

Program Title:
Freedom From Smoking.

Contact:
Ms. Charlotte Hill, Program Coordinator
(805)643-2189.

Description:
The American Lung Association's Freedom From Smoking Program is offered. For more information, see the detailed program description in Part 1.

0083. CALIFORNIA STATE DEPARTMENT OF HEALTH SERVICES, 714 P Street, Sacramento, California 95814.

Program Title:
Smoking And Pregnancy.

Contact:
Ms. Kris Hammer, Project Director
(415)893-5474.

Description:
Working in conjunction with the American Lung Association of Oakland, the Department of Health developed this program to increase the awareness of pregnant women who smoke on the harmful effects of smoking on the unborn and to provide assistance to women who want to stop smoking. A media campaign includes radio public service announcements, billboards, and distribution of literature through doctors' offices and clinics. A second component includes physician and support staff training to improve the counseling received from the health care provider by the pregnant smoker during her prenatal visits. Referrals to smoking cessation programs follow counseling sessions. In addition, group classes, self-help kits, and a self-paced videotape stop smoking program are provided.

0084. CALIFORNIA STATE DEPARTMENT OF HEALTH SERVICES, NORTH COUNTY HEALTH SERVICES, 714 P Street, Sacramento, California 95814.

Program Title:
COHELP (Community Oriented Healthy Lifestyle Program).

Contact:
Ms. Shimon Camiel, Project Coordinator
(619)671-2100.

Description:
COHELP is part of the State's Health Education Risk Reduction Program. This six-session smoking cessation program emphasizes positive decision making; understanding why people smoke; identification of smoking triggers; use of alternative coping strategies; stress management through exercise; assertiveness training and constructive thinking; techniques for coping with withdrawal; use of interpersonal and social support systems; and long-term maintenance strategies. The outcome objectives expected for each year are: 1) that 75 percent of the participants completing the program, or 60 individuals, will have quit smoking by the end

of the program; 2) that 45 percent of this group will be off cigarettes at the 3-month followup; and 3) that 25 percent of those completing the smoking cessation program will maintain cessation behaviors at the 9-month followup.

0085. CALIFORNIA STATE DEPARTMENT OF HEALTH SERVICES, RIVERSIDE COUNTY HEALTH DEPARTMENT, 714 P Street, Sacramento, California 95814.

Program Title:
Health Yourself.

Contact:
Manzoor Massey, Ph.D., Project Director
(714)787-2781.

Description:
Smoking cessation classes are offered in four or seven sessions with the goal that participants permanently quit or reduce the number of cigarettes smoked. The American Cancer Society and American Lung Association materials are used. Two hundred people are expected to participate in the program each year. The outcome objectives expected for each year are: 1) that 70 percent of the participants completing the program will have quit smoking by the end of the class; 2) that 60 percent of the quitters will be smoke-free at the 3-month followup; and 3) that 80 percent of the 3-month smoke-free participants will maintain cessation behaviors at the 9-month followup.

0086. COLFAX SEVENTH-DAY ADVENTIST CHURCH, Post Office Box 333, Colfax, California 95713.

Program Title:
Breathe-Free Plan To Stop Smoking.

Contact:
Ms. Joyce Gray, Personal Ministries Leader
(916)346-8844.

Description:
The Seventh-Day Adventists' smoking cessation program is offered. For more information, see the detailed program description in Part 1.

0087. COUNTY OF ORANGE HEALTH CARE AGENCY, PUBLIC HEALTH AND MEDICAL SERVICES, 515 North Sycamore, Santa Ana, California 92701.

Program Title:
Smoking Risk Reduction.

Contact:
Ms. Molly Brenner, Program Coordinator
(714)834-8597.

Description:
Smoking cessation classes are offered to all county employees. Each employee is given 1 hour free time for each class. Classes are taught by staff trained by the American Cancer Society. There is a materials fee of \$7.

0088. COUNTY OF RIVERSIDE DEPARTMENT OF HEALTH, HEALTH EDUCATION SERVICES, 3575 11th Street Mall, Riverside, California 92501.

Program Title:
Freedom From Smoking Clinics.

Contact:
Ms. Debbie Weems, Program Coordinator
(714)787-2781.

Description:
The American Lung Association's Freedom From Smoking clinics are offered to county employees and the general community. For more information, see the detailed program description in Part 1.

0089. COUNTY OF RIVERSIDE DEPARTMENT OF HEALTH, HEALTH EDUCATION SERVICES, 3575 11th Street Mall, Riverside, California 92501.

Program Title:
FreshStart.

Contact:
Ms. Debbie Weems, Program Coordinator
(714)787-2781.

Description:
The American Cancer Society's FreshStart program is offered to county employees and the general public. For more information, see the detailed program description in Part 1.

0090. COUNTY OF SANTA CRUZ HEALTH SERVICES AGENCY, 1080 Emeline Avenue, Post Office Box 962, Santa Cruz, California 95061.

Program Title:
Smoking Pollution Control.

Contact:
Ms. Bernadette Zavala, Program Coordinator
(408)425-2511.

Description:
The Smoking Pollution Control program is responsible for public education about local smoking pollution control ordinances. The objectives of the program are to inform non-smokers of their rights under local ordinances, assist affected businesses in complying with ordinance requirements, and assist the health officer with enforcement and complaint resolution. These objectives are accomplished through presentations to schools, businesses, and other community groups; media efforts including public service announcements and radio, television, or newspaper interviews and articles; information and referral; and distribution of printed materials.

The Smoking Education Coalition, sponsored by the local American Cancer Society, American Heart Association, and American Lung Association, was established to promote adoption of smoking pollution control ordinances by local cities, comprehensive school health education including programs about smoking, and smoking cessation programs.

The Smoking Pollution Control program works closely with the Smoking Education Coalition in accomplishing mutual goals.

0091. COUNTY OF SHASTA DEPARTMENT OF PUBLIC HEALTH, HEALTH SERVICES AGENCY, 2650 Hospital Lane, Redding, California 96001.

Program Title:
Public Smoking Cessation.

Contact:
Stephen J. Plank, M.D., Program Coordinator
(916)225-5591.

Description:
A cessation clinic, using Nicorette as a major coping technique, is available to the public. Other programs are also available in collaboration with the American Lung Association and American Cancer Society.

0092. COUNTY OF SHASTA DEPARTMENT OF PUBLIC HEALTH, HEALTH SERVICES AGENCY, 2650 Hospital Lane, Redding, California 96001.

Program Title:
Smoking Cessation For County Employees.

Contact:
Stephen J. Plank, M.D., Program Coordinator
(916)225-5591.

Description:
A smoking cessation program, using Nicorette as a major coping technique, is available to all county employees. For county employees who do not succeed with Nicorette, the county pays 50 percent of the charges for more formal programs.

0093. COUNTY OF YOLO DEPARTMENT OF PUBLIC HEALTH, HEALTH SERVICES AGENCY, 10 Cottonwood Street, Woodland, California 95695.

Program Title:
FreshStart.

Contact:
Ms. Michele Quillin, Program Coordinator
(916)666-8648.

Description:
The American Cancer Society's FreshStart program is offered twice a year to county employees. The program is presented in five 1-1/2-hour sessions. The FreshStart program is supplemented with the videotape "We Can't Go On Like This" and guest speakers. For more information on FreshStart, see the detailed program description in Part 1.

0094. MARIN GENERAL HOSPITAL, 250 Bon Air Road, Greenbrae, California 94904.

Program Title:
Smoke Stoppers.

