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  
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  
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  
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 23rd, Health Park Plaza, 3rd Fl.  
Fremont, NE 68025  
Phone: (402) 727-3439  
Email: 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@sfmc-gi.org  
Website: 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  
Website: www.marylanning.org  
Total Hours of Cessation Counseling: Group: 8-12 hours, Individual: 4-6 hours  
Number of Sessions: 6-8  

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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
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 27th
Lincoln, NE 68506
Phone: (402) 481-6312
Email: 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
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

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Neligh

Antelope Memorial Hospital*
Chris Miller, CRT
102 W. 9th
Neligh, NE 68756
Phone: (402) 887-6265
Email: 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: tobacofreeu@gmail.com
Website: 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
Additional Information: Individual counseling is available.
Total Hours of Cessation Counseling: 8
Number of Sessions: 8
Cost: Free to Charles Drew patients

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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  
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  
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**  
Shavonnew Washington-Krauth, MA  
511 S. 20th Street  
Omaha, NE 68178  
Phone: (402) 280-5287  
Email: 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
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: lewiscounselingservices@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
Number of Sessions: Three individual sessions, with follow-up
Cost: $40

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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
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
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
Number of Sessions: 8
Cost: No cost

* Meets the minimum requirements for purposes of the [Nebraska Clean Indoor Air Act](http://www.unmc.edu/CTsurgery)
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
Additional information: Individual counseling is available.
Total Hours of Cessation Counseling: 1 hour per month
Cost: $45.00/hour

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