

Nebraska Tobacco Cessation Programs

Antelope County

Antelope Memorial Hospital

Julie Mlanarik, RN

102 W. 9th St.

Neligh, NE 68756

402-887-6265

jmlnarik@amhne.org

www.amhne.org

Cost: varies per number of hours spent with client

Boone County

Boone County Health Center

Gayla Oakley, RN

Cardiology Clinic

P.O. Box 151

Albion, NE 68620

goalkey@boonecohealth.org

Cost: Free

Buffalo County

CHI Health Good Samaritan Hospital

Kim Burr, LIMHP

Oncology Department

P.O. Box 1990

Kearney, NE 68848

308-865-7291

Kimberley.burr@commonspirit.org

Cost: Free

Nebraska Tobacco Cessation Programs

Dodge County

Methodist Fremont Health

Jill Gossett, MA

Cardiology Clinic

450 E. 23rd St., Health Park Plaza, 3rd Floor

Fremont, NE 68025

402-727-3429

Jill.gossett@nmhs.org

Sessions: 4

Hours: 4

Additional information: classes are in-person if at least 5 people are interested

Cost: Free

Douglas County

CHI Health CUCM-Bergan Mercy

Teri Erickson, MA, RCEP, CTTS

I Can Tobacco Cessation

7710 Mercy Rd., Suite 3000

Omaha, NE 68124

402-818-2141

Teri.erickson@chihealth.com

Sessions: 4

Cost: Free

Nebraska Medicine Tobacco Dependence Clinic

Jill Selzle, PA-C, TTs, RVT

Thoracic Surgery Office

982315 Nebraska Medical Center

Omaha, NE 68198

402-559-4389 ext. 121

jselzle@nebraskamed.com

Sessions: 2-3, can be in-person or tele-health

Cost: \$45, most insurances cover the cost

Nebraska Tobacco Cessation Programs

Nebraska Medical Center
Tom Klingemann, PharmD
989200 Nebraska Medical Center
Omaha, NE 68198
402-559-2266
tklingemann@nebraskamed.com

Sessions: 5

Additional Information: Call to confirm classes have been restarted.

Cost: \$75

Tobacco Free U and Wellness Coaching
Lisa Fuchs, CHWC, CTTS
15087 Birch St.
Omaha, NE 68116
402-960-2903
tobaccofreeu@gmail.com

Sessions: Varies

Cost: Varies

Ken Saunders, PharmD, TTS
2631 N. 157th St.
Omaha, NE 68116
402-651-6724
kensaunderspharmd@yahoo.com

Sessions: 4

Additional information: Ken might work with clients not able to pay the \$200.

Cost: \$200.00

Nebraska Tobacco Cessation Programs

Hall County

CHI Health St. Francis
Jenny Roush, BSE
Freedom From Smoking Classes
2620 W. Faidley Ave.
Grand Island, NE 68803
308-398-8912
Jennifer.roush@commonspirit.org
Additional information: Classes are held in January, April and October
Cost: Free

Lancaster County

Bryan Health-LIFEPOINTE
Jodi Sudik, CTCF
Beat the Pack
7501 S. 27th St.
Lincoln, NE 68506
402-481-6312
Jodi.sudik@bryanhealth.org
Sessions: 6
Hours: 6
Additional Information: The program is one hour a week for 6 weeks if it is a group class.
Cost: \$60

University of Nebraska Medical Center College of Dentistry
Peter Gannini, DDS, MS
Tobacco Cessation Clinic
4000 E. Campus Loop, Box 830470
Lincoln, NE 68583
pgiannini@unmc.edu
Sessions: 3
Cost: \$150.00

Nebraska Tobacco Cessation Programs

Nebraska Safety Council
Doha Toma, PhD
Break the Habit, Nicotine Cessation
3270 Folkways Blvd, #201
Lincoln, NE 68504
402-483-2511
dtoma@nesafetycouncil.org
Sessions: 6
Hours: 6
Cost: \$145.00

Thurston County

Pender Community Hospital
Caroline Norton, RRT
100 Hospital Drive
Pender, NE 68047
402-385-3083
Caroline.norton@pchne.org
Cost: Varies

York County

York General Healthcare Services
Joanie Manning, RN
Cardiology Clinic-Tobacco Classes
2222 Lincoln, Ave.
York, NE 68467
402-362-0470
Joanie.manning@yorkgeneral.org
Sessions: 1
Hours: 1
Cost: \$50.25

Nebraska Tobacco Cessation Programs

Statewide

Nebraska Tobacco Quitline

Phone or Web Coaching Only

Phone: 1-800-QUIT-NOW (1-800-784-8669)

Spanish Line: 1-855-DÉJELO-YA (1-855-335-3569)

Online Services: www.QuitNow.ne.gov

Cost: Free

Hours: 24/7 – reduced hours on some holidays

Sessions: 5

Additional Information: For qualified callers, a free starter kit of quit smoking medication (patch, gum, or lozenge) can be mailed directly to your home. Talk to a quit coach to find out more information. Phone services are available in more than 200 languages.