Contact:
Ms. Marlene Holland, Director of Education and Health Promotion
(415)925-7450.

Description:
Smoke Stoppers, developed by the National Center for Health Promotion, is a three-phase smoking cessation program. Phase I prepares the individual for quitting; Phase II provides the techniques, guidance, support, and structure for cessation; and Phase III provides an ongoing support and maintenance system.

0095. MEMORIAL MEDICAL CENTER, 1700 Coffee Road, Modesto, California 95355.

Program Title:
Smoke Stoppers.

Contact:
Mr. Chuck Cipponeri, Program Coordinator
(209)525-4500 ext.6681.

Description:
Smoke Stoppers, developed by the National Center for Health Promotion, is a three-phase smoking cessation program. Phase I prepares the individual for quitting; Phase II provides the techniques, guidance, support, and structure for cessation; and Phase III provides an ongoing support and maintenance system.

0096. MERCY HOSPITAL HEALTH PROMOTION, 2740 M Street, Merced, California 95340.

Program Title:
Self Psych Hypnosis.

Contact:
Ms. Jerri Randrup, Program Coordinator
(209)384-6528.

Description:
Learning the secret of Self Psych Hypnosis, as taught by hypnotist Jim Hoke, is accomplished in one session. For the \$70 fee, each participant receives an instruction sheet, a two-sided cassette tape (used during self hypnosis), and a 2-1/2-hour group session that includes three hypnotic inductions with Jim Hoke. Sessions are positive and upbeat, and relaxation is a key during the group hypnosis. Mr. Hoke has a high success rate in helping people become ex-smokers, but freely admits that each person quits on his or her own. Sponsored by the American Lung Association of Central California and Mercy Hospital, Self Psych Hypnosis is available every 4 months.

0097. MONTEREY COUNTY HEALTH DEPARTMENT, EMPLOYEE HEALTH PROMOTION, 1270 Natividad Road, Salinas, California 93906.

Program Title:
Smoking Cessation.

Contact:
Ms. Linda McGlone, Program Coordinator
(408)757-1061.

Description:
Activities include contests, the American Cancer Society's FreshStart program, the Stanford Heart Disease Prevention's Quit Smoking program, and guided self-help sessions.

0098. PALO ALTO MEDICAL FOUNDATION, 385 Homer Avenue, Palo Alto, California 94301.

Program Title:
Stop Smoking.

Contact:
Cynthia Schultz, M.A., Director of Health Education
(415)853-2960.

Description:
This small group program includes: preparation for quitting by identifying individual smoking patterns and reasons for smoking; problem solving to recognize situations that trigger smoking and to develop alternative behaviors; smoke-holding, a mild aversion technique; learning to cope with negative feelings without the use of cigarettes; relaxation methods, such as deep breathing, imagery, and self-hypnosis; group discussion, which encourages the sharing of problems and promotes mutual support; and development of strategies for long-term maintenance. Nicorette gum may be used by participants with physician approval. Evaluation includes participant feedback at the end of the program and telephone followup at 6 months and 1 year.

0099. SAINT JOHN'S HOSPITAL AND HEALTH CENTER, 1328 22nd Street, Santa Monica, California 90404.

Program Title:
Freedom From Smoking.

Contact:
Michele Bonant, M.P.H., Coordinator
(213)829-8443.

Description:
The American Lung Association's Freedom From Smoking program is offered. For more information, see the detailed program description in Part 1.

0100. SAINT JOHN'S HOSPITAL AND HEALTH CENTER, 1328 22nd Street, Santa Monica, California 90404.

Program Title:
Individualized Smoking Cessation Counseling.

Contact:
Patricia Wuertzer, R.N., M.S.N., Coordinator
(213)315-6100.

Description:

Counseling for adult smokers, including cardiac, pulmonary, and cancer patients, is offered on an individual basis. The American Lung Association's booklet, Freedom From Smoking In 20 Days, is utilized as a guide for behavior change. Counseling sessions are scheduled as needed to facilitate the desired change in lifestyle.

0101. SEVENTH-DAY ADVENTIST CHURCH, 2222 East Olive Avenue, Merced, California 95340.

Program Title:

Breathe-Free Plan To Stop Smoking.

Contact:

Mr. Richard Kelley, Pastor
(209)383-4449.

Description:

The Seventh-Day Adventists' cessation program is offered. For more information, see the detailed program description in Part 1.

0102. SIMI VALLEY ADVENTIST HOSPITAL, 2975 North Sycamore Drive, Simi Valley, California 93065.

Program Title:

Breathe-Free Plan To Stop Smoking.

Contact:

Mr. Bob Stotz, Program Coordinator
(805)527-2462.

Description:

The Seventh-Day Adventists' cessation program is offered. This program also relies on materials developed by the American Cancer Society and the American Lung Association. For more information, see the detailed program description in Part 1.

0103. SOLANO COMMUNITY COLLEGE COMMUNITY SERVICES, 4000 Sulsun Valley Road, Sulsun City, California 94585.

Program Title:

Helping Smokers Quit.

Contact:

Ms. Christina March, Director
(707)864-7115.

Description:

This program, held at Kaiser Hospital, is based on a 4-week, 16-hour group interaction approach to smoking cessation. The class prepares smokers to quit by encouraging each participant to examine smoking behavior, rethink problems, define motives for quitting, try different solutions, and recognize the ability to quit. The program, held twice weekly for 4 weeks, is divided into three phases: self-appraisal and understanding of the techniques of quitting smoking; adjustment to the idea of quitting with an experimental 2 days off, relying

heavily on group support, and reappraisal; and development of a plan to stay off cigarettes. Materials and films are donated by the Solano County Unit of the American Cancer Society.

0104. SOLANO COMMUNITY COLLEGE COMMUNITY SERVICES, 4000 Sulsun Valley Road, Sulsun City, California 94585.

Program Title:

Quit Smoking Clinic With Hypnosis.

Contact:

Ms. Christina March, Director
(707)864-7115.

Description:

The Quit Smoking Clinic consists of 3 weekly sessions covering preparation, cessation, and reinforcement techniques. Light forms of hypnosis are used in the workshop. The participant is led through relaxation exercises and given hypnotic suggestions to ensure his or her success. The clinic cost for each participant is \$45, which includes a Quit Smoking Kit. This program is limited to 25 participants.

0105. SOUTHERN CALIFORNIA PERMANENTE MEDICAL GROUP, 4747 Sunset Boulevard, 2nd Floor, Los Angeles, California 90027.

Program Title:

Stop Smoking.

Contact:

Susan Hook, M.S., Program Consultant
(213)667-6867.

Description:

A smoking cessation program of 8 weekly meetings is conducted to help participants break the smoking habit as comfortably as possible. A positive orientation is adopted that helps clients handle their stress in a healthy manner. The program incorporates positive cognitions, general activity, exercise and relaxation techniques, and alternatives to smoking. Emphasis is placed on change in self-concept from smoker to nonsmoker, assertiveness, and effective conflict resolution. At a patient's option and with his or her physician's prescription, Nicorette may be used. Pamphlets prepared by the staff, the American Heart Association, and the American Cancer Society help participants understand what they must do to kick the habit permanently. There is a fee for the program and nonmembers as well as members may participate.

0106. STANISLAUS COUNTY DEPARTMENT OF PUBLIC HEALTH, 820 Scenic Drive, Modesto, California 95350.

Program Title:

Keep The Beat And Say No To Tobacco.

