

Smoke-Free

Multi-Unit Housing

**INSTITUTE FOR
PUBLIC STRATEGIES**

Tobacco Cessation Resources

1. Tobacco Cessation Resources

a. California's Smoker's Helpline, 1-800-NO-BUTTS

Provides Tobacco Cessation services (e.g. Vaping and Tobacco Use) in six languages including telephone counseling, text messaging, self-help materials, online help, referrals to local resources, and a mobile app.

Please note that California Smokers' Helpline does not generally provide nicotine replacement therapy (medication) but does provide counseling. However, under two special projects for smoking cessation, Asian language callers (Chinese, Korean and Vietnamese), pregnant callers or parents of children aged 0-5 can receive free nicotine patches sent directly to their home.

<https://www.nobutts.org/free-services-for-smokers-trying-to-quit>

b. L.A. QUITTS

Provides local and national resources, videos, and tips on quitting smoking and tobacco use.

<https://laquits.com>

c. California Department of Public Health – California Tobacco Control Branch

Provides local and statewide resources, research, opportunities, and downloadable files for health provider use.

<https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/CTCB/Pages/CessationServicesAndResources.aspx>

d. Smokefree.gov

Provides smoke-free applications, texting messaging service, online chat with an expert, and help to build your quit plan.

<https://smokefree.gov/tool-tips>

e. American Cancer Society, 1-800-227-2345

Provides comprehensive quitting smoking resources.

<https://www.cancer.org>

f. American Lung Association, 1-800-LUNGUSA

Provides Freedom from Smoking Online, a web-based cessation program that provides an online support community and expert help, as well as additional smoking cessation resources online.

<http://www.lung.org>

g. Smoking Cessation Leadership Center

Online tobacco cessation information.

<https://smokingcessationleadership.ucsf.edu/ready-quit>

h. Nicotine Anonymous

Offers help to those who desire to stop using nicotine through face-to-face meetings, phone meetings and online groups.

<https://nicotine-anonymous.org/find-a-meeting.htm>

i. Tarzana Treatment Centers

Provides Tobacco-Free transitional/sober living in four (4) of our sober living homes located in the San Fernando Valley. Also offers smoking cessation classes to clients participating in alcohol or drug treatment. Participants are provided nicotine replacement therapies (NRT) to aid them in their commitment to quit smoking

<https://www.tarzanatc.org/resources/smoking-cessation-programs/>

2. QUIT LINES

a. California Smokers Helpline

800-662-8887 – English

800-838-8917 – Chinese

800-556-5564 – Korean

800-456-6386 – Spanish

800-778-8440 – Vietnamese

nobuttsmobileapp@ucsd.edu

<https://www.nobutts.org>

Provides several services, including telephone counseling, text support, and a mobile app (for iPhone only) with a personalized quit plan and effective quitting aids, to help smokers and other tobacco users quit. Special services are available for tobacco chewers, pregnant smokers, teens and e-cigarette users. Asian-language speakers and Helpline callers who live with children ages 5 years old and under may be eligible for free nicotine patches, sent directly to their home.

b. Asian Quitline:

1-800-838-8917

<https://www.asiansmokersquitline.org/>

Free help is also available through the Asian Smokers' Quitline (ASQ) in the following languages: Mandarin and Cantonese

c. Native American Quitline:

1-833-924-7848

Please call the American Indian Quitline at 1-833-9AI-QUIT (1-833-924-7848). If

you live in Minnesota, you can get the following free help to quit commercial tobacco: A dedicated team of American Indian coaches who understand your culture and respect your traditions.

d. National Quitline:

800-QUIT-NOW (800-784-8669)

All states have quitlines with counselors who are trained specifically to help smokers quit. Call this number to connect directly to your state's quitline. Hours of operation and services vary from state to state.

877-44U-QUIT (877-448-7848)

The National Cancer Institute's trained counselors provide information and support for quitting in English and Spanish. Call Monday through Friday 9:00 a.m. to 9:00 p.m. Eastern time.

e. Nicotine Anonymous

1-877-TRY-NICA

f. LGBTQ- CA Smokers Helpline (1-800-NO-BUTTS) –

During intake clients can request to be connected to an LGBTQ+ champion on the cessation counseling team who has the training and/or the life experience to provide cessation counseling to the LGBTQ+ community (including the proper name and pronouns for transgender/non-binary people).

