



# TOBACCO CESSATION Albany Resources

Albany College of Pharmacy and Health Sciences supports its employees and students who want to quit using tobacco products by offering a variety of tobacco cessation programs, resources, and tools at no or low cost.

## Student Support

### The Butt Stops Here

The Seton Health Tobacco Cessation Program is a seven-part series consisting of one hour sessions and provides nicotine replacement therapy (patches or gum), a workbook, relaxation CD, and a “survival kit.”

- Onsite Program  
The College periodically hosts a FREE onsite “The Butt Stops Here” smoking cessation program for students. Future programs will be offered based on interest. Please email the Clean Space Committee at [tobaccofree@acphs.edu](mailto:tobaccofree@acphs.edu) if you would like to participate.
- Extended Program  
The Extended Program is hosted on Monday’s and provides greater flexibility! Participants are encouraged to attend all seven of their sessions, but without being held to a strict schedule. The program is offered at several locations throughout the Capital District on an on-going basis, including Albany Medical Center. This is also a free program and includes four weeks of nicotine replacement therapy (patches or gum), workbook, and quitter’s kit. Call (518) 459-2550 to register or email Debbie the coordinator of the Extended Program at [dkeefe@setonhealth.org](mailto:dkeefe@setonhealth.org). Enroll at any time!

### Office of Counseling and Wellness

The Office of Counseling and Wellness is located on the second floor of the Student Center in room 209. The friendly and supportive staff offers a positive and preventive mental health program designed to help students deal with concerns ranging from everyday stress to more severe anxiety and depression that can impact home, work and student life. In addition, the counseling center offers **support and wellness coaching for tobacco cessation**, relapse prevention, weight and stress management.

For more information related to counseling services or to schedule a confidential appointment, please contact the Office of Counseling and Wellness at (518) 694-7107 or on campus at ext. 107.

## Faculty & Staff Support

### The Butt Stops Here

The Seton Health Tobacco Cessation Program is a seven-part series consisting of one hour sessions and provides nicotine replacement therapy (patches or gum), a workbook, relaxation CD, and a “survival kit.”

- Onsite Program  
The College periodically hosts a FREE onsite “The Butt Stops Here” smoking cessation program for faculty and staff. Future programs will be offered based on interest. Please email the Clean Space Committee at [tobaccofree@acphs.edu](mailto:tobaccofree@acphs.edu) if you would like to participate.
- Extended Program  
The Extended Program is hosted on Monday’s and provides greater flexibility! Participants are encouraged to attend all seven of their sessions, but without being held to a strict schedule. The program is offered at several locations throughout the Capital District on an on-going basis, including Albany Medical Center. This is also a free program and includes four weeks of nicotine replacement therapy (patches or gum), workbook, and quitter’s kit. Call (518) 459-2550 to register or email Debbie the coordinator of the Extended Program at [dkeefe@setonhealth.org](mailto:dkeefe@setonhealth.org). Enroll at any time!

### MVP Health Insurance

Through your MVP Health Insurance you are eligible for certified and/or community, telephonic or web-based tobacco cessation programs, nicotine replacement therapy or non-nicotine medications with an authorized prescription for active plan participants. To view the Preventive Drug Coverage Guidelines and co-pay Reimbursement Procedure please [Click Here!](#) For additional information about this plan offering please contact the MVP Customer Care Center at (888) 687-6277.

### Employee Assistance Program (EAP)

The Employee Assistance Program is a positive and preventive mental health program designed to help faculty and staff deal with concerns ranging from everyday stress to more severe anxiety and depression that can impact both home and work. In addition to counseling employees and family members, **EAP offers support and wellness coaching for tobacco cessation**, relapse prevention, weight and stress management.

For more information related to EAP counseling services or to schedule a confidential appointment, please call (518) 694-7107 or on campus at ext. 107.

