

# Module 8: Tobacco Treatment Programs & Resources



Looking for more information? Visit us online at <http://www.alaskaquitline.com>

# Tobacco Treatment Options in Alaska

There are many statewide and local tobacco cessation resources available in Alaska

- **The Alaska Tobacco Quit Line**
  - Call 1-800-QUIT-NOW
  - Or visit <http://www.quitnow.net/alaska> for web enrollment
- **Local Tobacco Cessation Programs**
- **Nicotine Anonymous**
  - Visit <http://www.nicotine-anonymous.org> to find a meeting in your area

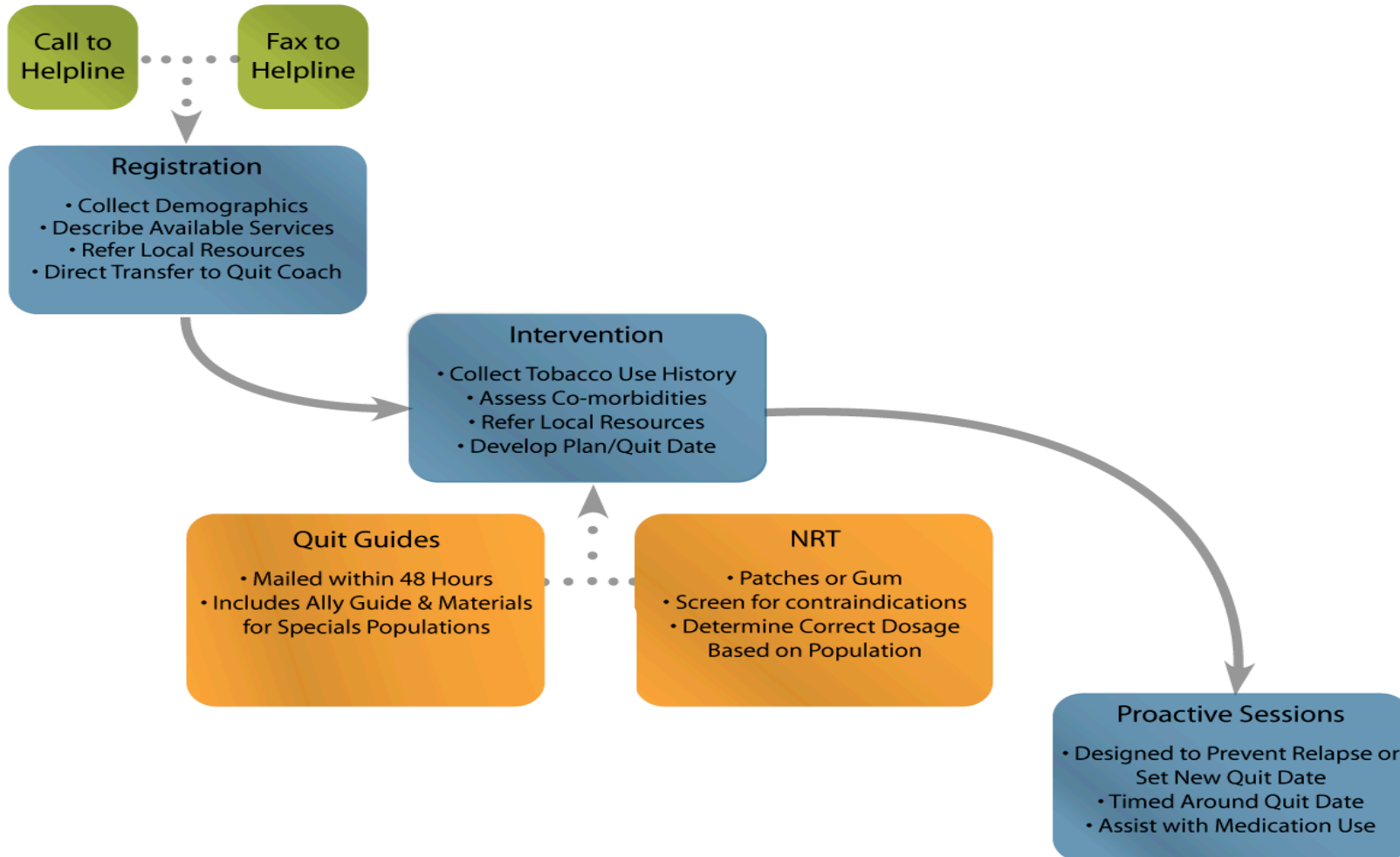
# Alaska's Tobacco Quit Line

# The Alaska Tobacco Quit Line



- 1-800-QUIT-NOW
  - Free statewide, telephone-based services
  - All Alaskan adults eligible for services
  - Confidential, HIPPA compliant
  - Translation services available
  - Unlimited and easy access to Quit Coaches through a toll-free number

