

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

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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@catholicealth.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

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

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Lincoln – continued

CHI Health St. Elizabeth Hospital

Ken Saunders, PharmD, TTS
Hospital & Ambulatory Care Pharmacist
Adjunct Clinical Assistant Professor
Lincoln, NE 68510
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

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.charlesdrehwcomaha.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

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-counselingservices@gmail.com
Total Hours of Cessation Counseling: 6.5
Number of Sessions: 6
Additional Information: Individual and group counseling available
Cost: \$20 per participant

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Omaha – continued

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

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

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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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