Contact:

Ms. Dorene McDonald, Program Coordinator
(209)571-5341.

Description:

This is a cross-grade peer education program utilizing students in grade 7 to provide a 2-day (1 hour each day) educational program for grade-6 students. The peer educators are trained and divided into teams. Each team provides approximately four to six presentations at their feeder schools. This program runs through the school year; each year approximately 80 peer educators contact 15,000 students.

0107. WOODLAND MEMORIAL HOSPITAL, NATIONAL CENTER FOR HEALTH PROMOTION, 1325 Cottonwood Street, Woodland, California 95697.

Program Title:

Smoke Stoppers.

Contact:

Ms. Lorie Cullum, Director
(916)661-3961 ext.501.

Description:

Smoke Stoppers, developed by the National Center for Health Promotion, is a three-phase smoking cessation program. Phase I prepares the individual for quitting; Phase II provides the techniques, guidance, support, and structure for cessation; and Phase III provides an ongoing support and maintenance system.

COLORADO

0108. AMERICAN CANCER SOCIETY COLORADO DIVISION, INC., 2255 South Oneida, Denver, Colorado 80224.

Program Title:

FreshStart.

Contact:

Ms. Jennifer Scott, Public Education Director
(303)758-2030.

Description:

The American Cancer Society's FreshStart smoking cessation clinic is offered. For more information, see the detailed program description in Part 1.

0109. AMERICAN CANCER SOCIETY COLORADO DIVISION, INC., 2255 South Oneida, Denver, Colorado 80224.

Program Title:

Taking Control.

Contact:

Ms. Jennifer Scott, Public Education Director
(303)758-2030.

Description:

The newest prevention-oriented program for the American Cancer Society is titled Taking Control and focuses on lifestyle, nutrition, and environment. Taking Control covers negative lifestyle habits such as tobacco use, sun exposure, and occupational hazards.

0110. AMERICAN LUNG ASSOCIATION OF COLORADO, FLATIRONS/NORTH REGION, 1000 Alpine Avenue, Suite 290, Boulder, Colorado 80302.

Program Title:

Freedom From Smoking.

Contact:

Ms. Karen Hutchinson, Program Director
(303)442-8205.

Description:

The American Lung Association's Freedom From Smoking clinics are offered. For more information, see the detailed program description in Part 1.

0111. AMERICAN LUNG ASSOCIATION OF COLORADO, DENVER METRO REGION/STATE OFFICE, 1600 Race Street, Denver, Colorado 80206.

Program Title:

Freedom From Smoking.

Contact:

Ms. Michelle McCardless, Program Director
(303)388-4327.

Description:

The American Lung Association's Freedom From Smoking clinics are offered. For more information, see the detailed program description in Part 1.

0112. AMERICAN LUNG ASSOCIATION OF COLORADO, PIKES PEAK REGION, 809 North Cascade Avenue, Colorado Springs, Colorado 80903.

Program Title:

Freedom From Smoking.

Contact:

Ms. Doris Ralston, Program Director
(303)635-2564.

Description:

The American Lung Association's Freedom From Smoking clinics are offered. For more information, see the detailed program description in Part 1.

0113. AMERICAN LUNG ASSOCIATION OF COLORADO, SOUTH REGION, 119 West 6th Street, Suite 100, Pueblo, Colorado 81003.

Program Title:
Freedom From Smoking.

Contact:
Mr. Tony Marostica, Program Director
(303)543-5864.

Description:
The American Lung Association's Freedom From Smoking clinics are offered. For more information, see the detailed program description in Part 1.

0114. AMERICAN LUNG ASSOCIATION OF COLORADO, WEST REGION, 359 Main Street, Grand Junction, Colorado 81501.

Program Title:
Freedom From Smoking.

Contact:
Ms. Dot Hoskin, Program Director
(303)245-2120.

Description:
The American Lung Association's Freedom From Smoking clinics are offered. For more information, see the detailed program description in Part 1.

0115. COLORADO DEPARTMENT OF HEALTH, 4210 East 11th Avenue, Denver, Colorado 80220.

Program Title:
Colorado Cancer Control.

Contact:
Ed DeAntoni, Ph.D., Director
(303)331-8288.

Description:
The objective of the Cancer Control program is to identify variables related to successful worksite smoking cessation programs. Cancer Control establishes smoking cessation programs in a variety of State government agencies and evaluates each according to a predesigned research and evaluation model. Based upon these findings, the program will then promote smoking policy development and cessation programs for the worksite in the private sector and among other public-sector employers.

The cessation methodology utilizes EASE (Employer Assisted Smoking Elimination) developed by the American Lung Association of Eastern Missouri. The evaluation criteria to measure program impact include the number of cessation programs established, quit rates, and prevalence rate changes within participating agencies versus nonparticipating agencies.

The objectives of the Smoking Prevention program are to determine the variables that encourage and discourage

smoking and the use of other tobacco products among Colorado youth and to design, implement, and evaluate interventions focusing on those variables. The program identifies and evaluates existing school smoke-free policies and prevention and cessation programs and subsequently promotes the establishment of proven models among Colorado school districts. The program consults with the Drug-Free Schools Program (Colorado Department of Education). Evaluation criteria include number of programs established, prevention and cessation program effectiveness, and prevalence rate changes.

0116. COLORADO DEPARTMENT OF HEALTH, 4210 East 11th Avenue, Denver, Colorado 80220.

Program Title:
Colorado Low Birthweight Prevention Project.

Contact:
Ms. Nancy Salas, LBW Coordinator
(303)331-8572.

Description:
The project objective is to develop strategies for reducing the incidence of low birthweight (LBW). The project funds prenatal counselors in four local public health prenatal programs to assist women in reducing risk taking behaviors. The target population includes women who smoke, use alcohol, are severely anemic, or are gaining weight inadequately. Approximately 50 percent of the women using State-funded prenatal clinics are at risk of LBW due to these preventable risks. The project also educates women using State-funded family planning services regarding the importance of quitting smoking and alcohol use in order to reduce the risk of LBW.

0117. COLORADO DEPARTMENT OF HEALTH, 4210 East 11th Avenue, Denver, Colorado 80220.

Program Title:
Smoking Cessation In Pregnancy.

Contact:
Ms. Nancy Salas, LBW Coordinator
(303)331-8572.

Description:
The institutional objective of this program is to work through cooperative agreement with the Centers for Disease Control in developing smoking cessation methods that can be integrated into prenatal and Women, Infants, and Children (WIC) program services offered by existing staff. In providing smoking cessation and maintenance of cessation assistance to prenatal smokers, approximately 17 percent of the women who were smoking at the time of prenatal and WIC enrollment are expected to quit smoking during pregnancy. Among women who receive maintenance assistance following quitting smoking either before or after enrollment, 50 percent are expected to maintain their cessation through 6 weeks post partum.

0118. COLORADO DEPARTMENT OF HEALTH, 4210 East 11th Avenue, Denver, Colorado 80220.

Program Title:
State Employee Risk Reduction Program.

Contact:
Ms. Jane Pritzl, Director
(303)331-8233.

Description:
This program is designed to encourage and facilitate the development of worksite risk reduction efforts for State employees and to provide an incentive for the elimination of one of its most costly (in human and economic terms) health behaviors, i.e., smoking.

Objectives for this program include: 1) the implementation of a differential insurance rate favoring nonsmokers; 2) the establishment of a consortium of State agencies that meet regularly to develop worksite risk reduction activities for State employees; and 3) the distribution of and assistance with the administration of health risk appraisals for State employees.

