

# Stop Tobacco Prevention and Cessation Program (SToPP)

## Don't Just Quit, Become a Non-Smoker

Learn about behavioral techniques, medication options, and receive ongoing counseling support.



### 1

## We Can Offer You

- English & Español-Speaking Tobacco Treatment Specialists
- Choice of Individual or Group Counseling
- Relapse Prevention Available (as needed)
- Discuss Medication Options to Help You Quit
- Personalized Quit Plan With On-going Follow Up And Support Along The Way
- Complimentary "Survival Kit" For New Enrollees (while supplies last)
- Incentives to Participate

**Hours: Monday - Friday**

### 2

## Two Locations

### Schedule An Appointment By Calling

#### Community Health Services (CHS)

500 Albany Ave,  
Hartford  
(860) 310-5000

#### Hartford Hospital Brownstone Ambulatory Care Clinics

79 Retreat Ave, Hartford  
(860) 972-0200

### 3

## Who is Eligible

Adults 18 years of age or older who are ready to quit in the next month or willing to reduce with the goal of quitting in the next 3 months.

Some insurance plans also cover the cost of tobacco cessation. Check with your policy or healthcare provider.

### 4

## To Learn More, Contact

#### Program Coordinator:

Ricardo Rico, BSW, TTS  
(860) 972-3668

[ricardo.rico@hhchealth.org](mailto:ricardo.rico@hhchealth.org)



Community Partners:



# When you are ready to quit, we are here to help you

## 1. Why is it so difficult to stop?

Nicotine is an addictive drug found in cigarettes and other tobacco products. Once you start, it's hard to stop.

## 2. How to quit smoking when you have tried before?

Learning to quit takes practice because it takes more than willpower. Think of your past quitting efforts as practice. The more you practice, the better you will get. Don't forget that every try counts!

## 3. Is this the right time?

There's no perfect time to quit. Quitting at any age is beneficial.

## 4. What's my quit plan?

A plan for how you can quit. The combination of behavioral support and medication offers tobacco users the best chance of quitting.

## What Tobacco Does to Your Health

**2x**

risk of



Developing  
Heart  
Disease

Cause of  
**90%** of



Lung Cancers

**80%**

of Deaths from



Chronic  
Obstructive Lung  
Disease

## Your Body After You Quit

**20 Minutes**

Your heart rate and blood pressure improves



**3 Months**

Your blood circulation improves and your lung function increases up to 30 percent



**1 Year**

Your risk of heart disease is cut in half



**5 -15 Years**

Your stroke risk is reduced to that of a nonsmoker



**10 Years**

Your lung cancer death rate is about half that of a smoker's.