

San Bernardino County
Resources for Smokers Who are Ready to Quit
September 2006

Cessation Activities

East Valley

Colton

Arrowhead Regional Medical Center

"Quit Clinic"

400 N. Pepper Ave.

Colton, CA 92324

Contact: Liz at (909) 580-6225

Fontana

Kaiser Permanente

Building #2, 6th Floor

9985 Sierra Ave.

Fontana, CA 92335-6720

(909) 427-3946

Loma Linda

Loma Linda Center for Health Promotion

Loma Linda University

Evans Hall, Room 111

24785 Stewart St.

Loma Linda, CA 92450

Contact: Linda Ball at (909) 558-4537

**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

Redlands

Beaver Medical Group

2 West Fern Ave.

Redlands, CA 92373

Contact: Patient Education Department

(909) 335-4131

Smokeless Saturday School

Redlands Community Center

111 W. Lugonia Ave.

Redlands, CA 92374

Contact: Diane Baker at (909) 748-6726

Three afternoon classes every month from 2:30-4:30 pm

Cost: None

Notes: New medication (by arrangement); group support to "Stay Quit"; call to register for class.

8-week group classes scheduled every Tuesday morning and Wednesday & Thursday evenings.
Cost: No cost for Kaiser members. \$40 for non-members.

Note: On participant's 1st visit can receive medication (Zyban or Nicotine patch). Non-members do not receive prescription benefits.

No group classes currently offered, but one-on-one cessation visits with a physician are available and free carbon monoxide screening.

Cost: Call for physician fees

Four 1 ½ hour group sessions every week. Starts every month on Tuesdays at 1:00 pm or Wednesday at 8:00 am. Service for VA registered veterans only.

Cost: CHAMP usually covers, but determined at class.

Note: Medication prescriptions are offered. Veterans are welcome to bring their spouse or significant other for support and they are able to use the tools provided in the classes.

Group sessions offered 4-5 times/year. Five 1-hour classes on consecutive Thursdays at 6:45 pm. For members only, but friends/relatives can attend.

Cost: None for members

Note: Visit www.beavermedicalgroup.com for additional information.

Classes required for students who violate Redlands Unified's Tobacco-free policy or found to be in possession or using tobacco as a minor. Classes offered 4 times/year on a Saturday from 1:00-4:00.

Cost: \$40

Note: Students wishing to attend from other school districts please contact Diane Baker.

San Bernardino

American Lung Association (ALA)

441 MacKay Dr.
San Bernardino, CA 92408
Contact: Terry Roberts
(909) 884-5864

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

Note: "Freedom from Smoking" online cessation classes can also be accessed for free on the internet at www.lungusa.org or www.ffsonline.org

San Bernardino Medical Group

Patient Relations
1700 N. Waterman Ave.
San Bernardino, CA 92404
(909) 883-8611 ex. 5010

ALA "Freedom from Smoking" 8 week group cessation classes are offered quarterly on Wednesdays from 6:00-7:00 pm. Anybody can attend, not just Group patients.

Cost: \$25.00

Note: Offers prescription for Nicotine Replacement medication.

St. Bernardine Hospital & Community Hospital of San Bernardino

Health Information and Education
1725 Western Ave.
San Bernardino, CA 92411
(909) 887-6333 ext. 4732

ALA "Freedom from Smoking" 8 week group cessation class.

Cost: \$55.00

Norton SAC Clinic

1475 East Third St.
San Bernardino, CA 92408
(909) 382-7130

Not currently offering group classes, but one-on-one classes are available.

Cost: Sliding scale

Note: Prescriptions (Zyban, nicotine patches, gum) offered simultaneous to class.

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

San Bernardino Valley Community College
701 S. Mount Vernon
San Bernardino, CA 92410
Contact: Joan Harter at (909) 888-6511 x 8672

Free, 5-session non-credit daytime class on Mondays and Wednesdays open to public.

Cost: None

Note: Class is part of a Drug and Alcohol class offered twice a year. Call for class availability.