3. Youth Services

a. Youth Vaping- <https://www.nobutts.org/youthvaping>

Provides support, specialized protocol, and information for youth to quit vaping and other smoking alternatives

c. California Youth Advocacy Network: <https://www.cyanonline.org/>

Provides knowledge, skills, and tools to create local change for healthier communities. CYAN provides training and technical assistance to individuals, organizations, and coalitions advocating for tobacco-free communities.

a. Campaign for Tobacco-Free Kids: <https://www.tobaccofreekids.org/about/>

Provides tools, educational materials, and resources for youth initiatives and advocacy against tobacco use amongst children and youth populations.

4. Priority Populations

a. African American Cessation Services

<https://www.amplifylove.com/cessation-support>

Provides cessation support resources for smokers, family members, and professionals to support the African American community overcome the social, emotional, physical challenges of living without nicotine.

b. American Indian Commercial Tobacco Program (AICTP)

<http://keepitsacred.itcmi.org/quitlines/#:~:text=1%2D855%2D5AI%2DQUIT&text=The%20American%20Indian%20Commercial%20Tobacco.combination%20medication%20as%20an%20option>.

Provides culturally-tailored help that includes up to 10 coaching calls per quit attempt with a dedicated Native coach, 8 weeks of nicotine replacement therapy with combination medication as an option, and focuses on commercial tobacco use. Open to men, women, and elders of all ages and tribal nations.

c. **This Free Life** (<https://smokefree.gov/lgbt-and-smoking>) -

Provides app-based cessation program and referrals to the CA based tobacco cessation programs for phone cessation counseling.

5. Additional Resources

a. **Onedegree.org**

Provides a one-stop tool for individuals to use to look for support and resources within their local and broader communities

b. **American Nonsmokers Rights Foundation:** <https://no-smoke.org/>

Provides maps, lists, and resources for smoke free areas including housings, colleges, hospitals, outdoor areas, and more.

c. **Text Messaging Services**

English

Text "Quit Smoking" to 66819

Text "Quit Vaping" to 66819

Spanish

Texto "dejar de fumar" al 66819

Texto "no vapear" al 66819

Chinese

戒烟 / 戒煙 66819
戒电子烟 / 戒電子煙 66819

Korean

금연 66819
베이프 금연 66819

Vietnamese

Bỏ hút thuốc 66819
Bỏ Vape 66819

- d. **L.A. Care** - <https://www.lacare.org/tobacco-cessation-services>

Provides information for providers regarding tobacco cessation interventions to those who use tobacco products.

Price: Free

- e. **211 LA** - <https://211la.org/resources/service/smokingvaping-cessation-14>

Provides services include peer to peer networking, smoking and nicotine addiction support groups, smoking cessation, and smoking education/prevention.

Price: Free

Document Resources for Tobacco Cessation and Interventions

Provides information regarding the cessation services that are provided throughout the UC campuses and within the individual university campus itself.

- f. **Citywide partnership led by the UCLA Center for Health Policy Research**

<http://healthpolicy.ucla.edu/programs/health-data/uclasafe/Pages/Development%20of%20a%20Culturally%20Targeted%20Smoking%20Cessation.pdf>

- g. **Surgeon General's Advisory on E-cigarette Use Among Youth**

<https://e-cigarettes.surgeongeneral.gov/documents/surgeon-generals-advisory-on-e-cigarette-use-among-youth-2018.pdf>

<https://e-cigarettes.surgeongeneral.gov/>

- h. **Surgeon General's Report on Smoking Cessation**

<https://www.hhs.gov/sites/default/files/2020-cessation-sgr-full-report.pdf>

i. **Clinical Professional Guidelines: Treating Tobacco Use and Dependence 2008 Update**

English:

https://www.ahrq.gov/sites/default/files/wysiwyg/professionals/clinicians-providers/guidelines-recommendations/tobacco/clinicians/update/treating_tobacco_use08.pdf

Spanish:

https://www.ahrq.gov/sites/default/files/wysiwyg/professionals/clinicians-providers/guidelines-recommendations/tobacco/clinicians/update/treating_tobacco_use08_sp.pdf

j. **Educational Professionals CA Dept. of Education.**

<https://www.cde.ca.gov/ls/he/at/tuperesources.asp>

k. **Stanford Medicine Tobacco Prevention Toolkit -**

<https://med.stanford.edu/tobaccopreventiontoolkit.html>

Facilities/Service Resources for Tobacco Cessation and Interventions

1. City of Hope

<https://www.cityofhope.org/patients/departments-and-services/supportive-care-medicine/emotional-social-and-spiritual-support/supportive-care-psychology/smoking-cessation-program>

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Administrative Coordinator

Smoking Cessation and Lung Cancer Screening Programs

626-256-4673, ext. 89114, or 626-535-3983

smokingcessation@coh.org

Provides information and services for tobacco cessation that include: tobacco use assessment, individual cessation counseling with education, resources and behavioral interventions, tobacco cessation medications, rapid action plan for relapses, same day face-to-face or phone counseling for new patients and at-risk patients, referrals to California Smokers' Helping and SmokeFree TxT, and tobacco cessation support group.

