



CONNECTICUT
QUITLINE
I-800-QUIT-NOW

What is the Connecticut Quitline?

The Connecticut Quitline is a telephone based tobacco use cessation counseling program funded by the Connecticut Department of Public Health and services are provided by Alere Wellbeing, Inc.

Studies confirm that phone-based behavioral counseling greatly increases quit rates compared to the use of pharmacotherapy alone. Trained tobacco treatment specialists (**Quit Coaches**[®]) work one-on-one with participants to develop a personalized Quitting 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 or the multiple call program. When they enroll, they will receive:

- Phone-based treatment session(s) scheduled at their convenience
- Toll-free telephone access to the **Quit Coaches** for the duration of their treatment
- Recommendations on type, dose, and duration of medications if appropriate
- A **Quit Guide** designed to help them actively self-manage their tobacco dependence

Why Refer Patients to the Quitline?

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

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.

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 is available. As of February 2012, the Quitline is providing Nicotine Replacement Therapy (patches, gum and lozenges) to participants who enroll in the program. Tobacco treatment specialists are available to help participants determine what medication will best meet their needs.





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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 to help them 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 shown in clinical trials to be effective at increasing cessation rates for moderate to heavy smokers when combined with counseling. But 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 pharmacotherapy combined with behavioral counseling is more effective on cessation rates than using either the medications or counseling alone¹

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 they have 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 dependence.

If you have patients using tobacco, refer them to the Connecticut Quitline by fax referral form or have them call **1-800-QUIT-NOW** or **1-855-DEJEL0-YA** for Spanish.

1. USPHS Clinical Practice Guideline 2008 Update *Treating Tobacco Use and Dependence* p.101.

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FOR HEALTHCARE PROVIDERS

