

Nebraska Tobacco Cessation Programs

Albion

Boone County Health Center

Gayla Oakley
P.O. Box 151
Albion, NE 68620
Phone: (402) 395-3149
Number of Sessions: Individualized, 12-week program
Cost: \$84

Beatrice

Beatrice Community Hospital

Deb Baumfalk
1110 N. 10th
Beatrice, NE 68310
Phone: (402) 223-7326
Email: dbaumfalk@bchhc.org
Number of Sessions: 8-week program, 1-hour session each week
Cost: \$35

Broken Bow

Janet E. Dobesh, LMHP, CPC*

1015 South "D" 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: \$25, 8-week clinic: \$80

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

Cambridge

TriValley Health System – Cardiopulmonary Services*

Allison Krutsinger, Director of Cardiopulmonary, Diagnostics & Sleep Disorders

P.O. Box 488

Cambridge, NE 69022

Phone: (308) 697-1159

Email: dircp@trivalleyhealth.com

Website: www.Trivalleyhealth.com

Total Hours of Cessation Counseling: 20

Number of Sessions: 20

Cost: individual counseling: \$53.50

Columbus

Columbus Community Hospital*

Mary Jo Burkhardt, RN, BSN, Certified Diabetes Educator

4600 38th St.

Columbus, NE 68601

Phone: (402) 562-3322

Total Hours of Cessation Counseling: 2

Number of Sessions: 3

Cost: \$100

Fremont

Fremont Area Medical Center*

Jill Gossett

450 East 23rd, Room 1253

Fremont, NE 68025

Phone: (402) 727-3306

Email: jgossett@famc.org

Additional Information: Class locations are flexible.

Total Hours of Cessation Counseling: 4

Number of Sessions: 4

Cost: \$100

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

Grand Island

Central Nebraska Council on Alcoholism & Addictions, Inc.

Donna Pierce

219 W. 2nd St.

Grand Island, NE 68801

Phone: (308) 385-5520

Email: donna@kdsi.net

Number of Sessions: Four-session group classes or varied one-hour sessions

Cost: \$40

Shannon Frink

Phone: (308) 381-3678

Email: 1221Dietitian@hy-vee.com

Number of Sessions: Varies, 5 sessions all start after 5:30 p.m.

Cost: \$50

Hastings

Central Community College*

Chuck Breunig, MS

550 S. Technical Blvd.

Hastings, NE 68901

Phone: (402) 461-2425

Email: cbreunig@cccneb.edu

Additional Information: Group counseling is provided.

Total Hours of Cessation Counseling: 4

Number of Sessions: 4

Cost: \$19

Mary Lanning Memorial Hospital*

Becky Sullivan, MS

715 N. Saint Joseph

Hastings, NE 68901

Phone: (402) 460-5852

Email: bsullivan@mlmh.org

Website: www.mlmh.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

Good Samaritan Cancer Center

Kim Burr

P.O. Box 1990

Kearney, NE 68848

Phone: (308) 856-7100

Number of Sessions: Grant-based program focused on cancer patients, survivors and family members only.

Cost: Free

Lincoln

BryanLGH Medical Center – Intervent

1600 S. 48th St.

Lincoln, NE 68506

Phone: (402) 481-3858

Number of Sessions: Twice a year, or as needed

Cost: Varied

St. Elizabeth Cancer Institute

Jami Blair

555 S. 70th St.

Lincoln, NE 68510

Phone: (402) 219-5000

Website: www.SaintElizabethOnline.com

Additional information: On-line registration is available.

Number of Sessions: 6-week class, one-on-one counseling. Programs are designed for cancer patients and their families. Community members are also welcome.

Cost: Free

University of Nebraska Medical Center College of Dentistry*

Peter J. Giannini, DDS, MS

Brian M. Lange, PhD

40th and Holdrege Streets

Lincoln, NE 68583-0240

Phone: (402) 472-4160

Email: pgiannini@unmc.edu

Website: http://www.unmc.edu/dentistry/tobacco_cessation.htm

Additional Information: Individual counseling is available.

Total Hours of Cessation Counseling: 30 minutes

Cost: \$66

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

Neligh

Antelope Memorial Hospital*

Chris Miller, CRT

102 W. 9th

Neligh, NE 68756

Phone: (402) 887-6265

Email: cmiller@amhne.org

Number of Sessions: 8

Cost: \$75

Omaha

American Lung Association (ALA)*

Mike Wadum

8990 W. Dodge Rd, Ste. 226

Omaha, NE 68114

Phone: (402) 502-4950

Email: mwadum@breathehealthy.org

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: \$75

Creighton Cardiac Center*

Shavonne Washington-Krauth, MA

3006 Webster St.

Omaha, NE 68131

Phone: (402) 280-5287

Email: shavonnewashington@creighton.edu

Total Hours of Cessation Counseling: 8

Number of Sessions: 8

Cost: \$53 per session for individual counseling, \$75 to \$128 for group class

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

Omaha – continued

Charles Drew Health Center*

Patricia Christopher

2915 Grant St.

Omaha, NE 68111

Phone: (402) 345-9860, Ext. 206

Email: patriciac@cdhcmedical.com

Website: www.charlesdrewhcomaha.org

Additional Information: Individual counseling is available. Group counseling meets Mondays from 4:30 – 5:30 p.m.

Total Hours of Cessation Counseling: 8

Number of Sessions: 8

Cost: Free to Charles Drew patients

CVS Pharmacy*

Joel C. Elmborg, RRT, RPH

1919 N. 90th St.

Omaha, NE 68114

Email: JElmborg@yahoo.com

Additional Information: Individual counseling

Total Hours of Cessation Counseling: 4

Number of Sessions: 8

Cost: \$240

Hy-Vee Pharmacy #8*

Michael S. Miles, PharmD, RPh

747 N. 132nd St.

Omaha, NE 68154

Phone: (402) 493-3110

Email: 1471rxmgr@hy-vee.com

Additional Information: ALA Freedom from Smoking program, Group counseling

Total Hours of Cessation Counseling: 16

Number of Sessions: 8

Cost: up to \$150

Medicine Man Pharmacy*

Ken Saunders, PharmD, TTS

715 N. 132nd St.

Omaha, NE 68154

Phone: (402) 496-9757

Email: kensaunderspharmd@yahoo.com

Additional Information: Class locations are flexible.

Total Hours of Cessation Counseling: 4

Number of Sessions: 4

Cost: \$200

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

Omaha – continued

Methodist Hospital - Quit Smart

Laura Krajicek

8303 Dodge St.

Omaha, NE 68114

Phone: (402) 354-5237

Number of Sessions: Three classes, offered monthly, with follow-up (no classes in December)

Cost: \$40

The Nebraska Medical Center

Tom Klingemann

600 S. 42nd St.

Omaha, NE 68198-9200

Phone: (402) 559-8757

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

Cost: \$75

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: Free

York

York General Healthcare Services

Sandy Dorcmus

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

Number of Session: 1 per month

Cost: \$33.50

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