

# Nebraska Tobacco Cessation Programs

## Albion

### Boone County Health Center

Gayla Oakley  
P.O. Box 151  
Albion, NE 68620  
Phone: (402) 395-3149  
Email: [goakley@boonecohealth.org](mailto:goakley@boonecohealth.org)  
Number of Sessions: Individualized  
Cost: \$60

## Beatrice

### Beatrice Community Hospital

Deb Baumfalk  
4800 Hospital Parkway  
Beatrice, NE 68310  
Phone: (402) 223-6566  
Email: [dbaumfalk@bchhc.org](mailto:dbaumfalk@bchhc.org)  
Number of Sessions: Classes as needed  
Cost: \$35

## Broken Bow

### Janet E. Dobesh, LMHP\*

1032 South "E" St.  
Broken Bow, NE 68822  
Phone: (308) 872-2123  
Email: [jandobesh@gmail.com](mailto:jandobesh@gmail.com)  
Total Hours of Cessation Counseling: Varies  
Number of Sessions: Varies  
Cost: ½ hour: \$50, 8-week clinic: \$100

\* Meets the minimum requirements for purposes of the [Nebraska Clean Indoor Air Act](#).

## Fremont

### Fremont Health Medical Center\*

Jill Gossett

450 East 23<sup>rd</sup>, Health Park Plaza, 3<sup>rd</sup> Fl.

Fremont, NE 68025

Phone: (402) 727-3439

Email: [jgossett@fremonthealth.com](mailto:jgossett@fremonthealth.com)

Additional Information: Class locations are flexible

Total Hours of Cessation Counseling: 4

Number of Sessions: 4

Cost: Free due to funding provided by Fremont Health Foundation

## Grand Island

### CHI Health St. Francis\*

Jenny Roush, BSE

2620 West Faidley

Grand Island, NE 68803

Phone: (308) 398-8912

Email: [jroush@sfmtc-gi.org](mailto:jroush@sfmtc-gi.org)

Website: [www.chihealthstfrancis.org](http://www.chihealthstfrancis.org)

Number of Sessions: 8, classes offered three times per year

Cost: \$25

## Hastings

### Mary Lanning Memorial Hospital\*

Jessica Gregg

715 N. Saint Joseph

Hastings, NE 68901

Phone: (402) 460-5852

Email: [jgregg@marylanning.org](mailto:jgregg@marylanning.org)

Website: [www.marylanning.org](http://www.marylanning.org)

Total Hours of Cessation Counseling: Group: 8-12 hours, Individual: 4-6 hours

Number of Sessions: 6-8

Cost: Group: \$65, Individual: \$99

\* Meets the minimum requirements for purposes of the [Nebraska Clean Indoor Air Act](#).

## Kearney

### CHI Health Good Samaritan

Kim Burr, LIMHP

P.O. Box 1990

Kearney, NE 68848

Phone: (308) 856-7291 or 1-800-277-4306

Email: [NoSmoke@catholichealth.net](mailto:NoSmoke@catholichealth.net)

Number of Sessions: Group programs as announced. Individual consults and sessions available by appointment. Focused on cancer patients and survivors.

Cost: Free

## Lincoln

### Bryan Health - LIFEPOINTE

Jodi Sudik, CTCF

7501 S 27<sup>th</sup>

Lincoln, NE 68506

Phone: (402) 481-6312

Email: [jodi.sudik@bryanhealth.org](mailto:jodi.sudik@bryanhealth.org)

Number of Sessions: Individual consultation to determine personalized program.

Quarterly "Beat the Pack" group class. Class runs on Wednesdays from 5:30 - 6:30 pm for six weeks.

Call for additional information.

Cost: \$75

### University of Nebraska Medical Center College of Dentistry\*

Peter J. Giannini, DDS, MS

Brian M. Lange, PhD

University of Nebraska Medical Center College of Dentistry

4000 East Campus Loop South, Box 830740

Lincoln, NE 68583-0740 Phone: (402) 472-4160

Email: [pgiannini@unmc.edu](mailto:pgiannini@unmc.edu)

Website: <https://unmc.edu/dentistry/patient-care/services/tobacco-cessation.html>

Additional Information: Individual counseling is available.

Total Hours of Cessation Counseling: 90 minutes (three 30-minute appointments)

Cost: \$69

\* Meets the minimum requirements for purposes of the [Nebraska Clean Indoor Air Act](#).

## Neligh

### **Antelope Memorial Hospital\***

Chris Miller, CRT

102 W. 9<sup>th</sup>

Neligh, NE 68756

Phone: (402) 887-6265

Email: [cmiller@amhne.org](mailto:cmiller@amhne.org)

Number of Sessions: Based on individual need.

Cost: To be determined

*(Information good through December 2018)*

## Omaha

### **American Lung Association (ALA)\***

Lisa Fuchs

8990 W. Dodge Rd, Ste. 226

Omaha, NE 68114

Phone: (402) 502-4950

Email: [tobaccofreeu@gmail.com](mailto:tobaccofreeu@gmail.com)

Website: [www.breathehealthy.org](http://www.breathehealthy.org)

Additional Information: Freedom from Smoking Web-based Program

Total Hours of Cessation Counseling: 16 (Need a minimum of 10 to hold a class.)

Number of Sessions: 8 – held weekly

Cost: \$100

### **Charles Drew Health Center\***

Tiffany White Welchen

2915 Grant St.

Omaha, NE 68111

Phone: (402) 451-3553, Ext. 2259

Website: [www.charlesdrewhcomaha.org](http://www.charlesdrewhcomaha.org)

Additional Information: Individual counseling is available.