0119. EL PASO COUNTY HEALTH DEPARTMENT, 501 North Foote Avenue, Colorado Springs, Colorado 80909-4598.

Program Title:
The Colorado Springs Smoking Ordinance.

Contact:
Mr. James Easton, Program Director
(303)578-3137.

Description:
To support the Colorado Springs Smoking Ordinance, presentations are available, upon request, to civic groups, industry, manufacturing, and food service establishments. The program is a lecture presentation, currently without graphics, that seeks to inform selected audiences about how the ordinance controls tobacco smoke in work and public places. It describes how the ordinance affects work and public places in terms of signage, work practices, and policies. Informal evaluation is conducted through monitoring subsequent compliance and complaint frequency.

0120. EL PASO COUNTY HEALTH DEPARTMENT, 501 North Foote Avenue, Colorado Springs, Colorado 80909-4598.

Program Title:
Smoking And Your Health.

Contact:
Ms. Julie Castle, Program Coordinator
(303)578-3108.

Description:
The Smoking And Your Health program is presented, on request, to schools, community agencies, and individuals. The presentation is modified for the target audience and varies in length from 30 to 55 minutes. It is a prevention program, using audiovisuals from the media library and the American Cancer Society. Focus is on the health hazards of tobacco and

reasons not to use any kind of tobacco, the benefits of quitting, and quitting tips.

0121. JEFFERSON COUNTY HEALTH DEPARTMENT, 260 South Kipling Street, Lakewood, Colorado 80226.

Program Title:
Freedom From Smoking Clinics.

Contact:
Angela Tinnes, R.N., Program Coordinator
(303)232-6301 ext.224.

Description:
The American Lung Association's Freedom From Smoking clinics are available to the general public and maternity clinic prenatal patients twice a year. Handouts and films are provided by the American Lung Association. For more information, see the detailed program description in Part 1.

0122. PORTER MEMORIAL HOSPITAL, 2525 South Downing Street, Denver, Colorado 80210.

Program Title:
Porter Stop-Smoking Clinic.

Contact:
Mr. Steve Gomes, Program Coordinator
(303)778-5778.

Description:
The Health Promotion Center presents a 6-day stop-smoking program every month. Each of the six classes involves films and presentations. The core of this program is an extensive group of behavior change skills designed to bring about a deep-seated change of feelings as well as nonsmoking behavior. Followup meetings are held every month. Recently, a 2-year evaluation of this program was conducted, using thiocyanate to determine smoking status.

0123. PUEBLO CITY-COUNTY HEALTH DEPARTMENT, 151 Central Main Street, Pueblo, Colorado 81003-4297.

Program Title:
Smoking Education.

Contact:
Mr. Dan Otoupalik, Program Director
(303)544-8376.

Description:
The Health Education Division, in conjunction with the local American Lung Association, helps sponsor and coordinate such activities as school health fairs, school classroom presentations on smoking prevention, and smoking clinics.

0124. WEBB-WARING LUNG INSTITUTE, University of Colorado Health Science Center, 4200 East Ninth Avenue, Denver, Colorado 80262.

Program Title:
Cigfinale Training And Education Program.

Contact:
Louise M. Nett, R.N., R.R.T., Pulmonary Program Specialist
(303)270-8231.

Description:
The major focus of this resource and education program is the training of health professionals in smoking cessation techniques. Integrating a smoking cessation message into usual practice is the theme of the program. Teaching kits for the health professionals to use with their patients are being

developed. Health professionals are encouraged to use biological tests to motivate smokers to consider quitting.

The center serves as a local and National resource in smoking cessation education. A monthly newsletter with a column on smoking is published for physicians. A 1-week continuing education program covering all topics relating to smoking cessation is offered. Also, local and regional 1-day programs covering the role of the health professional in smoking cessation are offered. A tobacco museum is maintained to teach health professionals about paraphernalia used in consumption of tobacco. The center also offers direct public education programs and does clinical research with smokers.

CONNECTICUT

0125. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Danbury Unit Office, 57 James Street, Danbury, Connecticut 06810.

Program Title:
Connecticut Division Stop Smoking.

Contact:
Mr. Bill Finch, Executive Director
(203)748-2803.

Description:
A guided group self-help program led by a trained instructor is offered. It is scheduled over four 2-hour sessions or eight 1-hour sessions.

0126. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Danbury Unit Office, 57 James Street, Danbury, Connecticut 06810.

Program Title:
Don't Get Hooked On Smoking.

Contact:
Mr. Bill Finch, Executive Director
(203)748-2803.

Description:
Young people aged 9 to 18 become involved in group participation activities and receive educational information on the hazards of smoking. The program is designed for use by schools and other groups and is scheduled over two 2-hour sessions or four 1-hour sessions.

0127. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Danbury Unit Office, 57 James Street, Danbury, Connecticut 06810.

Program Title:
FreshStart.

Contact:
Mr. Bill Finch, Executive Director
(203)748-2803.

Description:
The American Cancer Society's FreshStart program is offered. For more information, see the detailed program description in Part 1.

0128. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Danbury Unit Office, 57 James Street, Danbury, Connecticut 06810.

Program Title:
Smoking And Pregnant Women.

Contact:
Mr. Bill Finch, Executive Director
(203)748-2803.

Description:
The risks of smoking during pregnancy are presented to pregnant women during two 2-hour sessions.

0129. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Eastern Fairfield County Unit Office, 16 Sherman Court, Fairfield, Connecticut 06430.

Program Title:
Connecticut Division Stop Smoking.

Contact:
Ms. Suzanne Hiatt, Executive Director
(203)259-2203.

Description:
A guided group self-help program led by a trained instructor is offered. It is scheduled over four 2-hour sessions or eight 1-hour sessions.

0130. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Eastern Fairfield County Unit Office, 16 Sherman Court, Fairfield, Connecticut 06430.

Program Title:
Don't Get Hooked On Smoking.

Contact:
Ms. Suzanne Hiatt, Executive Director
(203)259-2203.

Description:
Young people aged 9 to 18 become involved in group participation activities and receive educational information on the hazards of smoking. The program is designed for use by schools and other groups and is scheduled over two 2-hour sessions or four 1-hour sessions.

0131. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Eastern Fairfield County Unit Office, 16 Sherman Court, Fairfield, Connecticut 06430.

Program Title:
FreshStart.

Contact:
Ms. Suzanne Hiatt, Executive Director
(203)259-2203.

Description:
The American Cancer Society's FreshStart program is offered. For more information, see the detailed program description in Part 1.

0132. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Eastern Fairfield County Unit Office, 16 Sherman Court, Fairfield, Connecticut 06430.

Program Title:
Smoking And Pregnant Women.

Contact:
Ms. Suzanne Hiatt, Executive Director
(203)259-2203.

Description:
The risks of smoking during pregnancy are presented to pregnant women during two 2-hour sessions.

0133. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Greater Hartford Unit Office, 670 Prospect Avenue, Hartford, Connecticut 06105.

Program Title:
Connecticut Division Stop Smoking.

Contact:
Ms. Mary Jo Cicchetti, Executive Director
(203)233-9691.

Description:
A guided group self-help program led by a trained instructor is offered. It is scheduled over four 2-hour sessions or eight 1-hour sessions.

0134. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Greater Hartford Unit Office, 670 Prospect Avenue, Hartford, Connecticut 06105.

Program Title:
Don't Get Hooked On Smoking.

