

Referring Patients for Tobacco Treatment

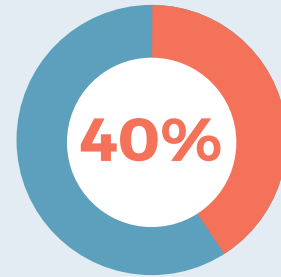
About the Maine QuitLink

The Maine QuitLink is a free service dedicated to helping Maine residents quit tobacco and vaping through evidence-based treatment. Our comprehensive approach is designed to be flexible and supportive, accommodating the unique preferences and needs of each individual.

Key Features:

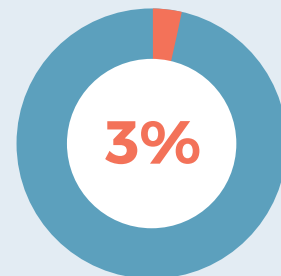
- **Telephonic Counseling:** Personalized one-on-one support through phone calls with a Tobacco Treatment Specialist (TTS).
- **Nicotine Replacement Therapy (NRT):** Access to free nicotine patches, gum, and lozenges (both mono and combination therapy) for adults aged 18 and older.
- **Expert Support:** Nationally certified TTS who are trained in trauma-informed care, cultural competence, and comprehensive nicotine and tobacco dependence treatment.
 - TTS offer participants education about nicotine dependence, guidance on tobacco treatment medications, strategies for managing cravings, and support for relapse prevention.
- **Online Tools:** Includes text messaging, chat support, trackers, educational videos, and other resources.
- **Supportive Materials:** Online or printed materials to aid in the quitting process.
- **Accessibility:** Qualified interpreters are available for people whose primary language is not English, and services to assist individuals who are deaf or hard of hearing are also readily available.

Quit Rate Information



of Maine QuitLink program participants surveyed 7 months post-registration **had not used tobacco** in the previous 30 days.

VS



average **unassisted quit rate** (no counseling, no tobacco treatment medications, no support).

Satisfaction Rate

95% 

of Maine QuitLink participants **would recommend** the Maine QuitLink to their family or friends



Culturally Tailored Program Options:

- **American Indian Commercial Tobacco Program:** Free and confidential culturally-tailored support with quitting tobacco or vaping; phone or web-based options; up to 12 weeks of combo NRT; developed by tribal members and staffed by Indigenous coaches.
- **My Life, My Quit:** Free and confidential support for teens (13-17) who vape or use tobacco; text, chat, or phone options available.



Making a Referral:

Patients are more likely to successfully quit tobacco with the support of the Maine QuitLink.

Learn More: For further details on how to make a referral to the Maine QuitLink, please visit CTIMaine.org/Refer.

Contact the Center for Tobacco Independence to learn more about best practices for referrals to tobacco treatment.

What Happens When You Make a Referral?



To learn more about the Maine QuitLink,
visit our website: CTIMaine.org/Maine-QuitLink

The MaineHealth Center for Tobacco Independence administers the statewide tobacco treatment contract, including the administration of the Maine QuitLink, on behalf of the Maine Center for Disease Control and Prevention (Maine CDC), Maine Department of Health and Human Services.