

Kentucky's Tobacco Quit Line



1-800-Quit-Now

Kentucky's Tobacco Quitline



- New quitline provider is

National Jewish Health

- Hours of operation:

Monday through Sunday

8:00 AM – 1:00 AM EST 119 hours

- NJH will provide tobacco use screening, assessment, support materials and referrals to local Cooper/Clayton classes

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- Pregnant callers receive 8 coaching sessions, all others receive 5 coaching sessions
- English and Spanish available at the time of the call. Other languages available through a translation service
- Free Fax number: 800-261-6259
- TTY number: 888-229-2182



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- Calls after hours can listen to QuitFacts and/or leave a message
- QuitFacts include
 - What increases your chances for quitting?
 - Preparing to quit
 - Spit tobacco
 - Nicotine Replacement Treatment
 - How to deal with a craving



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- All quitline coaches have a minimum of a bachelors degree or equivalent and are trained in behavioral modification and motivational interviewing.
- In addition, they have completed a three-week in-house curriculum with focus on clinical knowledge, customer service, coaching model and techniques, quitline program components and technical skills.



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- NJH quitline protocols are founded upon empirically-based methods for smoking cessation.
 - Treating Tobacco Use and Dependence 2008 update
 - Health Behavior Change
 - Motivational Interviewing
 - Preparing People for Change
 - Tobacco Dependence Treatment Handbook



Kentucky's Tobacco Quitline

- Fax Referrals
 - Updated fax referral forms
 - Generic
 - Care Coordinator Program
 - GIFTS
 - DAART
 - UK
 - UL



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- At this time there are no funds for Nicotine Replacement Therapy.