Contact:
Ms. Mary Jo Cicchetti, Executive Director
(203)233-9691.

Description:
Young people aged 9 to 18 become involved in group participation activities and receive educational information on the hazards of smoking. The program is designed for use by schools and other groups and is scheduled over two 2-hour sessions or four 1-hour sessions.

0135. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Greater Hartford Unit Office, 670 Prospect Avenue, Hartford, Connecticut 06105.

Program Title:
FreshStart.

Contact:
Ms. Mary Jo Cicchetti, Executive Director
(203)233-9691.

Description:
The American Cancer Society's FreshStart program is offered. For more information, see the detailed program description in Part 1.

0136. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Greater Hartford Unit Office, 670 Prospect Avenue, Hartford, Connecticut 06105.

Program Title:
Smoking And Pregnant Women.

Contact:
Ms. Mary Jo Cicchetti, Executive Director
(203)233-9691.

Description:
The risks of smoking during pregnancy are presented to pregnant women during two 2-hour sessions.

0137. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Greenwich Health Association, 189 Mason Street, Greenwich, Connecticut 06830.

Program Title:
Connecticut Division Stop Smoking.

Contact:
Mr. Peter Flierl, Executive Director
(203)643-2168.

Description:
A guided group self-help program led by a trained instructor is offered. It is scheduled over four 2-hour sessions or eight 1-hour sessions.

0138. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Greenwich Health Association, 189 Mason Street, Greenwich, Connecticut 06830.

Program Title:
Don't Get Hooked On Smoking.

Contact:
Mr. Peter Flierl, Executive Director
(203)643-2168.

Description:
Young people aged 9 to 18 become involved in group participation activities and receive educational information on the hazards of smoking. The program is designed for use by schools and other groups and is scheduled over two 2-hour sessions or four 1-hour sessions.

0139. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Greenwich Health Association, 189 Mason Street, Greenwich, Connecticut 06830.

Program Title:
FreshStart.

Contact:
Mr. Peter Flierl, Executive Director
(203)643-2168.

Description:
The American Cancer Society's FreshStart program is offered. For more information, see the detailed program description in Part 1.

0140. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Greenwich Health Association, 189 Mason Street, Greenwich, Connecticut 06830.

Program Title:
Smoking And Pregnant Women.

Contact:
Mr. Peter Flierl, Executive Director
(203)643-2168.

Description:
The risks of smoking during pregnancy are presented to pregnant women during two 2-hour sessions.

0141. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Manchester Unit Office, 243 East Center Street, Manchester, Connecticut 06040.

Program Title:
Connecticut Division Stop Smoking.

Contact:
Ms. Gertrude Sutcliffe, Executive Director
(203)869-0200.

Description:
A guided group self-help program led by a trained instructor is offered. It is scheduled over four 2-hour sessions or eight 1-hour sessions.

0142. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Manchester Unit Office, 243 East Center Street, Manchester, Connecticut 06040.

Program Title:
Don't Get Hooked On Smoking.

Contact:
Ms. Gertrude Sutcliffe, Executive Director
(203)869-0200.

Description:
Young people aged 9 to 18 become involved in group participation activities and receive educational information on the hazards of smoking. The program is designed for use by schools and other groups and is scheduled over two 2-hour sessions or four 1-hour sessions.

0143. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Manchester Unit Office, 243 East Center Street, Manchester, Connecticut 06040.

Program Title:
FreshStart.

Contact:
Ms. Gertrude Sutcliffe, Executive Director
(203)869-0200.

Description:
The American Cancer Society's FreshStart program is offered. For more information, see the detailed program description in Part 1.

0144. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Manchester Unit Office, 243 East Center Street, Manchester, Connecticut 06040.

Program Title:
Smoking And Pregnant Women.

Contact:
Ms. Gertrude Sutcliffe, Executive Director
(203)869-0200.

Description:
The risks of smoking during pregnancy are presented to pregnant women during two 2-hour sessions.

0145. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Middlesex/Meriden/Wallingford Unit Office, Route 66, Meriden Road, Middletown, Connecticut 06457.

Program Title:
Connecticut Division Stop Smoking.

Contact:
Ms. Catherine Mantilla, Executive Director
(203)235-4439.

Description:
A guided group self-help program led by a trained instructor is offered. It is scheduled over four 2-hour sessions or eight 1-hour sessions.

0146. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Middlesex/Meriden/Wallingford Unit Office, Route 66, Meriden Road, Middletown, Connecticut 06457.

Program Title:
Don't Get Hooked On Smoking.

Contact:
Ms. Catherine Mantilla, Executive Director
(203)235-4439.

Description:
Young people aged 9 to 18 become involved in group participation activities and receive educational information on the hazards of smoking. The program is designed for use by schools and other groups and is scheduled over two 2-hour sessions or four 1-hour sessions.

0147. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Middlesex/Meriden/Wallingford Unit Office, Route 66, Meriden Road, Middletown, Connecticut 06457.

Program Title:
FreshStart.

Contact:
Ms. Catherine Mantilla, Executive Director
(203)235-4439.

Description:
The American Cancer Society's FreshStart program is offered. For more information, see the detailed program description in Part 1.

0148. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Middlesex/Meriden/Wallingford Unit Office, Route 66, Meriden Road, Middletown, Connecticut 06457.

Program Title:
Smoking And Pregnant Women.

Contact:
Ms. Catherine Mantilla, Executive Director
(203)235-4439.

Description:
The risks of smoking during pregnancy are presented to pregnant women during two 2-hour sessions.

0149. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., New Britain Unit Office, 80 Whiting Street, Plainville, Connecticut 06062.

Program Title:
Connecticut Division Stop Smoking.

Contact:
Ms. Francine Lachance, Executive Director
(203)793-0203.

Description:
A guided group self-help program led by a trained instructor is offered. It is scheduled over four 2-hour sessions or eight 1-hour sessions.

0150. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., New Britain Unit Office, 80 Whiting Street, Plainville, Connecticut 06062.

Program Title:
Don't Get Hooked On Smoking.

Contact:
Ms. Francine Lachance, Executive Director
(203)793-0203.

Description:
Young people aged 9 to 18 become involved in group participation activities and receive educational information on the hazards of smoking. The program is designed for use by schools and other groups and is scheduled over two 2-hour sessions or four 1-hour sessions.

0151. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., New Britain Unit Office, 80 Whiting Street, Plainville, Connecticut 06062.

Program Title:
FreshStart.

Contact:
Ms. Francine Lachance, Executive Director
(203)793-0203.

Description:
The American Cancer Society's FreshStart program is offered. For more information, see the detailed program description in Part 1.

0152. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., New Britain Unit Office, 80 Whiting Street, Plainville, Connecticut 06062.

Program Title:

Smoking And Pregnant Women.

Contact:

Ms. Francine Lachance, Executive Director
(203)793-0203.

Description:

The risks of smoking during pregnancy are presented to pregnant women during two 2-hour sessions.

0153. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., New London Unit Office, 120 Broad Street, New London, Connecticut 06320.

Program Title:

Connecticut Division Stop Smoking.

Contact:

Ms. Anne Smith, Executive Director
(203)477-1478.

Description:

A guided group self-help program led by a trained instructor is offered. It is scheduled over four 2-hour sessions or eight 1-hour sessions.

0154. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., New London Unit Office, 120 Broad Street, New London, Connecticut 06320.

Program Title:

Don't Get Hooked On Smoking.

