

West Virginia proudly has an overabundance of (underutilized) cessation options for individuals that desire to quit.

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### **Programs offered in West Virginia.**

**American Lung Association, *Freedom From Smoking*<sup>®</sup>** is a 7-session group program led by experts who understand why people smoke. The program uses a positive behavioral change approach that teaches participants how to become non-smokers for good. Participants get special attention in developing their own quitting plan, dealing with recovery symptoms, controlling weight, managing stress through relaxation techniques that work, and being ready to fight those urges to go back to smoking. *Freedom From Smoking*<sup>®</sup> is also available [on-line](#). St. Mary's Pulmonary Rehab in Huntington, WV is offering this program on Thursdays at 1:00PM.

**Kaiser Permanente (KP) Tobacco Cessation Class:** is a three hour class; a one shot deal, this KP training covers tobacco issues: why folks want to quit, triggers to tobacco use, benefits of quitting tobacco use, pharmaceutical adjuncts to tobacco cessation and supportive techniques to quitting tobacco use. It also includes the completion of a quit plan.

**WV Wellness Council: *Quitting to Win*:** is a four week program that meets once a week; it can be used as a stand alone project or can be used as a support group to follow up with KP. *Quitting to Win* is also the WCWV Train the Trainer program that empowers employees to facilitate a 4 week on-site cessation program to support tobacco cessation. This peer support program can be customized to meet your employees' needs.

**WV Wellness Council: *Coaching Buddies*:** this is designed to identify ex-smokers in your company who are willing to coach and mentor employees who wish to quit smoking or remain smoke free after quitting. WCWV provides the training and support for your *Coaching Buddies*.

**American Cancer Association: *Freshstart*** is designed to help employees plan a successful quit attempt by providing essential information, skills for coping with cravings, and group support. To implement the support program, a representative at your company must first complete *Freshstart* facilitator training. Following the completion of the training, your company can access the program materials and begin offering employees the most up-to-date guidelines on how to overcome their nicotine

dependence. The information, activities, and discussions will help your employees discover why they smoke and what motivates them to quit.

**American Lung Association: Not On Tobacco (N-O-T)** is the teen stop-tobacco program. N-O-T was developed just for teens; not adapted from a program for adults. It's the first program that has separate boys' and girls' groups so that teens can relax and talk about issues that are most important to them. Specially chosen facilitators from schools and the community lead these groups. N-O-T has been implemented in West Virginia since 1999 and helps smokers as well as oral tobacco users.

### **County Resources**

#### **County Tobacco Prevention Coalitions**

<http://www.wvntp.org/Partners/CountyCoalitions/tabid/410/Default.aspx>

#### **West Virginia's County-Level Wellness and Prevention Coalitions**

<http://www.prevnet.org/countypartnerships/default.aspx>

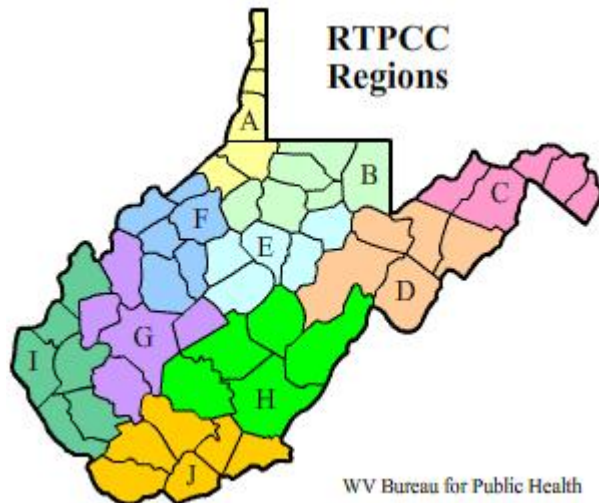
Local wellness and prevention oriented coalitions exist in most of WV's 55 counties. Some have been in existence for quite some time, while others are fairly new.

This site contains an inventory of local coalitions and is maintained by the WV Prevention Resource Center. In counties where an active group is not known to exist, a primary, wellness/prevention-oriented contact is listed.

### **Regional Resources**

<http://www.wvntp.org/Partners/RTPC/tabid/402/Default.aspx>

**Regional Tobacco Prevention Coordinators (RTPC)** provide technical assistance on tobacco prevention related issues such as: eliminating exposure to secondhand smoke, promoting quitting tobacco use, and prevention of youth initiation of tobacco use. The RTPC's are responsible for maintaining local tobacco prevention coalition, initiating work to strengthen county Clean Indoor Air Regulations.



**Region A (Hancock, Brooke, Ohio, Marshall, Wetzell, Tyler)**

**Pam Wilson**, American Lung Association of West Virginia

Wheeling, WV 26003

Phone: 304-242-6645

[pwilson@lunginfo.org](mailto:pwilson@lunginfo.org)

**Region B (Monongalia, Preston, Marion, Taylor, Harrison, Doddridge)**

**Beverly Keener**, Marion County Health Department

300 Second St., Fairmont, WV 26554

Phone: (304) 366-3360 Ext 24 Fax: (304) 363-8217

[Beverly.H.Keener@wv.gov](mailto:Beverly.H.Keener@wv.gov)

**Region C (Mineral, Hampshire, Morgan, Berkeley, Jefferson)**

**Angela K Wolford**, Eastern Regional Family Resource Network

HC 63 Box 3130, Romney, WV 26757

Phone: (304) 671-2989 Fax: (304) 822-7422

[Angela.K.Wolford@gmail.com](mailto:Angela.K.Wolford@gmail.com)

