

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](#).

Cambridge

TriValley Health System – Cardiopulmonary Services*

Keith Luedders, Director of Cardiopulmonary, Diagnostics & Sleep Disorders

1305 U.S. Highways 6 & 34

P.O. Box 488

Cambridge, NE 69022

Phone: (308) 697-3317

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 Health Medical Center*

Jill Gossett

450 East 23rd, Health Park Plaza, 3rd Fl.

Fremont, NE 68025

Phone: (402) 727-3882

Email: jgossett@fremonthhealth.com

Additional Information: Class locations are flexible

Total Hours of Cessation Counseling: 4

Number of Sessions: 4

Cost: \$40

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

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, offering the classes in January, April, and September

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

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

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

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

Lincoln

Bryan Health - LIFEPOINTE

Jodi Sudik

7501 S 27th

Lincoln, NE 68506

Phone: (402) 481-6312

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

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

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

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Omaha

American Lung Association (ALA)*

Lisa Fuchs

8990 W. Dodge Rd, Ste. 226

Omaha, NE 68114

Phone: (402) 502-4950

Email: tobaccofreeu@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

CHI Health

Teri Erickson, RCEP, CTTS

3006 Webster St.

Omaha, NE 68131

Phone: (402) 717-9915

Email: teri.erickson@alegent.org

Website: www.chihealth.com

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

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Omaha – continued

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*

Shavonne Washington-Krauth, MA

601 N. 30th St., Ste. 6712

Omaha, NE 68131

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

Kurt V. Gold, MD, PC*

7919 Wakeley Plaza

Omaha, NE 68114

Phone: (402) 933-2016

Email: kgoldmd@qwestoffice.net

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

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Omaha – continued

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

Ann Burch

8303 Dodge St.

Omaha, NE 68114

Phone: (402) 354-5237

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

Cost: \$40

Nebraska Medicine Tobacco Dependence Clinic

Jill Selzle PA-C, TTS, RVT

Lauren Darrah PA-C, CTTS

982315 Nebraska Medical Center

Omaha, NE 68198

Phone: (402) 559-4389

Website: www.unmc.edu/CTsurgery

Email: jselzle@nebraskamed.com

Email: ldarrah@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) 559-8757

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

Cost: \$75

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Omaha – continued

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

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: \$30.00 per session

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: \$41.75

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