday – Friday

Counselors provided.

Phone: 1-877-44U-QUIT and 803-545-4464 for Quitline materials.

Web: [www.scdhec.gov/quitforkeeps](http://www.scdhec.gov/quitforkeeps)

### **American Cancer Society Fresh Start Program**

Program brought to the worksite. Facilitator trains the trainer and determines how to implement for that worksite.

### **Not On Tobacco (N-O-T)**

American Lung Association program, designed for teenagers and offered through schools. It consists of 10 one-hour sessions and four optional booster sessions. All sessions are conducted by trained facilitators and are gender sensitive/specific. This program is available upon demand.

Phone: 1-800-LUNG-USA

### **Teens Against Tobacco Use (TATU)**

This program uses young people ages 14-17 to teach 9-12 year olds to avoid tobacco.

E-mail: [TATU@lungusa.org](mailto:TATU@lungusa.org)

### **BlueChoice<sup>®</sup> HealthPlan**

Great Expectations<sup>®†</sup> for health *Quit Smoking*

Five week behavioral change program including a manual and counseling. Cost \$15 per member.

Phone: 1-800-327-3183, ext. 25541, Visit our Web site at [www.BlueChoiceSC.com](http://www.BlueChoiceSC.com)

## **Online Programs**

### **Smokefree Gov**

Online guide to quitting, with telephone counseling available (or instant messaging).

Web: [www.smokefree.gov](http://www.smokefree.gov)

### **Freedom from Smoking<sup>®††</sup> Online**

American Lung Association program. This program is free and available 24 hours a day.

Eight-session clinic with trained instructors teaching a step-by-step method. Information includes:

- Coping with withdrawal symptoms
- Handling stress
- Dealing with temptations
- Developing social support
- Managing possible weight gain
- Nicotine reduction methods

This program is available upon demand.

Phone: 1-800-LUNG-USA

Web: [www.ffsonline.org](http://www.ffsonline.org)

BlueChoice HealthPlan is a wholly owned subsidiary of BlueCross BlueShield of South Carolina.

Both are independent licensees of the Blue Cross and Blue Shield Association.

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