Total Hours of Cessation Counseling: 8

Number of Sessions: 8

Cost: Free to Charles Drew patients

\* Meets the minimum requirements for purposes of the [Nebraska Clean Indoor Air Act](#).

## Omaha – continued

### **CHI Health- "I Can" Tobacco Cessation**

Teri Erickson, MA, RCEP, CTTS

7710 Mercy Rd., Suite 226

Omaha, NE 68124

Phone: (402) 398-6778

Email: [teri.erickson@alegent.org](mailto:teri.erickson@alegent.org)

Website: [www.chihealth.com/I-Can](http://www.chihealth.com/I-Can)

Additional Information: Typically 1-4 sessions

Total Hours of Cessation Counseling: 45 minutes per session

Number of Sessions: As needed

Cost: Covered by some insurance plans; individual counseling available

### **CHI Health Lakeside Hospital**

Ken Saunders, PharmD, TTS

Hospital & Ambulatory Care Pharmacist, Adjunct Clinical Assistant Professor

Omaha, NE 68116

Phone: (402) 651-6724

Email: [kensaunderspharmd@yahoo.com](mailto:kensaunderspharmd@yahoo.com)

Additional Information: Class locations are flexible.

Total Hours of Cessation Counseling: 4

Number of Sessions: 4

Cost: \$100, call for group/employer discounts

### **Creighton University School of Medicine\***

Shavonne Washington-Krauth, MA

511 S. 20<sup>th</sup> Street

Omaha, NE 68178

Phone: (402) 280-5287

Email: [shavonnewashington@creighton.edu](mailto:shavonnewashington@creighton.edu)

Total Hours of Cessation Counseling: 8 (group), 1 (individual)

Number of Sessions: 8 (group), individual sessions vary based on need.

Cost: \$75 for group class, \$35 per session for individual counseling

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## Omaha – continued

### **Kurt V. Gold, MD, PC\***

7919 Wakeley Plaza

Omaha, NE 68114

Phone: (402) 933-2016

Email: [kvgoldmd@gmail.com](mailto:kvgoldmd@gmail.com)

Additional Information: Individual and group counseling is available. Schedule sessions with the front desk.

Total Hours of Cessation Counseling: As needed

Number of Sessions: As needed

Cost: \$30 per session

### **Lewis Counseling Services**

Monica Lewis, LIMHP, LPC, CCMHC

3825 Ames Ave.

Omaha, NE 68111

Phone: (402) 320-3566

Website: <http://lewis-counseling-services.webnode.com>

Email: [lewis-counseling-services@gmail.com](mailto:lewis-counseling-services@gmail.com)

Total Hours of Cessation Counseling: 6.5

Number of Sessions: 6

Additional Information: Individual and group counseling available

Cost: \$20 per participant

### **Methodist Hospital - Quit Smart**

Stacy Miskie, BSN, RN, CBN

RN Navigator, Cancer Prevention and Hereditary Risk

8303 Dodge St.

Omaha, NE 68114

Phone: (402) 354-5237

Email: [Stacey.Miskie@nmhs.org](mailto:Stacey.Miskie@nmhs.org)

Number of Sessions: Three individual sessions, with follow-up

Cost: \$40

\* Meets the minimum requirements for purposes of the [Nebraska Clean Indoor Air Act](#).

## Omaha – continued

### **Nebraska Medicine Tobacco Dependence Clinic**

Jill Selzle PA-C, TTS, RVT

982315 Nebraska Medical Center

Omaha, NE 68198

Phone: (402) 559-4389

Website: [www.unmc.edu/CTsurgery](http://www.unmc.edu/CTsurgery)

Email: [jselzle@nebraskamed.com](mailto:jselzle@nebraskamed.com)

Total Hours of Cessation Counseling: Varies

Number of Sessions: As needed

Additional Information: Also available for corporate wellness, lunch and learns, presentations, individual and group counseling.

### **The Nebraska Medical Center**

Tom Klingemann

989200 Nebraska Medical Center

Omaha, NE 68198-9200

Phone: (402) 559-2266

Number of Sessions: Meet one-on-one with a trained pharmacist, 4-5 times, 30-40 minutes each session.

Cost: \$75

### **Tobacco Free U and Wellness Coaching**

Lisa Fuchs, CHWC, Certified Tobacco Treatment Specialist

15087 Birch St.

Omaha, NE 68116

Phone: (402) 960-2903

Email: [tobaccofreeu@gmail.com](mailto:tobaccofreeu@gmail.com)

Additional Information: Individual counseling is available.

Cost: Contact for fees

### **UNMC College of Public Health, Center for Reducing Health Disparities\***

Natalia Trinidad

984340 Nebraska Medical Center

Omaha, NE 68198-4340

Phone: (402) 552-6819

Email: [Natalia.trinidad@unmc.edu](mailto:Natalia.trinidad@unmc.edu)

Number of Sessions: 8

Cost: No cost

\* Meets the minimum requirements for purposes of the [Nebraska Clean Indoor Air Act](#)

## West Point

### St. Francis Memorial Hospital

Craig Clause

430 N. Monitor St.

West Point, NE 68788

Phone: (402) 372-2404

Number of Sessions: Individualized, 1-3 sessions

Cost: No cost

## York

### York General Healthcare Services

Sandy Doremus

Joan Manning

2222 Lincoln Ave.

York, NE 68467

Phone: (402) 362-0470

Email: [Joanie.manning@yorkgeneral.org](mailto:Joanie.manning@yorkgeneral.org)

Additional information: Individual counseling is available.

Total Hours of Cessation Counseling: 1 hour per month

Cost: \$45.00/hour

\* Meets the minimum requirements for purposes of the [Nebraska Clean Indoor Air Act](#)