



District of Columbia Quitline

1-800-QUIT NOW

(800-784-8669)

Spanish-speaking: 202-333-4488

Fax to Quit: 800-483-3114

According to the Centers for Disease Control and Prevention, calling a quitline can double a smoker's chances of quitting for good, especially when combined with free nicotine replacement therapy (NRT). The District of Columbia provides free quitline services and NRT through the Free & Clear's (F&C) quitline counseling services located in Seattle, WA. This program is paid for with a grant from the DC Cancer Consortium through the DC Department of Health. The DC Tobacco Free Families Campaign is managed by the Breathe DC at United Medical Center. The Campaign provides free cessation services, including healthcare provider trainings and local support group programs, to encourage smokers to call the quitline and provides on-going support to smokers wanting to quit.

800 QUIT NOW Free Services for District Residents:

- **Five counseling sessions from certified tobacco treatment specialists**
- **Free NicodermCQ patches and Commit lozenges – eight week course of treatment**
- **Fax to Quit program for healthcare providers and community organizations to initiate pro-active call-backs from quitline counselors to qualified District smokers**
- **Local number for Spanish-speaking callers that connects directly to quitline**
- **Carbon monoxide (CO) testing conducted pre and post-cessation**

What Happens When a Smoker Calls:

- Smoker is transferred to an intake counselor who conducts a 30 minute interview process designed to assist the counselor in providing a personalized quit plan
- Smoker must be a DC resident with a DC address to be eligible to participate
- Once intake is completed, the intake counselor will schedule appointment with a tobacco treatment specialist (counselor)—every attempt is made to provide the same counselor throughout the full course of treatment
- A series of booklets are mailed to assist tobacco user in developing a quit plan
- Following the first counseling session, if the smoker elects the free NRT, a referral is sent to Breathe DC counselors (via email) for follow-up to provide the therapy

Free NRT Program:

- Once referral is received from F&C, Breathe DC counselors follow up within 48 hours to schedule a time for smoker to pick up selected NRT; a brief intake is done to assist Breathe DC counselors in prescribing the appropriate dose of the patch or lozenge and a CO test is done
- If smoker is disabled, Breathe DC counselor will either personally deliver or mail the product
- Smoker is provided a two week supply of selected NRT at a time for the full course of treatment

Fax to Quit Program:

- No limit to the number of smokers who can be referred (per healthcare provider or organization)
- Fax referral forms provided by Breathe DC
- Provider has smoker fill out and sign agreeing to call-back from quitline counselor; form is faxed to F&C quitline; intake counselor calls smoker to begin treatment process

Free Resources Available to Agencies and Organizations: Quitline promotional posters, brochures, quit-cards, and trainings, all available in both English and Spanish.

Contact: Charles Debnam at charles.bdc@umc-foundation.org or via phone at 202-574-6920.