

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)

LOCATION & HOURS OF OPERATION: <https://bach.health/santa-clara-county-locations>

PHONE: (408) 729-9700 **WEBSITE:** <https://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

LOCATION & HOURS OF OPERATION:

1469 Park Avenue, San Jose, CA 95126 9:00am-5:00pm Monday-Friday

PHONE: (408) 998-5865 **HELPLINE:** (408) 999-0500 **WEBSITE:** <https://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

LOCATION & HOURS OF OPERATION:

Varies. Visit website for individual store information.

WEBSITE: <https://www.cvs.com/minuteclinic/services/smoking-cessation>

SUMMARY OF SERVICES:

START TO STOP Smoking Cessation Program:

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

Appointment only

Kaiser Permanente

LOCATION & HOURS OF OPERATION:

Kaiser Santa Clara: 700 Lawrence Expy, Santa Clara, CA 95051 8:30am-4:30pm Monday-Friday

PHONE: (408) 851-3800 **TELEPHONIC COACHING:** (866) 251-4514

Kaiser San Jose: 270 International Circle, Bldg 2, San Jose, CA 95119 9:00am-5:00pm Monday-Friday

PHONE: (408) 972-3340 **TELEPHONIC COACHING:** (866) 251-4514

SUMMARY OF SERVICES:

Health Education Services:

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

Telephonic Coaching

- 15 minute sessions with trained wellness coaches

Quit Tobacco Aids

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

Appointment only. All services have multilingual staff and options available.



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Recovery Café

LOCATION & HOURS OF OPERATION:

80 South 5th Street, San Jose, CA 95112 10:00am-4:00pm Monday-Friday

PHONE: (408) 294-2963 **WEBSITE:** <https://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.

LOCATION & HOURS OF OPERATION:

702 West Taylor Street, San Jose, CA 95126

7:30am-11:00am Monday, Tuesday, Thursday, and Friday

PHONE: (408) 298-7600

WEBSITE: siliconvalley.salvationarmy.org/silicon_valley/adult-rehabilitation-center

SUMMARY OF SERVICES:

San Jose Adult Rehabilitation Center

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



San Jose Counseling and Psychotherapy

LOCATION & HOURS OF OPERATION:

1174 Lincoln Avenue #6, San Jose, CA 95125 8:00am-8:00pm Monday-Sunday

PHONE: (408) 264-3082 **WEBSITE:** <http://drRANDIFREDRICKS.com/counseling/addiction-counseling/>

SUMMARY OF SERVICES:

Individual addiction counseling

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



Santa Clara Valley Healthcare (SCVH)

LOCATION & HOURS OF OPERATION:

751 South Bascom Avenue, San Jose, CA 95128

Pulmonary Clinic/Quit Smoking Clinic 8:30am-5:00pm Monday-Friday

PHONE: (408) 885-5436 **WEBSITE:** <https://www.scvmc.org/patients-visitors/services/ambulatory-health-education/classes-programs>

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

Health Education Classes

- 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 use of tobacco cessation aids



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Valley Health Plan

LOCATION & HOURS OF OPERATION:

2480 North 1st Street, Suite 160, San Jose, CA 95131 9:00am-5:00pm Monday-Friday

PHONE: (408) 885-3490 **WEBSITE:** <https://www.valleyhealthplan.org/members/health-and-wellness/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

LOCATION & HOURS OF OPERATION:

3801 Miranda Avenue, Palo Alto, CA 94304 7:00am-4:30pm Monday-Friday

PHONE: +1 (800) 455-0057 ext 60557 **WEBSITE:** <https://www.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 patient's house
- Can help veterans in system



VA | U.S. Department
of Veterans Affairs

ALTERNATIVE

InstaCalm Anxiety Treatment

LOCATION & HOURS OF OPERATION:

19500 Pruneridge Avenue, Suite 4103, Cupertino, CA 95014 9:00am-6:00pm Monday-Friday

10:00am-5:00pm Saturdays, 1:30pm-5:00pm Sundays

PHONE: (408) 366-0707 **WEBSITE:** <http://instacalmhypnosis.com>

SUMMARY OF SERVICES:

- Quit smoking hypnotherapy. Note: Insurance not accepted



Natural Health Center

LOCATION & HOURS OF OPERATION:

485 Los Coches Street, Milpitas, CA 95035

10:00am-6:00pm Monday-Tuesday & Thursday-Friday 10:00am-5:00pm Wednesdays

9:00am-3:00pm Saturdays 10:00am-2:30pm Sundays

PHONE: (408) 946-9332 **WEBSITE:** <https://www.acupuncture-works.com>

SUMMARY OF SERVICES:

Acupuncture Services:

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



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PHONE & APP-BASED PROGRAMS



Kick It California

HOURS OF OPERATION:

7:00am-9:00pm Monday-Friday, 9:00am-5:00pm Saturdays

PHONE: +1 (800) 300-8086 **WEBSITE:** <https://kickitca.org>

SUMMARY OF SERVICES:

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

Truth Initiative

WEBSITE: <https://truthinitiative.org>

SUMMARY OF SERVICES:

BecomeanEX

- Digital quit-smoking program with 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

This resource guide was created by the Tobacco-Free Communities Program team at the County of Santa Clara Department of Public Health. 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.