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## 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](mailto:goakley@boonecohealth.org)

Number of Sessions: Individualized Cost: \$60

### BROKEN BOW

#### Janet E. Dobesh, LIMHP\*

1032 South "E" St.

Broken Bow, NE 68822

Phone: (308) 872-2123

Email: [dobeshcounselingpc@gmail.com](mailto:dobeshcounselingpc@gmail.com)

Total Hours of Cessation Counseling: Varies

Number of Sessions: Varies

Cost: 8 sessions payable upfront \$225

### FREMONT

#### Methodist Fremont Health \*

Jill Gossett

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

Fremont, NE 68025

Phone: (402) 727-3439

Email: [jgossett@nmhs.org](mailto:jgossett@nmhs.org)

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@sfmtc-gi.org](mailto:jroush@sfmtc-gi.org)

Website: [www.chihealthstfrancis.org](http://www.chihealthstfrancis.org)

Number of Sessions: 8, classes offered three times per year

Cost: \$25

\* Meets the minimum requirements for purposes of the Nebraska Clean Indoor Air Act.

## 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](mailto: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](mailto:jodi.sudik@bryanhealth.org)

Number of Sessions: Individual consultation to determine personalized program. Quarterly "Beat the Pack" group class. Class day/time varies.

Call for additional information.

Cost: \$75

### University of Nebraska Medical Center College of Dentistry\*

Peter J. Giannini, DDS, MS

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](mailto:pgiannini@unmc.edu)

Website: <https://www.unmc.edu/dentistry/patient-care/tobacco-cessation.html>

Additional Information: Individual counseling is available.

Total Hours of Cessation Counseling: 90 minutes (three 30-minute appointments)

Cost: \$69

\* Meets the minimum requirements for purposes of the Nebraska Clean Indoor Air Act.

## OMAHA

### **American Lung Association (ALA)\***

Lisa Fuchs  
8990 W. Dodge Rd, Ste. 226  
Omaha, NE 68114  
Phone: (402) 502-4950  
Email: [tobaccofreeu@gmail.com](mailto:tobaccofreeu@gmail.com)  
Website: [www.breathehealthy.org](http://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\***

2915 Grant St.  
Omaha, NE 68111  
Phone: (402) 451-3553, Ext. 2259  
Website: <https://charlesdrew.com/>  
Additional Information: Individual counseling is available.  
Cost: Free to Charles Drew patients

### **CHI Health- "I Can" Tobacco Cessation**

Teri Erickson, MA, RCEP, CTTS  
7710 Mercy Rd., Suite 3000  
Omaha, NE 68124  
Phone: (402) 818-2141  
Email: [teri.erickson@alegent.org](mailto: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

### **Kurt V. Gold, MD, PC\***

7919 Wakeley Plaza  
Omaha, NE 68114  
Phone: (402) 933-2016  
Email: [kvgoldmd@gmail.com](mailto: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: \$50 per session

\*Meets the minimum requirements for purposes of the Nebraska Clean Indoor Air Act

## OMAHA- CONTINUED

### **Ken Saunders, PharmD, TTS**

Omaha, NE 68116

Phone: (402) 651-6724

Email: [kensaunderspharmd@yahoo.com](mailto:kensaunderspharmd@yahoo.com)

Additional Information: Class locations are flexible.

Cost: \$150 for 5 sessions, call for group/employer discounts

### **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](mailto: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

### **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](mailto:tobaccofreeu@gmail.com)

Additional Information: Individual counseling is available.

Cost: Contact for fees

## YORK

### York General Healthcare Services

Sandy Doremus

Joan Manning

2222 Lincoln Ave.

York, NE 68467

Phone: (402) 362-0470

Email: [Joanie.manning@yorkgeneral.org](mailto:Joanie.manning@yorkgeneral.org)

Additional information: Individual counseling is available.

Total Hours of Cessation Counseling: 1 hour per month

Cost: \$46.25/hour