

SANTA CLARA COUNTY TOBACCO CESSATION RESOURCE GUIDE

**Do you or someone you know need support with quitting tobacco use?
This guide is meant to help you!**

TRADITIONAL:



Bay Area Community Health (BACH)

Locations & Hours of Operations:

bach.health/santa-clara-county-locations

Phone: **(408) 729-9700** Website: bach.health/behavioral-health

Summary of Services:

- Screening, diagnosis, and treatment services
- Medicare, Medi-Cal, and other insurance plans accepted
- No one is refused service if they cannot pay



Breathe California of the Bay Area

Locations & Hours of Operations:

1469 Park Avenue, San Jose, CA 95126

9am - 5pm Monday - Friday

Phone: **(408) 998-5865** Help line: **(408) 999-0500**

Website: lungsrus.org

Summary of Services:

Ash Kickers (adults):

- Six-session smoking cessation program
- Brief counseling with telephone intervention
- Three-hour smoking cessation group intervention with two telephone consultations

Youth Cessation (teens ages 13-17):

- Five-session quit smoking program



CVS Minute Clinic

Locations & Hours of Operations:

Phone: **Varies. Visit the website for individual store information**

Website: **[cvs.com/minuteclinic](https://www.cvs.com/minuteclinic)**

Summary of Services:

START TO STOP Smoking Cessation Program:

- Individualized support, assessments, and consultation
- Ongoing coaching and prescriptions

**Appointment only*



Kaiser Permanente

Locations & Hours of Operations:

700 Lawrence Expy, Santa Clara, CA 95051

8:30am - 4:30pm Monday - Friday

Phone: **(408) 851-3800** Telephonic Coaching: **1 866-251-4514**

270 International Circle, Bldg. 2, San Jose, CA 95119

9am - 5pm Monday - Friday

Phone: **(408) 972-3340** Telephonic Coaching: **1 866-256-4514**

Summary of Services:

Health Education Services:

- 30–45-minute one-on-one sessions with health educators (in-person, virtual, or phone)

Telephone Coaching:

- 15-minute sessions with trained wellness coaches

Quit Tobacco Aids

- Aids such as nicotine replacement therapy (NRT) products available for free with a prescription

**Appointment only.*

***All services have multilingual staff and options available.*



Recovery Cafe

Locations & Hours of Operations:

80 South 5th St, San Jose, CA 95112

10am - 4pm Monday - Friday

Phone: **(408) 294-2963** Website: recoverycafesj.org

Summary of Services:

- Free membership, recovery courses, and job skills training opportunities
- Weekly peer support and accountability groups



Salvation Army - San Jose Temple Corps.

Locations & Hours of Operations:

702 West Taylor St, San Jose CA 95126

7:30am - 11am Monday, Tuesday, Thursday, Friday

Phone: **(408) 298-7600** Website: siliconvalley.salvationarmy.org/silicon_valley/adult-rehabilitation-center

Summary of Services:

- Six-month residential program
- Free for those ages 21 to 65 years old



San Jose Counseling and Psychotherapy

Locations & Hours of Operations:

1174 Lincoln Ave #6, San Jose, CA 95125

8am - 8pm Monday - Sunday

Phone: **(408) 264-3082** Website: drrandifredricks.com/counseling/addiction-counseling/

Summary of Services:

- \$200 for each 45-minute session
- Prices may vary depending on circumstances



Santa Clara Valley Healthcare (SCVH)

Locations & Hours of Operations:

751 South Bascom Ave, San Jose, CA 95128

Pulmonary Clinic/Quit Smoking Clinic 8:30am - 5pm Monday - Friday

Phone: **(408) 885-5436** Website: cvmc.org/patients-visitors/services/ambulatory-health-education

Summary of Services:

*Better Breathers Club: *Currently on hold due to COVID*

- Free club that meets monthly; open to everyone/drop-in

Tobacco-Free Program:

- Free one-hour virtual class and video or telephone classes with trained health educators
- Offered in English, Spanish, and Vietnamese

Quit Tobacco Aids

- 1:1 quit smoking consultation and 30–45-minute in-person, video, or phone consultation
- Individualized plan with the use of tobacco cessation aids



Valley Health Plan

Locations & Hours of Operations:

2480 North First St Suite 160, San Jose, CA 95131

9am - 5pm Monday - Friday

Phone: **(408) 885-3490** Website: valleyhealthplan.org/members/health-andwellness/tobacco-cessation

Summary of Services:

- Two virtual one-on-one sessions
- Available for people ages 18 and over
- Open to Commercial Valley Health Plan Members
- Plan available that does not require documentation



Department of Veterans Affairs Palo Alto Health Care System

Locations & Hours of Operations:

3801 Miranda Avenue, Palo Alto, CA 94304

7am - 4:30pm Monday - Friday

Phone: **+1 (800) 455-0057 ext. 60557**

Website: **va.gov/palo-alto-health-care**

Summary of Services:

Telequit:

- Free appointments, counseling, and follow-ups with QuitVet counselors (no referral needed)
- Smoking cessation medications mailed to the patient's house
- Can help veterans in the system

ALTERNATIVE:



InstaCalm Anxiety Treatment

Locations & Hours of Operations:

19500 Pruneridge Ave, Suite 4103, Cupertino, CA 95014

9am - 6pm Monday - Friday, 10am - 5pm Saturday,

1:30pm - 5pm Sunday

Phone: **(408) 366-0707** Website: **instacalmhypnosis.com**

Summary of Services:

- Quit smoking hypnotherapy. Insurance not accepted.



Natural Health Center

Locations & Hours of Operations:

485 Los Coches St, Milpitas, CA 95035

10am - 6pm, Monday, Tuesday, Thursday, Friday

10am - 5pm Wednesday, 9am-3pm Saturday, 10am - 2:30pm Sunday

Phone: **(408) 946-9332** Website: **acupuncture-works.com**

Summary of Services:

Acupuncture Services:

- Promote circulation and diminish the use for tobacco
- One-on-one sessions
- First visit is free; \$52-\$67 for following sessions

PHONE & APP:



Kick It California

Hours of Operations:

7am - 9pm Monday - Friday, 9am - 5pm Saturday

Phone: **+1 (800) 300-8086** Website: kickitca.org

Summary of Services:

- Free program that helps Californians kick smoking, vaping, and smokeless tobacco.



Truth Initiative

Website: truthinitiative.org

Summary of Services:

Become an EX:

- Digital quit-smoking program with a support community

EX Program:

- Tobacco cessation program custom-designed for employers/health plans to offer employees/members

This is Quitting:

- Quit-vaping program for teens and young adults

Healthcare Provider Services

Check with your healthcare provider to find out about free resources and tools available for members. Blue Shield, Kaiser, and Stanford Healthcare offer options such as individualized treatment plans, access to nicotine replacement and prescriptions, and support groups.

Tobacco-Free Communities Program

The Tobacco-Free Communities Program team at the County of Santa Clara Department of Public Health created this resource guide. The services in this guide are meant to provide options and are not endorsed by our team, the Department of Public Health, or the County of Santa Clara.