



Fairbanks
Experts in addictions. Focused on recovery.

The Indiana University Nicotine Dependence Program at Fairbanks

The nicotine dependence program at Fairbanks was developed to assist people who want to stop smoking and who want to maintain a tobacco-free lifestyle. The outpatient program offers a step-by-step plan that is tailored to each person's individual needs. The program is open to both those who enroll on their own and those who are referred by their health care provider.

The Indiana University Nicotine Dependence Program was created in 1992 and is modeled after the highly-recognized Mayo Clinic smoking cessation program. Fairbanks physicians recognized a need to serve those individuals who struggle with nicotine addiction and brought this personal and interactive program to Fairbanks. The long-term success rates with this program rank among the best in the field.

Treatment tailored to meet your needs at Fairbanks

- > An individualized assessment that assists in developing a step-by-step plan for you.
- > A set number of individualized counseling sessions designed to support each participant throughout the program. Additional sessions are available for long-term follow up.
- > Multi-component treatment options may include medication, coping skills development, behavior modification, relapse prevention and the use of a carbon monoxide (CO) breath analyzer.
- > Support for all levels of tobacco users—whether you smoke or dip heavily, or have a lesser degree of use, this program will work for you.

How you can learn more

For more information or to make an appointment, please call 317.579.7090 during the hours of 8:30 a.m. to 5 p.m., Monday through Friday, or email shastings@fairbankscd.org.



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