Contact:

Ms. Anne Smith, Executive Director
(203)477-1478.

Description:

Young people aged 9 to 18 become involved in group participation activities and receive educational information on the hazards of smoking. The program is designed for use by schools and other groups and is scheduled over two 2-hour sessions or four 1-hour sessions.

0155. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., New London Unit Office, 120 Broad Street, New London, Connecticut 06320.

Program Title:

FreshStart.

Contact:

Ms. Anne Smith, Executive Director
(203)477-1478.

Description:

The American Cancer Society's FreshStart program is offered. For more information, see the detailed program description in Part 1.

0156. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., New London Unit Office, 120 Broad Street, New London, Connecticut 06320.

Program Title:

Smoking And Pregnant Women.

Contact:

Ms. Anne Smith, Executive Director
(203)477-1478.

Description:

The risks of smoking during pregnancy are presented to pregnant women during two 2-hour sessions.

0157. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Northwestern Unit Office, 8 Church Street, Torrington, Connecticut 06790.

Program Title:

Connecticut Division Stop Smoking.

Contact:

Ms. Helen Bunnell, Executive Director
(203)482-8576.

Description:

A guided group self-help program led by a trained instructor is offered. It is scheduled over four 2-hour sessions or eight 1-hour sessions.

0158. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Northwestern Unit Office, 8 Church Street, Torrington, Connecticut 06790.

Program Title:

Don't Get Hooked On Smoking.

Contact:

Ms. Helen Bunnell, Executive Director
(203)482-8576.

Description:

Young people aged 9 to 18 become involved in group participation activities and receive educational information on the hazards of smoking. The program is designed for use by schools and other groups and is scheduled over two 2-hour sessions or four 1-hour sessions.

0159. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Northwestern Unit Office, 8 Church Street, Torrington, Connecticut 06790.

Program Title:
FreshStart.

Contact:
Ms. Helen Bunnell, Executive Director
(203)482-8576.

Description:
The American Cancer Society's FreshStart program is offered. For more information, see the detailed program description in Part 1.

0160. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Northwestern Unit Office, 8 Church Street, Torrington, Connecticut 06790.

Program Title:
Smoking And Pregnant Women.

Contact:
Ms. Helen Bunnell, Executive Director
(203)482-8576.

Description:
The risks of smoking during pregnancy are presented to pregnant women during two 2-hour sessions.

0161. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Norwich/Quinebaug Unit Office, 115 Lafayette Street, Norwich, Connecticut 06360.

Program Title:
Connecticut Division Stop Smoking.

Contact:
Ms. Linda Gilpin, Executive Director
(203)887-2547.

Description:
A guided group self-help program led by a trained instructor is offered. It is scheduled over four 2-hour sessions or eight 1-hour sessions.

0162. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Norwich/Quinebaug Unit Office, 115 Lafayette Street, Norwich, Connecticut 06360.

Program Title:
Don't Get Hooked On Smoking.

Contact:
Ms. Linda Gilpin, Executive Director
(203)887-2547.

Description:
Young people aged 9 to 18 become involved in group participation activities and receive educational information on the hazards of smoking. The program is designed for use by schools and other groups and is scheduled over two 2-hour sessions or four 1-hour sessions.

0163. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Norwich/Quinebaug Unit Office, 115 Lafayette Street, Norwich, Connecticut 06360.

Program Title:
FreshStart.

Contact:
Ms. Linda Gilpin, Executive Director
(203)887-2547.

Description:
The American Cancer Society's FreshStart program is offered. For more information, see the detailed program description in Part 1.

0164. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Norwich/Quinebaug Unit Office, 115 Lafayette Street, Norwich, Connecticut 06360.

Program Title:
Smoking And Pregnant Women.

Contact:
Ms. Linda Gilpin, Executive Director
(203)887-2547.

Description:
The risks of smoking during pregnancy are presented to pregnant women during two 2-hour sessions.

0165. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., South Central Unit Office, 8 Lunar Drive, Woodbridge, Connecticut 06525.

Program Title:
Connecticut Division Stop Smoking.

Contact:
Ms. Debra Stout, Executive Director
(203)389-5324.

Description:
A guided group self-help program led by a trained instructor is offered. It is scheduled over four 2-hour sessions or eight 1-hour sessions.

0166. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., South Central Unit Office, 8 Lunar Drive, Woodbridge, Connecticut 06525.

Program Title:
Don't Get Hooked On Smoking.

Contact:
Ms. Debra Stout, Executive Director
(203)389-5324.

Description:
Young people aged 9 to 18 become involved in group

participation activities and receive educational information on the hazards of smoking. The program is designed for use by schools and other groups and is scheduled over two 2-hour sessions or four 1-hour sessions.

0167. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., South Central Unit Office, 8 Lunar Drive, Woodbridge, Connecticut 06525.

Program Title:
FreshStart.

Contact:
Ms. Debra Stout, Executive Director
(203)389-5324.

Description:
The American Cancer Society's FreshStart program is offered. For more information, see the detailed program description in Part 1.

0168. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., South Central Unit Office, 8 Lunar Drive, Woodbridge, Connecticut 06525.

Program Title:
Smoking And Pregnant Women.

Contact:
Ms. Debra Stout, Executive Director
(203)389-5324.

Description:
The risks of smoking during pregnancy are presented to pregnant women during two 2-hour sessions.

0169. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Southern Fairfield Unit Office, Landmark Square, 5 Brook Street, Norwalk, Connecticut 06852.

Program Title:
Connecticut Division Stop Smoking.

Contact:
Ms. Sandra Sadie, Public Education Director
(203)853-0100.

Description:
A guided group self-help program led by a trained instructor is offered. It is scheduled over four 2-hour sessions or eight 1-hour sessions.

0170. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Southern Fairfield Unit Office, Landmark Square, 5 Brook Street, Norwalk, Connecticut 06852.

Program Title:
Don't Get Hooked On Smoking.

Contact:
Ms. Sandra Sadie, Public Education Director
(203)853-0100.

Description:
Young people aged 9 to 18 become involved in group participation activities and receive educational information on the hazards of smoking. The program is designed for use by schools and other groups and is scheduled over two 2-hour sessions or four 1-hour sessions.

0171. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Southern Fairfield Unit Office, Landmark Square, 5 Brook Street, Norwalk, Connecticut 06852.

Program Title:
FreshStart.

Contact:
Ms. Sandra Sadie, Public Education Director
(203)853-0100.

Description:
The American Cancer Society's FreshStart program is offered. For more information, see the detailed program description in Part 1.

0172. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Southern Fairfield Unit Office, Landmark Square, 5 Brook Street, Norwalk, Connecticut 06852.

Program Title:
Smoking And Pregnant Women.

Contact:
Ms. Sandra Sadie, Public Education Director
(203)853-0100.

Description:
The risks of smoking during pregnancy are presented to pregnant women during two 2-hour sessions.

0173. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Greater Waterbury Unit Office, 155 Grove Street, Waterbury, Connecticut 06710.

Program Title:
Connecticut Division Stop Smoking.

Contact:
Ms. Nancy Hein, Executive Director
(203)756-8888.

Description:
A guided group self-help program led by a trained instructor is offered. It is scheduled over four 2-hour sessions or eight 1-hour sessions.

0174. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Greater Waterbury Unit Office, 155 Grove Street, Waterbury, Connecticut 06710.

Program Title:
Don't Get Hooked On Smoking.

Contact:
Ms. Nancy Hein, Executive Director
(203)756-8888.

