Tobacco Cessation and Education Resources

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| **American Lung Association**Address: 441 MacKay Drive, San Bernardino, CA 92408Contact: (909) 884- 5864 1 (800) LUNG-USA[www.lung.org](http://www.lung.org)Type of Service: Cessation classes; group clinic program utilizing pharmacological and psychological principles designed to help control behavior and break addiction. “Freedom from Smoking” cessation classes feature a step-by-step plan for quitting smoking and are available for adults and youth in locations throughout the County.Cost: Nicotine replacement, phone counseling and online courses are free. |
| **Arrowhead Regional Medical Center**Address: 400 North Pepper Avenue, Colton, CA 92324Contact: (909) 580-6167Type of Service: Series of 3 two hour sessions on Tuesday’s each month from 2:00- 4:00 pm, Sessions include group counseling by physicians and nurse practitioners. Smoking Cessation- Quit Clinic offers classes each month including group counseling and medication treatment.Cost: Free, Medication coverage based on health insurance |
| **Beaver Medical Group**Address: 1150 Brookside Avenue Suite U, Redlands, CA 92373Contact: (909) 335- 4131[www.beavermedicalgroup.com](http://www.beavermedicalgroup.com)Type of Service: Cessation classes; 4-week sessions that meet every Monday for one hour (5:15 pm-6:15 pm). Individual appointments are available. \*Classes are temporarily not being held due to Covid-19.Cost: Free |
| **Comprehensive Tobacco Treatment (CTT) Program, Loma Linda University Medical Center**Address: 11215 Mountain View Avenue Suite 179, Loma Linda, CA 92354Contact: (909) 558-3264Type of Service: Smoking cessation program funded through First 5 of San Bernardino County. All women who are pregnant or with a child under 5 years of age are eligible regardless of income at no cost. Perinatal specialist coordinate programs at sites: Victorville, Rialto, Yucca Valley, San Bernardino, Loma Linda. |
| **Inland Empire Health Plan**Address: 10801 6th Street suite 120, Rancho Cucamonga, CA 91730Contact: 1 (800) 440- 4347 TTY 1 (800) 718-4347Type of Service: Members only cessation program; members are referred to the California Smokers’ Helpline, American Heart Association and Smokefree.gov for support. Prescribed smoking cessation medications are covered for two attempts (12 weeks each) per year.Members Receive: initial and annual assessment, FDA approved tobacco cessation medication, individual, group and telephone counseling. Services are available for pregnant women and prevention of tobacco use is available for children and adolescents.Cost: Free for IEHP members |
| **Inland Valley Recovery Services**Address: San Bernardino Location: 939 North D Street, San Bernardino, CA 92410Upland Location: 934 North Mountain Avenue Suite A&B, Upland CA 91786Type of Service: Cessation classes; 6-week course; community workshops.Cost: Free  |
| **Kaiser Permanente**Address: 17296 Slover Avenue Palm Court, Fontana, CA 92337Contact: (909) 609- 3000Type of Service: Cessation classes; self-help materials; telephone coaching; online and text messaging programs. “Quit Smart” is a four week program, meets once a week for approximately 1.5 to 2 hours.Cost: Free for members, available to non-members.  |
| **Loma Linda Veterans Hospital**Address: 11201 Benton Road, Loma Linda, CA 92357Contact: (909) 825- 7084 Type of Service: Cessation classes for veterans only, classes are held on Tuesday’s 1:00 pm to 3:00 pm or Wednesday’s 8:00 am to 10:00 am. Total of four weekly sessions a month, start first week of every month. During treatment patients will receive counseling with skilled physicians, nicotine addiction assessments, measure carbon monoxide levels, and group skills. Cost: Usually covered by post-military insurance |
| **Molina Healthcare of California**Address: 550 East Hospitality Lane Suite 100, San Bernardino, CA 92408Contact: 1 (866) 472- 9483 Type of Service: Cessation classes; educational materials, one-on-one counseling provided by trained counselors, nicotine replacement therapy.Cost: Helpline is free, Medication for members only  |
| **Nicotine Anonymous Support Group**Address: Joshua Tree Location: First Baptist Church, 6740 Sunset Road, Joshua Tree, CA Moreno Valley Location: T.H.I.W Alano Club of Moreno Valley, 24183 Postal Avenue, Moreno Valley, 92553Contact: Joshua Tree (760) 401- 6503 Moreno Valley: (951) 924 6037, (951) 616-9631Type of Service: 12-step program adapted from alcoholics anonymous to achieve abstinence from nicotine. Cost: Free |
| **Rim Family Services**Address: 28545 Highway 18, Skyforest, CA 92385Contact: (909) 336-1800\*Closed until further notice |
| **Rockin’ Recovery Center, MHS Yucca Valley Center for Change**Address: 59945 Business Center Drive Suite N, Yucca Valley, CA 92284Contact: (760) 369- 1074Type of Service: Cessation classes, joint with monthly substance abuse programCost: Free |
| **San Bernardino Medical Group**Address: 1700 North Waterman Avenue, San Bernardino, CA 92415Contact: (909) 883-8611Type of Service: Support group for chew/pipe users; self-help and educational materials, support groups.Cost: Free |
| **St. John of God Health Care Services**Address: 15534 6th Street, Victorville, CA 92395Contact: (760) 952- 9192Type of Service: Cessation classes, meet every three months either on Saturdays or Sundays. Call for specific times and dates.Cost: Free |
| **VJ Sleight, Tobacco Treatment Specialist**Contact: (760) 333-1270Type of Service: Cessation classes, individual and group behavior modification and cognitive therapy. \*Put on hold due to Covid-19Cost: $100 (includes 1 hour consultation) |

