

San Bernardino County
Resources for Smokers Who are Ready to Quit
Last update: June 2010

Apple Valley

St. Mary's Medical Center

18300 Highway 18
Apple Valley, CA 92307/ *Debra Norton*
(760) 242-2311 x 5331

ALA "Freedom from Smoking" program: 7 wk course, meets once/wk 5:45-7:00p. Support group ("Better Breathers") meets once/mo (4th Monday of the month, 11-1p – FREE)
Cost: \$35 (just for smoking cessation classes)

Colton

Arrowhead Regional Medical Center

"Quit Clinic"
400 N. Pepper Ave.
Colton, CA 92324/ *Suzanna Wells* at (909) 580-1317

-3-4 Tues. classes in a row from 2:00p-4:00p
-Offered every month
Cost: FREE classes, meds dependent on health insurance
Note: prescriptions available for patients, classes open to the public

Housing Authority of San Bernardino

Colton Site
772 Pine St.
Colton, CA 92324/ *Darlene McIntosh* (909) 824-8277

-Resource materials
-Referrals to low and no cost clinics for quitting aids

Fontana

Kaiser Permanente

17296 Slover Ave.
Fontana, CA 92337/ (909) 609-3000

-Classes: Mon. aft., Tues. eve., Thurs. morn. (8 grp. sessions.)
Cost: No cost for Kaiser members. \$40 for non-members.
Note: Non-members do not receive prescription benefits, but all can obtain medication from pharmacy.

Loma Linda

Comprehensive Tobacco Treatment (CTT) Program

11215 Mt. View Ave., Suite 179
Loma Linda, CA 92354/ *Charity* (909) 558-3264

-For pregnant smokers & parents with children under 5 yrs old.
-Locations in Fontana, Loma Linda, Rialto, San Bernardino, Victorville, Yucca Valley (assistance with transportation)
Note: Earn-while-you-learn gift certificates provided

Jerry L. Pettis Memorial Veterans Medical Ctr. (Loma Linda Veterans Hospital)

Preventive Medicine
11201 Benton Rd.
Loma Linda, CA 92350/ (909) 825-7084 ext. 1869

-1 class every wk. for 4 wks. Tues. (1p-3p) or Wed. (8a-10a); Thurs. clinic (8a-11:30a); Thurs. support group (9a-10a)
-Service for VA registered veterans only.
Cost: Usually covered by post-military insurance
Note: Medication available to vets. Veterans are welcomed to bring spouses/friends for support and education.

Loma Linda Center for Health Promotion

Loma Linda University
Evans Hall, Room 111
24785 Stewart St.
Loma Linda, CA 92350/ *Linda Ball* (909) 558-4537

-One-on-one visits with a physician or preventive care specialist
Cost: (discussed with physician); free for preventive care visit
Note: Call to make appointment; individualized quit plan based on history. Open to the public.

Redlands

Beaver Medical Group

2 West Fern Ave.
Redlands, CA 92373
Patient Education Dept/ (909) 335-4131

-Classes held 5 times a yr. - once a wk. for 5 wks.; Mondays at 6:45-7:45 pm.
Cost: Free for members; non-members can be registered.
Note: Visit www.beavermedicalgroup.com for additional information.

Smokeless Saturday School

Redlands Unified School District
33 W. Lugonia Ave. Conference Room 9
Redlands, CA 92374/ *Diane Baker* at (909) 748-6726

-Classes for students who violate Redlands Unified District's Tobacco-free policy or minors found in possession of or using tobacco; other district students may also apply. Classes offered 5 times/year on a Saturday from 1:00-4:00pm.
Cost: \$40

San Bernardino

American Lung Association (ALA)

441 MacKay Dr.
San Bernardino, CA 92408/
(909) 884-5864

-ALA "Freedom from Smoking" group cessation classes are available for adults and youth in locations around the County. Call for locations and cost.

-Note: "Freedom from Smoking" online classes can also be accessed for free on the internet at www.lungusa.org or www.ffsonline.org or call 1-800-586-4872 for materials.

Community Hospital of San Bernardino

Health Information and Education
1805 Medical Center Drive
San Bernardino, CA 92411/ (909) 887-6333 ext. 4734

-Contact for list of referral services in different locations and costs.

Housing Authority of San Bernardino

Waterman Gardens Site
425 Crestview Avenue
San Bernardino, CA 92411
Estella Nunez
(909) 885-1593 Ext. 223

-Free 6 week smoking cessation course
-Resource materials
-Referrals to low cost clinics for quitting aids

Norton SAC Clinic

1455 East Third St.
San Bernardino, CA 92408/ Donna (909) 382-7130

-Call for list of stop-smoking locations/services

San Bernardino Medical Group

Patient Relations
1700 N. Waterman Ave.
San Bernardino, CA 92404/ Ruby at (909) 883-8611
ext. 2338

-Support groups held for 8 wks 1 hr per session (Wed)
-Classes are 4 times a year
-Cost: \$20.00/ refunded if person attends all sessions
-Note: support groups and education, no prescriptions
-Open to the public

SMASH (Student Motivation & Action for a Smoke-free Health) Program

San Bernardino Valley Community College
701 S. Mount Vernon
San Bernardino, CA 92410/ Melinda Moneymaker at
(909) 387-1658

- 5-session non-credit daytime class
-Cost: None
-Note: Class is part of a Drug and Alcohol class offered twice a year. Call for class availability.

