

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, 6-week program

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

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, 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

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Hastings

Central Community College*

Jessica Sorge, MA, LIMHP, LADC
550 S. Technical Blvd.
Hastings, NE 68901
Phone: (402) 461-2425
Email: jessicasorge@cccneb.edu
Additional Information: Classes will be announced
Cost: Free

Mary Lanning Memorial Hospital*

Becky Sullivan, MS
715 N. Saint Joseph
Hastings, NE 68901
Phone: (402) 460-5852
Email: bsullivan@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

Good Samaritan Cancer Center

Kim Burr
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

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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. Call for additional information. No group programs

Cost: Varied

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

Alegent Health*

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 per participant for groups of two or more, \$125 individual

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

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, cont'd.

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

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

Lewis Counseling Services

Monica Lewis, LIMHP, LPC, CCMHC

2505 N. 24th St., Ste. 110

Omaha, NE 68110

Phone: (402) 320-3566

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

Email: lewis-counseling-services@gmail.com

Total Hours of Cessation Counseling: 6.5

Number of Sessions: 6

Additional Information: individual and group counseling available

Cost: \$10 per participant

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Omaha, cont'd.

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

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

Tobacco Free U

Lisa Fuchs

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

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

Email: jsselzle@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

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Pender

Pender Community Hospital

Alicia Kratke, RRT

100 Hospital Drive

Pender, NE 68047

Phone: (402) 385-4059

Email: Alicia.kratke@mercyhealth.com

Number of Sessions: Group Counseling, 8-session class, each session will be 1 hour and 30 minutes.

Cost: \$100

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 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

Cost: \$41.75

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