High Desert

Apple Valley

St. Mary's Medical Center

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

ALA "Freedom from Smoking," a 7 week program that meets once a week for 2 hours on Tuesdays 5:30-7:30 pm + one Thursday 5:30-7:30. Support group meets once/month.

Cost: \$35

San Bernardino Area Insurance Plans**Molina Health Care**

Health Education, Smoking Cessation
1-800-526-8196 x127532

Molina Health Care patients referred to "Free and Clear" program (for members only).

Cost: free to members only

Note: Patient's physician can simultaneously prescribe Zyban, nicotine patches, or gum.

Cessation Activities

Individual Counseling

Indian Hill Counseling Center

Dr. Chris Rubel
219 N. Indian Hill Blvd, Ste 202B
Claremont, CA 91711
(909) 624-4727

Counseling, behavior modification & hypnosis.

Cost: Sliding Scale

Note: Open Monday through Saturday

Take Back Control (TBC)

Pat Thomas and Helen Newsom
Mentone, CA
1-866-414-2822 or (909) 794-3334

4 one-hour individual "make your own toolbox" medical and behavioral interventions that can include hypnotherapy and/or meditation.

Cost: \$200 - includes one full year continuous support and a telephone hotline.

Note: Nicotine-replacement therapy may be utilized.

Bashir Khazzan, DrPH, MPH, CHES

(951) 533-3270

Dr. Khazzan will work with groups or individuals wanting to quit smoking. 4 consecutive 2-hour sessions with one follow-up session one month later.

Cost: free of charge

VJ Sleight

La Quinta, CA
(760) 771-0406

VJ conducts individual and group behavior modification and cognitive therapy classes. Individual classes (\$100) include a 1 hour consultation in La Quinta + 4-15 minute phone consultations. Six-week group classes (\$75) can be held anywhere in area. Call for upcoming scheduled group classes.

Nicotine Anonymous Support Groups

Southern California Intergroup

Meeting Information

(800) 642-0666

www.info.nicotine-anonymous.org

SAN BERNARDINO

Saint Anne's Church
6885 Del Rosa
(Del Rosa and Pacific)
San Bernardino, CA
Fridays @ 5:00 pm
Contact: Mike (909) 886-1061

MORENO VALLEY

Christ Community Annex
24578 Sunnymead Blvd., Ste. A
Moreno Valley, CA
Mondays @ 5:45 pm
Contact: Emie (951) 943-8778

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

Knollwood Psychology Center
5900 Brockton Ave.
Riverside, CA
Wednesdays @ 6:00 pm
Contact: Rod (951) 662-6675

HEMET

Hemet Valley Recovery Center
Mental Health Room
371 N. Weston
Hemet, CA
Fridays @ 6:00 pm
Contact: Emil (714) 553-2483

PALM DESERT

Portola Community Center
45-480 Portola Ave.
Palm Desert, CA
Fridays @ 5:30 pm

Smoker's Helplines

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.

English 1-800-NO-BUTTS (1-800-662-8887)	Spanish 1-800-45-NO FUME (1-800-456-6386)	Mandarin & Cantonese 1-800-838-8917	Korean 1-800-556-5564	Vietnamese 1-800-778-8440
	TTD/TTY 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-8 pm and Friday 8 am-5 pm.

1-888-883-STOP
(1-888-883-7867)

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 <i>www.cancer.org</i>	The American Lung Association <i>www.lungusa.org</i>
QuitNet <i>www.quitnet.com</i>	FIND—The Foundation for Innovation in Nicotine Dependence <i>www.findhelp.com</i>
Quitsmokingsupport.com <i>www.quitsmokingsupport.com</i>	California Smokers' Helpline <i>www.californiasmokershelpline.org</i>
CDC- Centers for Disease Control & Prevention <i>www.cdc.gov/health/tobacco.htm</i>	United States Department of Health & Human Services –Office of Surgeon General <i>www.surgeongeneral.gov/tobacco/</i>

San Bernardino County, Department of Public Health
Tobacco Use Reduction Now (TURN) Program
351 N. Mt. View Ave., San Bernardino, CA 92415-0048, (909) 387-6830, 1-800-637-6653, Fax (909) 387-0102

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