**Region D (Randolph, Tucker, Grant, Hardy, Pendleton)**

**Kristi Kimble**, Grant County Health Department

PO Box 608, Petersburg, WV 26847

Phone: 304-545-2675 Fax: 304-257-2422

[Kristi.p.kimble@wv.gov](mailto:Kristi.p.kimble@wv.gov)

**Region E (Gilmer, Braxton, Lewis, Upshur, Barbour)**

**Eric Spelsberg**, Lewis County Family Resource Network

126 East 2nd Street, Weston, WV 26452

Phone: 304-269-4000

[spelsberg@wvlewisfrn.com](mailto:spelsberg@wvlewisfrn.com)

**Region F (Pleasants, Ritchie, Wood, Wirt, Calhoun, Roane)**

**Jamie Jacobsen**, Mid-Ohio Valley Health Department

211 6th Street, Parkersburg, WV 26101

Phone: (304) 485-7374 ext. 152 Fax: (304) 485-7499

[jamie.r.jacobsen@wv.gov](mailto:jamie.r.jacobsen@wv.gov)

**Region G (Jackson, Putnam, Kanawha, Clay, Boone)**

**Cheryl Jackson**, Wellness Council of West Virginia

51 Olde Main Plaza, St. Albans, WV 25177

Phone: (304) 545-2675 Fax: (304) 722-8074

[Cheryl.Jackson@wcvw.org](mailto:Cheryl.Jackson@wcvw.org)

**Region H (Webster, Nicholas, Pocahontas, Greenbrier, Fayette)**

**Karen Larson**, Pocahontas County Family Resource Network

HC-69 Box 10, Marlinton, WV 24954

Phone: (304) 799-6112

[LarsonRTPC@hotmail.com](mailto:LarsonRTPC@hotmail.com)

**Region I (Mason, Cabell, Lincoln, Wayne, Mingo, Logan)**

**Teresa Mills**, Cabell-Huntington Health Department

703 7th Avenue, Huntington, WV 25701

Phone: (304) 523-6483 Ext 268

[Teresa.D.Mills@wv.gov](mailto:Teresa.D.Mills@wv.gov)

**Region J (McDowell, Wyoming, Raleigh, Mercer, Summers, Monroe)**

**Donald Reed**, Community Connections, Inc.

215 South Walker Street, Princeton, WV 24740

Phone: (304) 320-9990 Fax: (304) 324-7776

[tobaccospecialist@strongcommunities.org](mailto:tobaccospecialist@strongcommunities.org)

**State Wide Resources**

**West Virginia Bureau for Public Health**

Division of Tobacco Prevention (DTP) [www.wvntp.org](http://www.wvntp.org)

The mission of the West Virginia DTP is to reduce disease, disability and death related to tobacco.

**Kathy Danberry, Program Manager,  
DTP- Adult Cessation;**

350 Capitol Street - Room 206

Charleston, West Virginia 25301-3715

Phone (304) 356-4221 Fax (304) 558-2285

[Kathy.M.Danberry@wv.gov](mailto:Kathy.M.Danberry@wv.gov)

**David Deutsch, Program Manager,  
DTP-Youth Program;**

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Charleston, West Virginia 25301-3715

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[David.M.Deutsch@wv.gov](mailto:David.M.Deutsch@wv.gov)

**Garland, Holley, Program Manager,  
DTP-Clean Indoor Air Program;**  
350 Capitol Street - Room 206  
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The [West Virginia Tobacco Quitline](#) provides highly trained, certified phone coaches to help participants quit tobacco. In addition to individual phone coaching, the program also offers nicotine replacement therapy for qualified enrollees, and information and materials on quitting tobacco. Specialized programs for pregnant smokers and spit tobacco users are also available. Discover how to finally kick the habit by calling the Quitline today at **1-877-966-8784**.



The [American Lung Association](#) promotes lung health with the help of volunteers, various programs and corporate gifts and grants. Find out more about the [American Lung Association of West Virginia](#) and their vision of "a world free of lung disease."

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**Tony Richards, Program Specialist  
Not On Tobacco (N-O-T)**  
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Charleston WV 25339  
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Fax: 888-623-5757



Across the entire country, [The American Cancer Society](#) (ACS) battles cancer with the help of donations, volunteers and various programs. The ACS is dedicated to helping people quit smoking. You can help in the fight. Visit [www.cancer.org](http://www.cancer.org) to see how you can get involved.

**Michelle Stevens, WV Mission Delivery Account Manager-SAD**  
South Atlantic Division, American Cancer Society, Inc.  
1700 MacCorkle Avenue, SE, Third Floor, Charleston, WV 25314  
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Phone: 304-347-5860



The Wellness Council of West Virginia is an independent Council collaborating with other state councils to develop and present the best resources possible for organizations seeking to begin or enhance a wellness initiative.

**Patty M. Deutsch, MA LPC, Tobacco Policy Director**

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Phone: 304-722-8070 Fax: 304-722-8074

### **Online Resources**

Freedom From Smoking® Online, or FFS Online, is a program specifically designed for adults, like you, who want to quit smoking. It's an adaptation of the American Lung Association's gold standard, group clinic that has helped thousands of smokers to quit for good. <http://www.ffsonline.org/>.