



CONNECTICUT
QUITLINE
I-800-QUIT-NOW

What is the Connecticut Quitline?

The Connecticut Quitline is a toll-free telephone-based tobacco use cessation counseling program funded by the Connecticut Department of Public Health. Services are provided by Alere Wellbeing.

Studies confirm that phone-based behavioral counseling greatly increases quit rates compared to the use of pharmacotherapy alone. Trained tobacco treatment specialists work one-on-one with callers to develop a personalized Quit Plan and provide them with active self-management tools to make the psychological and behavioral changes necessary to quit for life.

What services are offered?

Your patients can choose to enroll in the one-call, the multiple call, or the web-based program.

The one-call program includes:

One call from a Quit Coach who will:

- o Talk about ways to quit, discuss tobacco use triggers and strategies to assist with those triggers;
- o Discuss medications and make recommendations on the type, dose, and duration (if appropriate);
- o Provide a Quit Guide designed to help actively self-manage tobacco use dependence;
- o Make referrals to a local in-person cessation program if requested.

The multiple call program includes:

Five calls from a Quit Coach who will:

- o Ask about triggers and discuss strategies for coping with these triggers without using tobacco;
- o Develop an individualized quit plan;
- o Discuss medications and make recommendations on the type, dose and duration (if appropriate),
- o If eligible, provide a starter pack of nicotine patches, gum or lozenges;
- o Provide a Quit Guide designed to help actively self-manage tobacco dependence;
- o Provide support throughout the cessation treatment;
- o Make a referral to an in-person cessation program if requested.

The web-based program includes:

Access to a self-guided, self-paced web cessation program that offers:

- o Worksheets and web pages that discuss triggers, strategies for coping with these triggers without using tobacco and tips to quit,
- o Assistance with developing a quit plan and working through the plan;
- o Discussion of medications and, if eligible, a telephone call from a quit coach to discuss their dosage in order to receive a starter pack of nicotine patches, gum or lozenges.

Patients may switch to telephone counseling or the web program at any time during their treatment.

Why Refer Patients to the Quitline?

Quitlines are based on solid scientific research, and their quit rates are documented in numerous scientific publications. The Connecticut Quitline is effective because it addresses all three clinical aspects of tobacco dependence: physical, psychological, and behavioral.

FOR HEALTHCARE PROVIDERS





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Who is eligible for the Connecticut Quitline?

All residents of Connecticut are eligible to enroll in the Connecticut Quitline free of charge.

Is medication available through the Connecticut Quitline?

Medication may be available through the Connecticut Quitline as funding remains available. As of October 2014, the Quitline is providing Nicotine Replacement Therapy (patches, gum and lozenges) to participants who enroll in the multiple-call and web programs. Tobacco treatment specialists are available to help participants determine what medication will best meet their needs.

What if a participant quits and then starts using tobacco again?

The Connecticut Quitline was designed to support participants through all phases of quitting including relapse. Once enrolled, participants have toll-free access to the tobacco treatment specialists for the duration of the program. They can choose to re-enroll in the program as many times as they need in order to become tobacco-free.

If I have patients who use tobacco, I prescribe bupropion SR or varenicline. Why isn't that enough?

Nicotine replacement therapy (NRT), varenicline (Chantix®), and the antidepressant bupropion SR have been proven to be effective at increasing cessation rates for moderate to heavy smokers when combined with counseling. However, the usefulness of these products is not optimal when they stand alone. Studies indicate that the use of over-the-counter NRT and other cessation pharmacotherapies combined with behavioral counseling is more effective on cessation rates than using either the medications or counseling alone.¹

The tobacco treatment specialists aren't medically trained. How do they know whether bupropion SR or NRT are contraindicated?

The tobacco treatment specialists are degreed professionals with a wide-range of educational backgrounds including psychology, sociology, community health, counseling and social work. Each coach receives more than 240 hours of initial training, provided by expert cessation training staff. Topics covered include all phases of nicotine dependence, assessing readiness to quit tobacco, assessment for the use of nicotine replacement therapy and other medications, counseling techniques, proven quitting strategies and customer service skills.

The training protocol has been developed based on tobacco cessation science, and there is medical staff on site to oversee the pharmacotherapy aspect of the interventions. All coaches receive comprehensive training in the use of motivational interviewing, brief solution-focused therapy techniques, and cognitive behavioral approaches to treating tobacco use dependence.

Any patients that use tobacco may be referred to the Connecticut Quitline by fax (form attached) or electronic referral, register online at quitnow.net/connecticut or they may call one of the following numbers: 1-800-QUIT-NOW (English); 1-855-DEJELO-YA (Spanish); 1-800-838-8917 (Chinese), 1-800-556-5564 (Korean) and 1-800-778-8440 (Vietnamese).

For information on setting up your system for electronic referrals, contact the DPH Tobacco Program at 860-509-8251.

1. U.S. Department of Health and Human Services, Public Health Service. Treating Tobacco Use and Dependence: 2008 Update. Clinical Practice Guideline; p.101.

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