Description:
Young people aged 9 to 18 become involved in group participation activities and receive educational information on the hazards of smoking. The program is designed for use by schools and other groups and is scheduled over two 2-hour sessions or four 1-hour sessions.

0175. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Greater Waterbury Unit Office, 155 Grove Street, Waterbury, Connecticut 06710.

Program Title:
FreshStart.

Contact:
Ms. Nancy Hein, Executive Director
(203)756-8888.

Description:
The American Cancer Society's FreshStart program is offered. For more information, see the detailed program description in Part 1.

0176. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Greater Waterbury Unit Office, 155 Grove Street, Waterbury, Connecticut 06710.

Program Title:
Smoking And Pregnant Women.

Contact:
Ms. Nancy Hein, Executive Director
(203)756-8888.

Description:
The risks of smoking during pregnancy are presented to pregnant women during two 2-hour sessions.

0177. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Windham Unit Office, 29 Ivanhill Street, Willimantic, Connecticut 06226.

Program Title:
Connecticut Division Stop Smoking.

Contact:
Ms. Joan Volkmann, Executive Director
(203)423-2589.

Description:
A guided group self-help program led by a trained facilitator is

offered. It is scheduled over four 2-hour sessions or eight 1-hour sessions.

0178. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Windham Unit Office, 29 Ivanhill Street, Willimantic, Connecticut 06226.

Program Title:
Don't Get Hooked On Smoking.

Contact:
Ms. Joan Volkmann, Executive Director
(203)423-2589.

Description:
Young people aged 9 to 18 become involved in group participation activities and receive educational information on the hazards of smoking. The program is designed for use by schools and other groups and is scheduled over two 2-hour sessions or four 1-hour sessions.

0179. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Windham Unit Office, 29 Ivanhill Street, Willimantic, Connecticut 06226.

Program Title:
FreshStart.

Contact:
Ms. Joan Volkmann, Executive Director
(203)423-2589.

Description:
The American Cancer Society's FreshStart cessation program is offered. For more information, see the detailed program description in Part 1.

0180. AMERICAN CANCER SOCIETY, CONNECTICUT DIVISION, INC., Windham Unit Office, 29 Ivanhill Street, Willimantic, Connecticut 06226.

Program Title:
Smoking And Pregnant Women.

Contact:
Ms. Joan Volkmann, Executive Director
(203)423-2589.

Description:
The risks of smoking during pregnancy are presented to pregnant women during two 2-hour sessions.

0181. AMERICAN HEART ASSOCIATION, CONNECTICUT AFFILIATE, 71 Parker Avenue, Meriden, Connecticut 06540.

Program Title:
Let's Talk About Smoking.

Contact:
Ms. Kathy Biederman, Program Coordinator
(203)634-4532.

Description:

A 13-minute film with teacher's guide for students in grade 7 is available. Film includes peers talking about smoking and not smoking.

0182. AMERICAN HEART ASSOCIATION, CONNECTICUT AFFILIATE, 71 Parker Avenue, Meriden, Connecticut 06540.

Program Title:

Save A Sweet Heart.

Contact:

Ms. Kathy Biederman, Program Coordinator
(203)634-4532.

Description:

This program involves a series of activities to promote non-smoking among junior and senior high school students. For more information, see the program description in Part 1.

0183. AMERICAN HEART ASSOCIATION, CONNECTICUT AFFILIATE, 71 Parker Avenue, Meriden, Connecticut 06450.

Program Title:

Smoking Cessation – Self-Help.

Contact:

Ms. Kathy Biederman, Program Coordinator
(203)634-4532.

Description:

The American Heart Association's self-help smoking cessation program is used and pamphlets are distributed. For more information, see the detailed program description in Part 1.

0184. AMERICAN LUNG ASSOCIATION OF CONNECTICUT, 45 Ash Street, East Hartford, Connecticut 06108.

Program Title:

Audiovisual Library.

Contact:

Mr. Richard F. Straub, Director, Smoking and Health Programs
(203)289-5401.

Description:

The American Lung Association of Connecticut makes available a library of 20 to 25 different films that target different age groups, on the subject of lung disease, air conservation, and cigarette smoking.

0185. AMERICAN LUNG ASSOCIATION OF CONNECTICUT, 45 Ash Street, East Hartford, Connecticut 06108.

Program Title:

Biomonitoring.

Contact:

Ms. Lori A. Tatsapaugh, Director, Community Health Programs
(203)289-5401.

Description:

The American Lung Association's Biofeedback Smoking Education Project is offered to students in grades 7 to 9. For more information, see the detailed program description in Part 1.

0186. AMERICAN LUNG ASSOCIATION OF CONNECTICUT, 45 Ash Street, East Hartford, Connecticut 06108.

Program Title:

Freedom From Smoking.

Contact:

Mr. Richard F. Straub, Director, Smoking and Health Programs
(203)777-6821.

Description:

The American Lung Association's Freedom From Smoking program is offered to individuals and to corporations for worksite wellness programs. A minimal fee is charged to all participants in order to cover material costs and instructors' salaries. For more information, see the detailed program description in Part 1.

0187. AMERICAN LUNG ASSOCIATION OF CONNECTICUT, 45 Ash Street, East Hartford, Connecticut 06108.

Program Title:

Freedom From Smoking Self-Help Series.

Contact:

Ms. Monica Lord, Program Associate
(203)289-5401.

Description:

The American Lung Association's Freedom From Smoking self-help series is offered at a cost of \$7 each. For more information, see the detailed program description in Part 1.

0188. AMERICAN LUNG ASSOCIATION OF CONNECTICUT, 45 Ash Street, East Hartford, Connecticut 06108.

Program Title:

In Control.

Contact:

Ms. Monica Lord, Program Associate
(203)289-5401.

Description:

In Control, a smoking cessation videocassette program, is offered. For more information, see the detailed program description in Part 1.

0189. AMERICAN LUNG ASSOCIATION OF CONNECTICUT, 45 Ash Street, East Hartford, Connecticut 06108.

Program Title:

Lung Health Curriculum (Grades K-6).

Contact:

Ms. Lori A. Tatsapaugh, Director, Community Health Programs
(203)289-5401.

Description:

This program offers a comprehensive and sequential lung health curriculum, packaged for individual grade levels. Educators are supplied with information and easy-to-follow lesson plans to incorporate this material into the existing school health curriculum. Each kit contains the following items: 1) a teacher's guide with detailed lesson plans, teacher background information sheets and optional activities; 2) spirit masters comprising enrichment activities for each lesson; 3) posters designed for use as either bulletin board displays or visual aids; and 4) student booklets (25 in each kit), geared to the reading level of each grade, to reinforce lessons.

0190. AMERICAN LUNG ASSOCIATION OF CONNECTICUT, 45 Ash Street, East Hartford, Connecticut 06108.

Program Title:

Marijuana: A Second Look.

Contact:

Ms. Lori A. Tatsapaugh, Director, Community Health Programs
(203)289-5401.

Description:

This program, designed for children ages 9 to 11, emphasizes the skills kids can use in resisting peer pressure to experiment with marijuana and other drugs. For more information, see the detailed program description in Part 1.

0191. AMERICAN LUNG ASSOCIATION OF CONNECTICUT, 45 Ash Street, East Hartford, Connecticut 06108.

Program Title:

Nursery School Activity Box.

Contact:

Ms. Lori A. Tatsapaugh, Director, Community Health Programs
(203)289-5401.