# How the Quit Line works



# Alaska Tobacco Quit Line Services

## Materials

- Written materials for family/friends interested in helping a loved one quit tobacco
- Written Quit Guide sent to people interested in more information on how to quit tobacco
- Print materials available in both English and Spanish

## One-Time Call Program

- Counseling support for tobacco users who want to talk about quitting but are not prepared to set a quit date in the next 30 days
- One-time sessions with a Quit Coach on how to prepare for a quit attempt
- Counseling for tobacco users who have quit and would like maintenance support

## Multiple-Call Program

- On-going, proactive coaching support for callers ready to set a quit date within 30 days
- Four proactive calls from a Quit Coach, scheduled at a day and time determined by the caller
- Up to 8 weeks of free NRT
- Participants may call to speak to a Quit Coach at any time between scheduled calls
- Up to 10 follow-up calls available for pregnant women

# Enhanced Quit Line Program for Pregnant Women

- Special training on how to assist expectant mothers
  - Women-centered, rather than baby-centered approach
  - Focus on benefits of quitting and risks of continued tobacco use, not only during pregnancy but after delivery
- Additional materials on the risks of tobacco use during pregnancy
- Up to **10 proactive follow-up calls** during pregnancy and postpartum
  - Several intervention calls in the two-week period following a quit attempt
  - Another call just before due date
  - Two further calls within two months of delivery
- NRT may be available, with written approval from the women's health care provider

## Referring Tobacco Users to the Quit Line

- Provide tobacco users with Alaska Tobacco Quit Line print materials
  - Provided free by the State of Alaska Tobacco Prevention & Control Program
  - To order Quit Line materials email [tobacco@alaska.gov](mailto:tobacco@alaska.gov) or call 1-800-QUIT-NOW
- Proactively refer tobacco users to the Quit Line through the **Fax Referral Program**

# Quit Line Fax Referral Program

- Creates a **partnership** between the Quit Line and healthcare providers
- Tobacco users do not need to call the Quit Line. They fill out a fax referral form with their provider and **the Quit Line calls them.**
  - A Quit Coach will call the referred patient within 48 hours
    - Initial call made by Quit Coach rather than patient
    - Encouraging voicemail left if no answer
    - Letter sent if not reached
  - **A patient-specific outcome report is sent back to referring clinic/provider**

When complete fax to: 1-800-483-3114



Alaska Tobacco Quit Line Fax Referral Form

Fax Referral is for patients who are ready to quit in the next 30 days AND ready to accept a call from the Quit Line in the next 48 hours. If neither of these conditions is met, Fax Referral is not appropriate at this time. Instead, provide patient with Quit Line or other tobacco resource information.

Provider Information: Fax Sent Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Clinic Name: \_\_\_\_\_

Health Care Provider: \_\_\_\_\_

Contact Name: \_\_\_\_\_

I am a HIPAA-Covered Entity (Please check one) [ ] Yes [ ] No [ ] I Don't Know

Fax: (\_\_\_\_) \_\_\_\_ - \_\_\_\_ Phone (\_\_\_\_) \_\_\_\_ - \_\_\_\_

Comments: (e.g. Patient has COPD, diabetes, any information that might be helpful to the Quit Line)

Client Information: Gender: [ ] Male [ ] Female Pregnant? [ ] Y [ ] N

Client Name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Primary #: (\_\_\_\_) \_\_\_\_ - \_\_\_\_ Type: [ ] HM [ ] WK [ ] CELL [ ] OTHER

Secondary #: (\_\_\_\_) \_\_\_\_ - \_\_\_\_ Type: [ ] HM [ ] WK [ ] CELL [ ] OTHER

