

## Cessation Programs Listed by County

### Allegheny County

**Alle-Kiski Medical Center** Destination Wellness at the Galleria at Pittsburgh Mills. Storefront 556 in Neighborhood 5 offers cessation services to the community. (724) 274-5202

**Jefferson Regional Hospital** provides cessation classes for outpatients and community residents. (412) 469-5595

**Lawrenceville Family Health Center** provides cessation classes for community members. (412) 622-7343, ext. 314

**Mercy Behavioral Health** provides cessation, education and motivational services for pregnant/post-partum women, mental health patients, employees of Mercy Behavioral Health and community members. Services are provided on an individual or group basis. (412) 320-2399

**Persad** provides individual and group sessions for the LGBT community. (412) 441-9786

**St. Clair Hospital** provides cessation services for inpatients requesting help with quitting and community outreach cessation classes. (412) 942-2008

**UPMC** provides cessation services for inpatient, outpatient, community members and staff at Braddock, McKeesport, Southside, Passavant and St. Margaret's hospitals. 1-800-533-8762

**Pittsburgh STOP Program—Magee Women's Hospital of UPMC** provides smoking cessation and relapse intervention services for low-income and pregnant women. (412) 551-8694

### Armstrong County

**ARC Manor** provides Smoke Free for Life group counseling and individualized counseling. Offers worksite tobacco-free education and/or tobacco cessation programs, and assistance with tobacco policy development. Offers training for on-site school staff to provide both staff and students individual and/or small-group cessation counseling. Also assists in the development of school cessation programs. Provides hospital bedside tobacco-free intervention and counseling, and trains health care professionals in brief intervention and counseling methods for their patients. All services are free. (724) 548-7607  
[www.arcmanor.org](http://www.arcmanor.org)

### Beaver County

**Heritage Valley Health System** provides programming for all pregnant women who have certain risk factors that could lead to the birth of a premature baby through the High Risk Pregnancy Program, (724) 773-5947, and provides programming for children with asthma and their parents through Breath'n Easy, (724) 773-1992 [www.heritagevalley.org](http://www.heritagevalley.org)

**Community Health Challenge of Southwestern PA** provides multiple free adult and teen cessation services, including SmokeStoppers, Freedom From Smoking, and Smoke Free for Life. (724) 283-9955

**T.R.A.I.L.S. Ministries** provides Not-On-Tobacco (N-O-T) teen cessation program. (724) 891-7541

**Beaver County Behavioral Health** provides information regarding cessation providers in Beaver County. (724) 847-6220

### Butler County

**American Respiratory Alliance of Western PA** provides Smokeless Saturday teen cessation program. (724) 772-1750

**Community Health Challenge of Southwestern PA** provides multiple free adult and teen cessation services, including SmokeStoppers, Freedom From Smoking, Smoke Free for Life, and Not-On-Tobacco (N-O-T) teen cessation program. (724) 283-9955

### Cambria County

**Conemaugh Health System** provides adult cessation programming with group and individual support through No Butts About It, (814) 534-1990, and provides Not-On-Tobacco (N-O-T) teen cessation program through New Visions Out Patient. (814) 534-1627

**Family Resource Initiative** provides Not-On-Tobacco (N-O-T) teen cessation program. (814) 536-1555

### Fayette County

**Fayette County Drug & Alcohol Commission** provides free on-site cessation programs for individuals or groups at worksites. (724) 438-3576

**Highlands Hospital** provides free cessation services for inpatients requesting help with quitting and community outreach cessation classes for groups and individuals. (724) 628-1500

### Greene County

**Greene County Tobacco Control Program** provides the Bee Free Program, featuring SmokeStoppers®, a free adult cessation program offered either in group cessation classes or individual telephone-based sessions, as well as nicotine replacement therapy. Presents Not-On-Tobacco (N-O-T) teen cessation program to Greene County school districts. (724) 852-5276 or 1 (888) 317-7106, ext. 525 [www.beetobaccofree.org](http://www.beetobaccofree.org)

**American Respiratory Alliance** provides Smokeless Saturday, a teen education and cessation program for students found with tobacco on school grounds. 1 (800) 220-1990  
[www.healthylungs.org](http://www.healthylungs.org)

### Indiana County

**The Open Door** provides Breathe Easy group cessation program and individualized counseling. Offers worksite tobacco-free education and/or tobacco cessation programs, and assistance with tobacco policy development. Offers training for on-site school staff to provide both staff and students individual and/or small-group cessation counseling. Also assists in the development of school cessation programs. Provides hospital bedside tobacco-free intervention and counseling, and trains health care professionals in brief intervention and counseling methods for their patients. All services are free. (724) 465-2605

