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A Nationwide
Collaborative Art Project

Be Counted...



Hands of Hope

(Artwork in logo by Garrett V.,
Hillsborough, NJ 08844 USA
Age 6, 4/14/04)

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The **Tobacco Dependence Program** is dedicated to reducing the harm to health caused by tobacco use. We do this through education, treatment, research and advocacy.

The **Tobacco Dependence Program**, UMDNJ-School of Public Health, helps programs, organizations and clinicians deal with tobacco issues and nicotine dependence.

Products and services include:

- ◆ consultation
- ◆ education and training
- ◆ policy & program development
- ◆ treatment planning
- ◆ staff recovery workshops
- ◆ tobacco dependence treatment



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program development specialist and charged with the development and implementation of the Newark Clinic. In January 2007, she was named clinic coordinator.

The mission of the Newark Clinic is to provide comprehensive, science-based smoking cessation services through a commitment to research, practice, education, collaboration, and innovation to individuals seeking help to kick their tobacco habit. Dr. Rick Boyd comments, "Many people who try to quit smoking fail to do so because they believe the myth that going 'cold turkey' is the only way to succeed. In reality, the best way to quit smoking is a combination of counseling, nicotine replacement and some of the new medications for smoking cessation. Studies have shown that this combination can actually quadruple a smoker's chances of quitting for good."

Clinic staff work with clients to develop tailored quit plans to fit their personal needs. Currently, clients are offered the opportunity to attend free new patient assessments, free one-to-one follow-up appointments, and to join a smoking cessation group which is also free. The Newark Clinic offers expertise on available medication therapies to help manage nicotine withdrawal symptoms during the quit process. The Newark Clinic offers boxes of nicotine patches and nicotine gum at a reduced rate and a clinician is available to write prescriptions for medicines that are not available over-the-counter.

Currently, the Newark Clinic continues to reach out to healthcare organizations and providers, community organization, churches, and academic institutions, among others, to promote the above-mentioned services. Most notably, many individuals are both eager to hear about how the Newark Clinic can help with quit attempts and are surprised when they are told that the services are indeed free. The author notes, "Promoting our free services is of paramount importance because many of the clients the Newark Clinic serves do not have private health insurance, thus they are not in a position to pay for treatment out of pocket. By removing this barrier to treatment, we hope to reach the members of the community that most need our help."

Individuals who would like help to kick their tobacco use should call 973-972-041 or email TobaccoClinicNewark@umdnj.edu to set-up a free new patient assessment. Healthcare providers are also welcomed to refer consenting patients via a fax referral form that can be obtained by calling or emailing the Newark Clinic.