

The Cooperative and Family Health Initiatives Tobacco Programs



NJ Quitline

Free, multilingual, and confidential telephone and web support with a trained Quit Coach available 24/7 to individuals who want to quit smoking/vaping. Free 2-week supply of nicotine replacement patches available to qualified callers. Members can be enrolled through provider fax referral or web referral and can self-refer by visiting www.njquitline.org or calling 1-866-NJSTOPS (866-657-8677).

Mom's Quit Connection for Families

Statewide smoking cessation program that provides free, one-on-one telephone and in-person counseling with a trained Quit Coach for pregnant and postpartum people; moms, dads, and family members with children 8 and under, who want to quit smoking. Clients can be enrolled through provider fax referral or can self-refer by phone and online 1-888-545-5191 or www.momsquit.com.



Quit for Kids

Statewide texting program as part of MQC for Families, specifically for pregnant and postpartum people; parents, family members and caregivers of children under 8. The program offers an automated set of personalized messages as well as a live chat feature with a Quit Coach. To enroll and receive personalized messages:

TEXT QUITFORKIDS TO 53016

Ask, Advise, Refer: Brief Tobacco Intervention Training Model – One-hour training for healthcare professionals and clinicians. Its aim is to develop practice wide protocol, improve motivational interviewing and messages, as well as summarizing the health risks associated with tobacco use. This training offers continuing education credits for nurses and certified health education specialists.

Ask, Advise, Refer: Train the Trainer – The training reviews the Ask. Advise. Refer. model and how to successfully implement/conduct AAR trainings within their agency/organization. In addition to the one-hour training, a digital folder is provided, and it includes material such as presentations, recordings, provider toolkit, patient/client material and more.

Tobacco 101 – Learn about the risks of tobacco use, tobacco's impact on health and communities and free quitting resources available in New Jersey.

Can We Talk? How to talk to children about smoking/vaping – Discourage youth from using tobacco products and help others who use cigarettes and e-cigarettes quit! This presentation will teach community members how to engage in conversations with their children about the dangers of smoking and vaping.

Get Ready to Quit – Proven strategies and advice offered to individuals who are ready to quit smoking/vaping or know someone who is.