Su Clinica Medica

850 W. Highland Ave. Suite A
San Bernardino, CA 92405/ Joel Pulgarin
(909) 886-7576

- Complete OB/GYN Care: Free nutrition and smoking cessation classes for pregnant women
-Free resource materials and referrals for smokers
-Bilingual Staff
-Cost: \$25 Consultation, walk-ins welcome

Upland

Reach Out West End – Smoking Cessation Course

1126 West Foothill Blvd., Ste. 150
Upland, CA 91786/ Reme at (909) 982-8641

-Classes offered in English or Spanish
-Cost: FREE
-Note: education offered, no medication; open to the public, people of all ages; mentoring program for youth offered.
-Class times flexible, please call for more information
-Classes offered in San Bernardino and Upland

Individual Counseling

VJ Sleight, Tobacco Treatment Specialist

La Quinta, CA
(760) 333-1270

-Individual & group behavior modification & cognitive therapy classes. Individual classes (\$100) include a 1hr consultation. 6-wk group classes (\$100) can be held in other areas. Call for

upcoming scheduled group classes.

San Bernardino Area Private Plans

Inland Empire Health Plan, IEHP

1-800-440-IEHP (4347)/TTY 1-800-718-4347

-The Stop Smoking Program is available for IEHP members who are trying to quit.

Molina Health Care

Health Education, Smoking Cessation

866-472-9483, Maria x 126551

-Patients referred to "Free and Clear" and "California Smoker's Helpline" programs

-Cost: free to members

-Note: Medications prescribed (Gum, patches, Zyban, Chantix)

Nicotine Anonymous Support Groups

Southern California Intergroup

Meeting Information

(800) 642-0666

<http://www.nicotine-anonymous.org/>

MORENO VALLEY

Christ Community Annex
24578 Sunnymead Blvd., Ste. A
Moreno Valley, CA
Mondays @ 5:45 pm

PALM DESERT

Freedom Seekers Group
45-480 Portola Ave.
Palm Desert, CA
Fridays @ 5:30 pm

POMONA

Pilgrim Congregational Church
Rear of Church Room 14
600 N. Garey Ave.
Pomona, CA
1st & 3rd Thursdays @ 6:00 pm
Contact: Jim (909) 865-1011

RIVERSIDE

Riverside Center for Behavioral Medicine
5900 Brockton Ave.
Riverside, CA
Wednesdays @ 6:00 pm

SAN BERNARDINO

Community Hospital of San Bernardino
1805 Medical Center Dr.
San Bernardino, CA
Use entrance corner of W 17th and
N. Western Ave.
Tuesdays @ 6pm

SAN BERNARDINO

Our Lady of Hope
6885 Del Rosa
San Bernardino, CA
Fridays @ 5:00 pm

Smoker's Helpline's

The California Smoker's Helpline

The California Smoker's Helpline is a free telephone counseling service funded by the California Department of Health Services. This program helps smokers who are ready to quit. Service hours are from Monday-Fridays 9 am-9 pm and Saturdays 9 am-1 pm. Voice Mail 24 hours a day. Counselors can mail or fax Nicotine Replacement Therapy (NRT) certificates to smokers requiring them for health insurance payment of prescriptions. Visit their website at www.californiasmokershelpline.org for more information about services.

www.californiasmokershelpline.org

English 1-800-NO-BUTTS (1-800-662-8887)	Spanish 1-800-45-NO FUME (1-800-456-6386)	Chinese 1-800-838-8917	Korean 1-800-556-5564	Vietnamese 1-800-778-8440
	TTD/TTY (Hearing Impaired) 1-800-933-4TDD (1-800-933-4833)		Chewing Tobacco 1-800-844-CHEW (1-800-844-2439)	

Kaiser Permanente Smoker's Helpline

Kaiser Permanente offers stop-smoking kits, telephone counseling and referral to on-site classes. Services hours are from Monday-Thursday 8 am-6 pm and Friday 8 am-4 pm; 1-888-883-STOP/ (1-888-883-7867)

www.kp.org

FIND – The Foundation for Innovation in Nicotine Dependence

Call for more information:
Dr. Linda Hyder Ferry at (909) 583-6290

Websites

The internet provides a wealth of information in a matter of seconds. Below are several websites that offer information about smoking related diseases, quit smoking programs and educational materials.

The American Cancer Society

www.cancer.org

The American Lung Association

www.lungusa.org

QuitNet

www.quitnet.com

Quitsmokingsupport.com

www.quitsmokingsupport.com

CDC- Centers for Disease Control & Prevention

<http://www.cdc.gov/tobacco/index.htm>

U.S. Dept. of Health & Human Services –Office of Surgeon General

www.surgeongeneral.gov/tobacco/

NTCC- National Tobacco Cessation Collaborative

<http://www.tobacco-cessation.org/>

NIDA- National Institute on Drug Abuse

<http://smoking.drugabuse.gov/>

Center for Tobacco Cessation

www.centerforcessation.org

San Bernardino County Department of Public Health
Tobacco Use Reduction Now (TURN) Program
351 N. Mt. View Ave., San Bernardino, CA 92415-0010,
1-800-637-6653, Fax (909) 387-0102
<http://www.co.san-bernardino.ca.us/pubhlth/>

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