



What is the Connecticut Quitline?

The Connecticut (CT) Quitline is a telephone-based tobacco use cessation counseling program funded by the Connecticut Department of Public Health. Services are currently being provided by National Jewish Health.

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

What services are offered?

The CT Quitline offers 3 programs. Patients can choose to enroll in the best program for them based on their style of communication and level of support they need. The programs include Phone + Online, Phone Only, or Online Only. Research shows that patients who use phone coaching services are more likely to quit than people who choose online-only options or try to quit on their own. When they enroll, they will receive:

Phone + Online

The Phone + Online program provides the most support by combining the Phone and Online programs. All programs provide educational materials, quit planning materials and quit progress tracking. Additionally, all programs offer technology-based coaching support including email and text communications.

Phone Only Includes:

- Coaching over the phone
- Access to combination nicotine replacement therapy (NRT), if eligible.

Online Only Includes:

- Online chat with a cessation coach
- Access to an online community

Why Refer Patients to Cessation Services?

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

As you use the **5 A's** to **ask** and **advise** your patients on their tobacco dependence, the CT Quitline is there to help **assess**, **assist** and **arrange** referrals to the CT Quitline.

Frequently Asked Questions

Who is eligible for the CT Quitline?

Residents of Connecticut over the age of 13 are eligible to enroll in the CT Quitline **free of charge**.



Frequently Asked Questions Continued

Is medication available through the CT Quitline?

Medication may be available through the CT Quitline if funding is available. Currently, the CT Quitline is providing over the counter NRT (patches, gum and lozenges) to participants 18 and over who enroll in the program. Trained cessation coaches will help participants determine which medication best meets their needs.

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

The CT Quitline was designed to support participants through all phases of quitting, including relapse. Once enrolled, participants have free access to the trained cessation coaches for the duration of the program. They can choose to re-enroll in the program as many times as they need to help them become tobacco-free.

What is combination NRT?

Combination NRT involves the use of a long-acting nicotine formulation (patch) in combination with a short acting nicotine formulation (gum, lozenge). The constant levels of nicotine replacement provided by the patch prevents the onset of severe withdrawal symptoms while the short acting gum or lozenge delivers nicotine at a faster rate and is used to control breakthrough cravings and withdrawal symptoms that may occur during potential relapse situations (i.e. after meals).

How can I refer my patient to the CT Quitline?

The quickest way to refer a patient is to complete a [web referral](#) by accessing CommitToQuitCT.com and selecting "refer a patient or client". You can also make a [fax referral](#) by going to the same page, downloading the referral form, and faxing to 1-800-261-6259.

What is an eReferral and what are the benefits?

An eReferral is a CCD file sent securely from a provider's EMR system to the Quitline case management system. Progress notes get sent directly to the EMR at predetermined intervals. eReferrals are sent via a secure Direct Messaging protocol that is HL7v3 compliant. eReferrals send a CCD file automatically so there is no need for data entry and no risk of typos or inconsistent data. Since eReferrals are stored in the EMR, the referring organization can easily run their own reporting. If your organization is interested in integrating CT Quitline eReferrals, please contact our program directly for more information.

Available Resources

For more information on the CT Quitline visit: committoquit.com

For information on youth and young adult cessation resources visit: vapefreect.org

To learn more about the Tobacco Control Program and additional resources contact:

CT DPH | Tobacco Control Program

410 Capitol Avenue, PO Box 340308, MS #11HLS

Hartford, CT 06134-0308

Call: 860-509-8251 or visit: www.ct.gov/DPH/Tobacco