

New Jersey Quitcenters: For Those Who Have Tried It All

by Michael Burke, Ph.D.

As part of the New Jersey Comprehensive Tobacco Control Program, the Department of Health and Senior Services has provided grants to establish 15 Quitcenters (see map) located in health care facilities throughout the state. The Quitcenters provide top quality evidence-based professional face-to-face counseling and access to subsidized nicotine replacement therapy.

For New Jersey residents who want to quit—including those who have tried and tried

While the Quitcenters serve any and all New Jersey residents who want to quit using tobacco, many of the patients coming to Quitcenters are those who have 'tried it all' and who are disheartened about their ability to quit tobacco. Many of the Quitcenter patients also have serious and deadly tobacco caused illnesses such as emphysema and/or cardiac problems. The professional expertise of the staff and the quality treatment available at the Quitcenters can inspire hope, help put together a plan to succeed and support a patient through to becoming tobacco free.

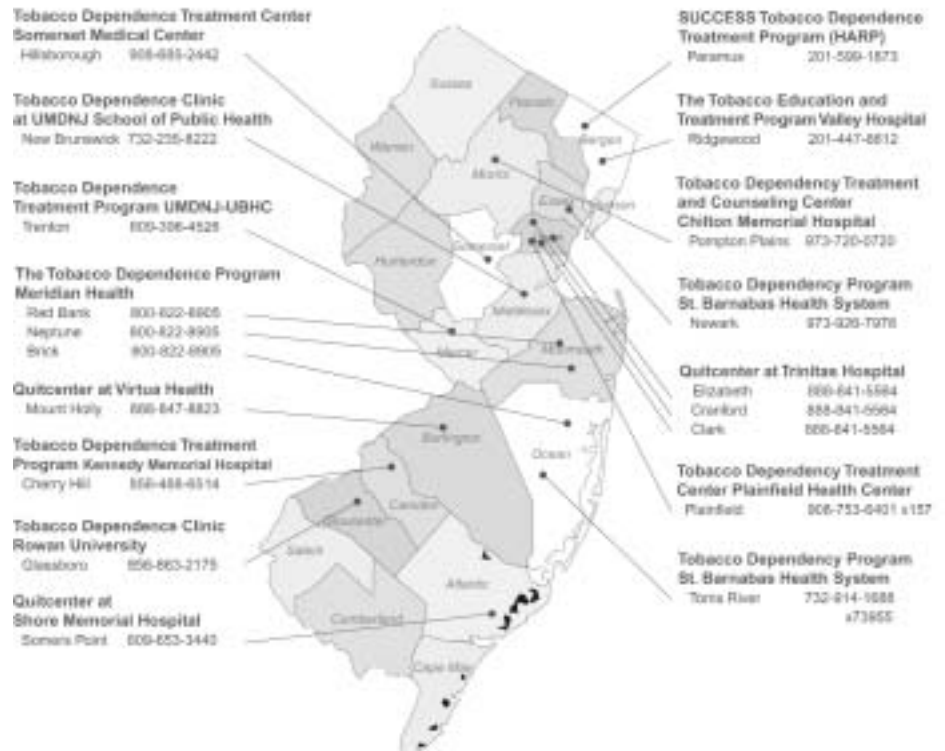
Professional Counseling

Only Tobacco Dependence Treatment Specialists provide treatment at Quitcenters. These Specialists have extensive prior experience in health care and/or counseling, have met academic prerequisites and have completed an intensive, eight-day tobacco treatment training program developed and taught at the University of Medicine and Dentistry, School of Public Health, Tobacco Dependence Program.

Tobacco Dependence Treatment

Quitcenter professionals provide each patient with a thorough assessment that includes a measure of expired carbon monoxide (CO). [CO is a poisonous gas in tobacco smoke that circulates in the blood stream. CO begins to leave the system when a person quits and is completely eliminated after 48 hours of not smoking.] After a patient participates in a thorough assessment a comprehensive treatment plan is developed.

NJ Quitcenters



A treatment plan is specific and individualized but is likely to include group and/or individual counseling, appropriate medications, behavioral plans to manage difficulties and strategies for gathering needed support and avoiding relapse. Many patients choose a six week withdrawal group as part of their treatment. In these groups, patients agree to have a mutual quit date at the second group meeting. The first group is focused upon finalizing quit plans. Group members find mutual support and together develop strategies to remain tobacco free during the five remaining groups.

If you have a patient or know someone who can benefit from treatment at one of the New Jersey Quitcenters, you can find the number for your local Quitcenter on the map, or you can log on to www.nj.quitnet.com or call the Quitcenter at UMDNJ Tobacco Dependence Program at 732 235-8222.

Don't give up hope...A Quitcenter can help.

Save the Date!
Tobacco Dependence Program Annual Conference
May 7, 2003

New Developments in Tobacco Dependence Treatment
Special Guest Speakers

John Hughes, MD and Richard Hurt, MD
NJ Hospital Association, Princeton, NJ