Virtual/ Phone Based Resources

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| Kick It CA1-800-300-8086<https://www.kickitca.org/> Online ChatChat with a Quit CoachMonday-Friday 7am-9pmSaturday 9am-5pmQuit Smoking OR Quit Vaping AppFree app for iPhone and Android Personalized quit plan, quit aid info, And reminders to keep you motivated. \*Call for Free Nicotine Patches (Mailed to your Home)\*While supplies last. Eligibility requirements apply. |
| **This is Quitting** This is a free mobile program from Truth Initiative designed to help young people quit vaping. The first-of-its-kind text messaging program incorporates messages from other young people like them who have attempted to, or successfully quit, e-cigarettes. Our messages show the real side of quitting, both the good and the bad, to help young people feel motivated, inspired and supported throughout their quitting process. We also send young people evidence-based tips and strategies to quit and stay quit. This is Quitting is tailored based on age (within 13 to 24 years old) and product usage to give teens and young adults appropriate recommendations about quitting**How to enroll: Text DITCHJUUL to 88709** |
|  **SmokefreeTXT for Teens** This program is for young adults (13-19years old) in the United States who want to be smokefree. The program is for 6-8 weeks, depending on your quit date. You will receive 3-5 messages per day. To sign up complete the form at tee.smokefree.gov or text **QUIT to 47848** |
|  **SmokefreeVET**This program is for veterans who are ready to quit tobacco. This program is for 6-8 weeks. You will receive 3-5 messages per day. To sign up complete the form at veterans.smokefree.gov or  \*This program is also available in Spanish  |
|  **SmokefreeMOM** This program is for pregnant women in the United States who want to cut back on cigarettes and quit smoking.  This program is at least 6 weeks. Your quit date and your due date determine how long this program will last. You will receive 3-6 messages per day.  To sign up complete the form at women.smokefree.gov or Text MOM to 222888 |
|  **SmokefreeTXT en español** Este programa es para adultos de habla hispana en los Estados Unidos que están listos para dejar de fumar. El programa corre por 6 a 8 semanas, dependiendo de la fecha en que deje de fumar. Used recibirá de 3 a 5 mensajes de texto al día.To sign up complete the form at espanol.smokefree.gov |
|  **Quitlines** * English: 1-800-QUIT-NOW (1-800-784-8669) or www.smokefree.gov
* Spanish: 1-855-DEJELO-YA (1-855-335-3569) or espanol.smokefree.gov
* Chinese: 1-800-838-8917 or www.asiansmokersquitline.org
* Korean: 1-800-556-5564 or www.asiansmokersquitline.org
* Vietnamese: 1-800-778-8440 or www.asiansmokersquitline.org
* Veterans: 1-855-QUIT VET (1-855-784-8838) or www.publichealth.va.gov/smoking
* TTY: 1-800-332-8615
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| **QuitGuide**QuitGuide is a free app that helps you understand your smoking patterns and build the skills needed to become and stay smokefree. **quitSTART**The quitSTART app takes the information you provide about your smoking history and gives you tailored tips, inspiration, and challenges to help you become smokefree.  |