2. AMERICAN CANCER SOCIETY - COASTAL CITIES

The society provides health services related to cancer and volunteer opportunities for people of all ages in Los Angeles County. There are no geographic restrictions. Culver City.

5731 W. Slauson Suite 200
Culver City, CA 90230
(310) 348-0357
www.cancer.org

The agency provides health services related to cancer for people of all ages in Los Angeles County. Service includes smoking cessation.

3. WATTS HEALTHCARE CORPORATION - UHURU COUNSELING CENTER

This agency provides health services, residential substance abuse services, services for older adults, substance abuse services, welfare-to-work support services and WIC for people of all ages who live primarily in the South-Central Los Angeles area. Services are targeted, but not restricted, to the African-American and Spanish-speaking communities of South Central Los Angeles. There are no geographic restrictions; income and other restrictions apply for some programs.

8005 S. Figueroa St.
Los Angeles, CA 90003
(323) 568-5400 Service/Intake
www.wattshealth.org

Education is provided about smoking cessation via literature, seminars, health fairs and speakers bureau.

4. WATTS HEALTHCARE CORPORATION

This agency provides health services, residential substance abuse services, services for older adults, substance abuse services, welfare-to-work support services and WIC for people of all ages who live primarily in the South-Central Los Angeles area. Services are targeted, but not restricted, to the African-American and Spanish-speaking communities of South Central Los Angeles. There are no geographic restrictions; income and other restrictions apply for some programs.

90002

10300 S. Compton Ave.
Los Angeles, CA 90002
(323) 564-4331
www.wattshealth.org

Education is provided about smoking cessation via literature, seminars, health fairs and speakers bureau.

5. SAN MARTIN DE PORRES COUNSELING CENTER INC

The agency provides counseling services, domestic violence services, substance abuse services and victims of crime support for people of all ages in Los Angeles County. There are no geographic restrictions.

Lawndale, CA 90260

15342 Hawthorne Blvd., Suite 305

Lawndale, CA 90250

(310) 644-3300 Service/Intake and Administration

The agency provides substance abuse services for adults and youth who live in the Los Angeles County area. Services include smoking cessation for youth.

6. PROVIDENCE SAINT JOHN'S HEALTH CENTER

The center provides hospital services and safe haven services for people of all ages in Los Angeles County. There are no geographic restrictions.

2121 Santa Monica Blvd.

Santa Monica, CA 90404

(310) 829-5511 Main Hospital

(888) 432-5464 Service/Intake

California.providence.org/saint-johns

Health education services include lectures, seminars and behavior modification courses for smoking cessation.

7. ALTAMED HEALTH SERVICES CORPORATION

The corporation provides dental services, family planning services, health education, health services, HIV/AIDS services, services for older adults, substance use disorder services and youth services for people of all ages in Los Angeles county. Age and geographic restrictions apply for some services.

2040 Camfield Ave.

Los Angeles, CA 90040

(323) 725-8751 Administrative

(877) 462-2582 Central Intake/Info

www.altamed.org

The agency provides health education for people of all ages in Los Angeles county including
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smoking cessation classes.

8. TORRANCE MEMORIAL MEDICAL CENTER

The facility provides health services, hospital services, health education and safe haven services for people of all ages in Los Angeles. There are no geographic restrictions.

3330 Lomita Blvd.

Torrance, CA 90505

(310) 517-4700

(310) 517-4711

(310) 325-9110 Service/Intake and Administration

www.torrancememorial.org

The hospital provides health education and wellness programs for people in Torrance including a smoking cessation program.

9. GLENDALE ADVENTIST MEDICAL CENTER

The medical center provides child care, disaster services, health education, health insurance, hospital services, inpatient mental health services, inpatient treatment for substance use disorders, safe haven services, and substance use disorder services for people of all ages in Los Angeles. Age restrictions apply for some services; there are no geographic restrictions.