Language Preference (check one): [ ] English [ ] Spanish [ ] Other - \_\_\_\_\_

Tobacco Type (check ALL that apply): [ ] Cigarettes [ ] Smokeless Tobacco [ ] Cigar [ ] Pipe

\_\_\_\_ I am ready to quit tobacco and request the Alaska Tobacco Quit Line contact me to help me with my quit plan. (Initial)

\_\_\_\_ I DO NOT give my permission to the Alaska Tobacco Quit Line to leave a message when contacting me. (Initial)

Client Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

The Alaska Tobacco Quit Line will call you. Please check the BEST 3-hour time frame for them to reach you. The Quitline is open 7 days a week; call attempts over a weekend may be made at times other than during this 3-hour time frame.

[ ] 6am - 9am [ ] 9am - 12pm [ ] 12pm - 3pm [ ] 3pm - 6pm [ ] 6pm - 9pm

Within this 3-hour time frame, please contact me at (check one): [ ] Primary [ ] Secondary

Comments: (e.g. I'm not available weekends, prefer Tues or Thurs, etc.)

FAX REFERRAL FORM

# Other Tobacco Cessation Resources

# Local Tobacco Treatment Programs

ANMC - Alaska Native Medical Center  
**Anchorage, AK**  
907-729-4343

SCF - Southcentral Foundation  
**Anchorage, AK**  
907-729-2689

Kenaitze Indian Tribe  
**Kenai, AK**  
907-335-2148

YKHC - Yukon-Kuskokwim Health Corporation  
**Bethel, AK**  
1-800-478-3321 or 907-543-6312

BBAHC - Bristol Bay Area Health Corporation  
**Dillingham, AK**  
1-800-478-5201 x6320

KANA - Kodiak Area Native Association  
**Kodiak, AK**  
907-486-9800

Maniilaq Association  
**Kotzebue, AK**  
1-800-478-3312

TCC - Tanana Chiefs Conference  
**Fairbanks, AK**  
907-451-6682 x3779

Norton Sound Health Corporation  
**Nome, AK**  
907-443-4583

**Eligibility and services offered are unique to each program**

# Local Tobacco Treatment Programs

SEARHC - South East Alaska Regional Health Consortium:

**Sitka**, AK – 1-800-966-8875 or 907-966-8721

**Juneau**, AK – 907-364-4440

**Haines**, AK – 907-766-6315

**POW**, AK – 907-755-4925

Bartlett Regional Hospital

**Juneau**, AK

907-796-8920

Nicotine Anonymous

**Juneau**, AK

907-463-3755

Alaska Island Community Services

**Wrangell**, AK

907-874-2373

**Eligibility and services offered are unique to each program**

# Media & Internet Resources

- Agency for Healthcare Research and Quality, U.S. Department of Health and Human Services, “Treating Tobacco Use and Dependence”: <http://www.ahrq.gov/clinic/tobacco/tobaqrg.htm#tab1b>
- Alaska Native Tribal Health Consortium Tobacco Prevention and Control Program: <http://www.anthc.org/chs/wp/tobacco/>
- Alaska Tobacco Prevention and Control Program: <http://www.hss.state.ak.us/dph/chronic/tobacco/>
- American Cancer Society: [http://www.cancer.org/docroot/PED/ped\\_10.asp?sitearea=PED](http://www.cancer.org/docroot/PED/ped_10.asp?sitearea=PED)
- Americans for Nonsmokers’ Rights: <http://www.no-smoke.org>
- ATTUD: Association for the Treatment of Tobacco Use and Dependence: <http://www.attud.org>
- Alaska Tobacco Quit Line: <http://www.quitnow.net/alaska>
- Campaign for Tobacco Free Kids: <http://www.tobaccofreekids.org/index.php>
- Centers for Disease Control and Prevention: <http://www.cdc.gov/tobacco/>
- National Cancer Institute: <http://www.cancer.gov/cancertopics/smoking>
- Office of the Surgeon General: <http://www.surgeongeneral.gov/tobacco/>
- RX for Change – University of California, San Francisco: <http://rxforchange.ucsf.edu/>
- Substance Abuse and Mental Health Services Administration: <http://csap.samhsa.gov/tobacco/default.aspx>
- Society for Research on Nicotine and Tobacco: <http://www.srnt.org>
- Treat Tobacco: <http://www.treattobacco.net>