



The Vermont Quitline¹ (Quit By Phone):

- (1-800-QUIT-NOW or 1-800-784-8669 TTY 888-229-2182): VT Quitline with trained over-the-phone health coaches who talk smokers through their quit process. Counseling doubles the chances for a successful quit.
- All coaches are trained in Motivational Interviewing and the Stages of Change theory, two proven tools to help aid in quit attempts.
- Upon initial contact, a Quit Coach will ask the client general demographic and medical data to set up a plan that works best for them. After the first call, the client will begin to receive regular calls from a Quit Coach at times that fit within their busy schedule.
 - *All calls from the Vermont Quitline come from a 1-800 number.*
- Sign up to receive text message reminders to aid in each quit attempt (standard message and data rates may apply).
- **Total of 8 weeks each of short and long acting nicotine replacement therapy (NRT) per 365 days.**

Pregnancy Protocol (Quit by Phone):

- Tailored coaching calls for pregnant smokers with added incentive for completing calls.
- \$5 for every completed call during pregnancy (up to \$25).
- \$10 for every completed post-partum call (up to \$40).
- Participants will work with a designated trained coach for all scheduled calls.
- **8 weeks each of short and long acting NRT with MD consent per 365 days.**
- **16 additional weeks of short and long acting NRT after giving birth and completing post-partum coaching calls.**
Requires new MD consent if nursing.

American Indian Protocol (Quit by Phone):

- 10 coaching calls with dedicated American Indian coaches
- Focus on distinction between commercial and traditional tobacco use (ex. Only set quit date for commercial use)
- **Total of 8 weeks each of short and long acting nicotine replacement therapy (NRT) per 365 days.**

The Vermont Quit Partners (Quit In Person):

- Group quit smoking classes held in each health service area in the state by accredited counselors.
- Hospital or community-based group classes.
- **Total of 8 weeks each of short and long acting NRT per 365 days.**
- To be connected with a Quit Partner in your area, please find your local cessation resource here:
<http://802quits.org/in-person-quit-help/find-a-vermont-quit-partner/>

Quit Online (Quit by Web): <https://vermont.quitlogix.org/en-US/Enroll-Now>

- Most immediate, online cessation information and quit progress tracking tools.
- Unlimited online access.
- Sign up to receive text message reminders to aid in each quit attempt (standard message and data rates may apply).
- **2 weeks each of short and long acting nicotine replacement therapy (NRT) per 365 days.**

¹ The program is working with their vendor to create an enhanced protocol for those that report a depression and/or anxiety. In future, we hope to be able to offer an enhanced protocol for these callers.

Youth Services (under 18):

- Youth 13 and over can use the Quitline but are not able to receive NRT from the Quitline. Refer them to their pediatrician if needed.
- Youth are unable to use Quit in-person.
- Youth can use Quit Online but cannot receive NRT from the platform.
- Many supervisory unions offer youth tobacco treatment in schools. The supervisory unions use either Not on Tobacco (NOT) by American Lung Association or the Intervening with Teen Tobacco Users (TEG) and Help Teens Stop Using Tobacco (TAP) programs. Contact your local school for availability.
- There are mobile apps geared to youth: <http://www.thisisquitting.com/> and <https://smokefree.gov/apps-quitstart>
- Resources designed for teens can be found here: <https://teen.smokefree.gov/>