1509 Wilson Terrance

Glendale, CA 91206

(818) 409-8000

(818) 409-8100

(323) 255-5409

(818) 409-8008

www.glendaleadventist.com

The hospital provides community health services in the Glendale area. Services include smoking cessation programs.

10. AMERICAN CANCER SOCIETY - BURBANK OFFICE

The society provides health services related to cancer, transportation and volunteer opportunities for people of all ages in Los Angeles. Geographic restrictions apply for some services.

**500 N. Victory Blvd.
Burbank, CA 91502
(800) 227-2345
(818) 841-3800 Service/Intake and Administration
www.cancer.org**

The agency provides health services related to cancer for people of all ages in Los Angeles County. Service includes smoking cessation.

11. MILLER FAMILY HEALTH EDUCATION CENTER

The Department of Health and Human Services' (DHHS) Miller Family Health Education Center (MFHEC) provides community health education and health promotion programs for residents of Long Beach; trainings for health and social service professionals, and hosts meetings and external programs that benefit the community. All programs are City of Long Beach Department of Health and Human Services programs.

**3820 Cherry Ave.
Long Beach, CA 90807
(562) 570-7901 Service/Intake and Administration
(562) 570-7903 Service/Intake
www.longbeach.gov/health/services/directory/fhec/**

12. LONG BEACH MEMORIAL MEDICAL CENTER

The medical center provides health services, HIV/AIDS services, hospital services, and safe haven services for people of all ages in Los Angeles County. Some services are targeted, but not restricted, to Spanish-speaking people. There are no geographic restrictions.

**2801 Atlantic Ave.
Long Beach, CA 90806
(562) 933-2000 Hospital Operator, All Departments
(800) 636-6742
www.memorialcare.com/longbeach**

The hospital provides health education opportunities for the community through a wide range of classes including smoking cessation programs.

13. CITY OF WHITTIER PARKS, RECREATION AND COMMUNITY SERVICES DEPARTMENT - COMMUNITY CENTER

The department administers information and referral, health and fitness, recreational

programs, services for older adults, services for people with disabilities and youth services to the community of Whittier. The agency also acts as a cooling center during hot summer months. Geographic restrictions may apply to some services.

7630 S. Washington Ave.
Whittier, CA 90602
(562) 567-9430 Service/Intake
www.cityofwhittier.org

The department provides special workshops which address health and fitness topics like help to stop smoking.

14. TARZANA TREATMENT CENTERS INC - RESEDA

The center provides domestic violence services, health insurance, health services, HIV/AIDS services, inpatient treatment for substance abuse, mental health services for adults, residential treatment for substance abuse, shelter, substance abuse services, and welfare-to-work support services for people of all ages who live in Los Angeles and Ventura Counties. Services are provided at 11 locations. Some services are restricted to Los Angeles County residents.

7101 Baird Ave.
Reseda, CA 91335
(818) 342-5897
(888) 777-8565 Service/Intake
www.tarzanatc.org

The program provides smoking cessation for gay, lesbian, bisexual, transgender and HIV smokers. This is a smoking cessation program consisting of six 2-hour sessions. The program is facilitated by clinic leaders certified by the American Lung Association.

15. METHODIST HOSPITAL OF SOUTHERN CALIFORNIA

The facility provides hospital services, health education, safe haven services, and self-help groups for people of all ages in Los Angeles. Age restrictions apply for some services; there are no geographic restrictions.

300 W. Huntington Dr.
Arcadia, CA 91007
(626) 898-8000 Service/Intake and Administration
(626) 574-3473
www.methodisthospital.org

The hospital provides health education for people of all ages in Los Angeles County. General health education includes stop smoking classes.

16. GRANDVIEW FOUNDATION

Offers a nicotine cessation program. Provides residential recovery services to men, and outpatient services to men and women, 18 and over, and their families who suffer from the effects of alcoholism and drug addiction.

225 Grandview Street
Pasadena, CA 91114
(626) 797-1124
www.grandviewfoundation.com

17. LONG BEACH HEALTH DEPARTMENT

The City of Long Beach organizes a tobacco education program for people who want to quit smoking and works with apartment owners to create smoke free living options in apartment buildings. Call for individual help to stop smoking. Visit website to view a list of current tobacco cessation programs.

2525 Grand Avenue
Long Beach, CA 90815
562-570-7950
www.longbeach.gov/health/healthy-living/individual/tobacco-education-program/

References

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