### Somerset County

**Somerset Hospital** provides free adult cessation program through group and individual support, as well as nicotine replacement therapy for those individuals who qualify. Call Community Connection for more information. (814) 443-5196 or (814) 443-5000  
[www.somersethospital.com/smoking.htm](http://www.somersethospital.com/smoking.htm)

**Smokeless Saturday** provides cessation programming for students in Somerset County school districts. (814) 443-3639

**Healthy Beginnings Plus** provides free cessation education and counseling to pregnant women and parents. (814) 443-5657

### Washington County

**Monongahela Valley Hospital** provides SmokeStoppers adult cessation programming, including group and individual support, as well as nicotine replacement therapy. (724) 258-1318

## Washington County (cont.)

The **Washington Hospital** provides the Stay Quit Tobacco Cessation Program, which runs for six weeks with a one-hour educational session each week. (724) 223-3285

The **Washington Hospital Teen Outreach** provides Not-On-Tobacco (N-O-T) teen cessation program. (724) 222-2311 or 1 (888) 301-2311

## Westmoreland County

**Excela Health-Latrobe, Frick and Westmoreland Hospitals** provides Quit Smart!, a free, seven-week adult group cessation program in various locations. Also provides a monthly telephone support group for former smokers. (724) 537-1615  
www.excelahealth.org

**Monongahela Valley Hospital** provides SmokeStoppers adult cessation programming, including group and individual support, as well as nicotine replacement therapy. (724) 258-1318

**Saint Vincent College Prevention Projects** offers Not-On-Tobacco (N-O-T) teen cessation program and Freedom From Smoking adult cessation free to Westmoreland County school districts. Offers cessation group counseling for college students. (724) 805-2050

**Southwestern PA Human Services Behavioral Health** provides Freedom From Smoking, a free adult cessation program for clients participating in outpatient mental health and outpatient substance abuse services. (724) 832-5880, ext. 2

**Penn State Extension** provides free How to Quit classes for adults. Offers group or individual counseling sessions in person or over the telephone and onsite programs for businesses. Offers up-to-date list of all classes in county. 1 (888) 664-2248  
www.westmorelandtobaccofree.org

## Online, Statewide and Regional Resources

**1-800-QUIT NOW**—Pennsylvanians 14 years of age or older who smoke or use chewing tobacco can call 1-800-QUIT NOW (1-800-784-8669) to receive the helping hand they may need to end their life-threatening addiction to tobacco. The toll-free hotline provides service 24 hours a day, 7 days a week.

**American Lung Association**—www.lungusa.org

**American Respiratory Alliance**—www.healthylungs.org

www.chewfree.com

## Online, Statewide and Regional Resources (cont.)

**DeterminedToQuit.com**—is an online community that gives smokers tools to update and monitor their quit attempts; schedule messages to be delivered automatically to their cell phones to fend off potential lapses; and receive messages of encouragement from loved ones.



**MyLastDip Web Program**—www.MyLastDip.com presents information about the risks of smokeless tobacco use, provides research-proven, practical methods for quitting, and allows participants to set their own pace.

**QuitNet**—www.quitnet.com

www.smokefree.gov

**UPMC HealthyLifestyles**—www.upmc.com Click on Health A-Z, then Patient Information Materials, then Smoking.

### County Contacts

#### Allegheny County

Tobacco Free Allegheny (412) 322-8321

#### Armstrong County

Armstrong/Indiana Drug and Alcohol Commission (724) 354-2746

#### Beaver County

Beaver County Behavioral Health (Drug & Alcohol Program)  
(724) 847-6220

#### Butler County

Butler County MH/MR/D&A Programs (724) 284-5114

#### Cambria County

Alternative Community Resource Program (814) 536-1555

#### Fayette County

Fayette County Drug and Alcohol Commission (724) 438-3576

#### Greene County

Greene County Human Services (724) 852-5276

#### Indiana County

Armstrong/Indiana Drug and Alcohol Commission (724) 354-2746

#### Somerset County

Somerset Health Services (814) 444-1673

#### Washington County

Washington County Health Partners (724) 222-6511

#### Westmoreland County

Westmoreland Drug and Alcohol Commission (724) 684-9000,  
ext.4351

Information current as of 3/2/09. For the most up-to-date listing, visit [www.tobaccofreeswpa.org](http://www.tobaccofreeswpa.org).

## Southwestern PA

# Tobacco Cessation Resource Guide



*Providing the tools  
to help people quit tobacco*

A program of Tobacco Free SWPA,  
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