

# INFORMATION SHEET



## CEASE DIGITAL SMOKING CESSATION PROGRAM

### TO PARTICIPATE, YOU MUST BE:

- 21 years or older.
- Currently using tobacco product(s).
- Residing or working in any of these Baltimore City communities – The Waverlies, Oldtown, Middle East, Poppleton, The Terraces, Hollins Market, Washington Village, or Pigtown.
- Ready and willing to quit using tobacco.
- Willing to work with and interact with a peer motivator.
- Able to access digital devices (e.g., laptop/computer/tablet) with internet access or data.

### YOU CAN EARN THE FOLLOWING FOR YOUR PARTICIPATION:

- Attending and participating in smoking cessation classes: \$10.00 per session (up to 7)
- Completing a follow-up survey: \$25.00

Email

[ceasedigital@morgan.edu](mailto:ceasedigital@morgan.edu)  
for any questions or inquiries

Visit

[www.morgan.edu/morgancares](http://www.morgan.edu/morgancares)  
es for more information

CEASE (Communities Engaged and Advocating for a Smoke-free Environment) is a partnership between Morgan State University and several Baltimore communities that is committed to addressing tobacco-related health disparities. The CEASE partnership has implemented several initiatives in Baltimore City, providing services to thousands of Baltimore City residents for close to 20 years. The current project aims to deliver smoking cessation classes in some Baltimore City communities.

### Smoking Cessation Classes

A seven-week smoking cessation program will be offered to eligible residents of communities in Baltimore City. CEASE will provide smoking cessation classes either in-person or virtually using the CEASE Today Tobacco Cessation manual or digital platforms respectively.

- Residents of Middle East/Oldtown will attend the classes in person for 7 weeks.
- Residents of The Waverlies will attend the classes in person for 2 weeks and then virtually for 5 weeks.
- Residents of Poppleton, The Terraces, Hollins Market, Washington Village, Pigtown will have one in-person session where information and resources will be provided to them to support them to quit on their own.
- Three-to-five months after completing the smoking cessation program, participants will complete a follow-up survey.