Description:

The American Lung Association of Connecticut has produced

a Nursery School Activity Box designed to aid young children in the development of positive health habits. The kit contains: 1) a teacher's guide with detailed lesson plans, including a hand puppet named Sammy the Snake who tells about the harmful effects of Suffocating Smoke; 2) activities such as a coloring book and an innovative and colorful bingo game that leads children to a discussion of healthy habits and also teaches the universal no-smoking symbol; and 3) take-home material for parents concerning secondhand smoke, choking, and childhood respiratory diseases.

0192. COMMUNITY HEALTH CARE CENTER PLAN, INC., 150 Sargent Drive, New Haven, Connecticut 06511.

Program Title:

Free And Clear.

Contact:

Ms. Barbara Katz, Health Education Coordinator
(203)787-3141 ext.363.

Description:

Pamphlets on smoking produced by the American Lung Association are distributed. Monthly classes are offered. Audiovisual loan programs are available. Consultation on industrial smoking policies is offered.

0193. CONNECTICUT DEPARTMENT OF HEALTH SERVICES, OFFICE OF HEALTH EDUCATION - SMOKING, 150 Washington Street, Hartford, Connecticut 06106.

Program Title:

Health Department Smoking.

Contact:

Ms. Janet St. Clair
(203)566-3844.

Description:

This office handles several programs related to Connecticut smoking laws, smoking cessation, school programs, worksite smoking policy, and general information.

The worksite program involves interpretation of the smoking laws and technical assistance with the establishment of policies for State agencies, municipalities, and private businesses. In the schools, the Office of Health Education implements a Teen Wellness Check, disseminates a directory of curriculum resources for education and referrals for cessation programs, interprets the laws, and provides technical assistance with the establishment of policies governing smoking and the use of tobacco products. The office publishes quarterly listings of smoking cessation clinics throughout the State, maintains a cessation resource directory for referrals, and provides assistance to State agencies, municipalities, and private businesses in promoting cessation.

In addition, the office provides information and assistance to members of the public, the media, State agencies, local health departments, and community agencies regarding smoking, passive smoking, smokeless tobacco, and Connecticut

smoking laws. It maintains a complaint system documenting problems with smoking in restaurants and retail food stores and worksites. Other responsibilities include monitoring legislation and providing information to State legislators regarding proposed laws regulating smoking or use of tobacco products. The office also assists in promoting legislation protecting nonsmokers and restricting smoking.

0194. HARTFORD HOSPITAL, HEALTH AND LIFESTYLES PROGRAM, 80 Seymour Street, Hartford, Connecticut 06115-0729.

Program Title:
Smokeless/Health Education/Policy Implementation.

Contact:
Mr. William Martens, Director, Health and Lifestyles
(203)524-2124.

Description:
The Smokeless system, developed by the American Institute for Preventive Medicine, is a highly structured, multifaceted smoking cessation program. Participants learn systematic techniques to prevent the urge to smoke and to eliminate cravings that may develop. Cessation booklets and followup services are provided.

0195. HARTFORD HYPNOSIS CENTER, 111 Pearl Street, Room 601, Hartford, Connecticut 06103.

Program Title:
Cessation Through Hypnosis.

Contact:
Mr. David J. Norton, Director
(203)522-2320.

Description:
Therapy for smoking cessation is designed around the resources and strengths of each client. One-to-one counseling and group support services are both available.

0196. INSTITUTE FOR BETTER HEALTH, INC., Hospital of Saint Raphael, 111 Sherman Avenue, New Haven, Connecticut 06511.

Program Title:
Smokeless.

Contact:
Ms. Ursula A. Kolb, Director of Health Promotion
(203)789-3031.

Description:
The Smokeless system, developed by the American Institute for Preventive Medicine, is a highly structured, multifaceted smoking cessation program. Participants learn systematic techniques to prevent the urge to smoke and to eliminate cravings that may develop. Cessation booklets and followup services are provided.

0197. MIDDLETOWN DEPARTMENT OF HEALTH, Municipal Building, DeKoven Drive, Post Office Box 1300, Middletown, Connecticut 06457-1300.

Program Title:
FreshStart.

Contact:
Leon F. Vinci, M.P.H., Director of Health
(203)344-3474.

Description:
The American Cancer Society's FreshStart program is offered to coincide with the Great American Smokeout. For more information, see the detailed program description in Part 1.

0198. MIDDLETOWN DEPARTMENT OF HEALTH, Municipal Building, DeKoven Drive, Post Office Box 1300, Middletown, Connecticut 06457-1300.

Program Title:
Great American Smokeout.

Contact:
Leon F. Vinci, M.P.H., Director of Health
(203)344-3474.

Description:
In 1987, high school students participated in the Great American Smokeout. Students and school employees pledged not to smoke for a 24-hour period. A buddy system was employed. One local clothing store donated 100 T-shirts for participants and a local apple orchard donated 30 pounds of apples, a healthy snack alternative to a cigarette. Educational posters were displayed in the halls and cafeteria. Approximately 400 students were exposed to this program.

0199. MIDDLETOWN DEPARTMENT OF HEALTH, Municipal Building, DeKoven Drive, Post Office Box 1300, Middletown, Connecticut 06457-1300.

Program Title:
Public Education.

Contact:
Leon F. Vinci, M.P.H., Director of Health
(203)344-3474.

Description:
The Middletown Department of Health's Risk Reduction Program conducts public education programs concerning smoking, with local radio and newspaper cooperation. Other activities have included live interviews with former smokers who had successfully kicked the habit and a cold turkey raffle in which turkeys were won by several of the persons attending.

0200. MILFORD DEPARTMENT OF HEALTH, MEDICAL DIVISION, 2051 Bridgeport Avenue, Milford, Connecticut 06460.

Program Title:
Stop Smoking.

Contact:
George Kraus, M.D., Program Director
(203)783-3285.

Description:
The Milford Hospital program is cosponsored by the Milford Health Department. The program is six sessions, two sessions each week for 3 weeks. The program is based on the American Cancer Society's self-help, stop smoking techniques. There is a \$50 fee for the class.

0201. NEW LONDON HEALTH DEPARTMENT, 120 Broad Street, New London, Connecticut 06320-5787.

Program Title:
FreshStart.

Contact:
Ms. Rita Metcalf, Program Coordinator
(203)447-8304.

Description:
The American Cancer Society's FreshStart program is offered four times a year: two programs for county employees and two programs for the general public. For more information, see the detailed program description in Part 1.

0202. NORTH CENTRAL DISTRICT HEALTH DEPARTMENT, Post Office Box 340, A.D. Higgins Building, North Main Street, Enfield, Connecticut 06802.

Program Title:
No Butts About It.

Contact:
Meg Fulton, M.P.H., Program Director
(203)745-0383.

Description:
No Butts About It (NBAI) is a tobacco prevention and cessation support program designed specifically for students in grades 5 through 10. The primary objective of NBAI is to equip youth with the knowledge and the skills to make a well-informed personal choice concerning the use of tobacco, and also to provide support, guidance, and tools to aid those desiring to stop using tobacco.

The program approach is multifaceted, focusing on factual information, self-esteem, interpersonal skills, relaxation techniques, coping skills, resistance strategies, responsibility recognition and acceptance, and goal and value setting. In order to address this large number of issues, audiovisual materials, large and small group discussion, dramatization, mini-lectures, biofeedback devices, and high-level participant interaction are incorporated into a 9- to 11-week program. At the completion of the program each participant receives a certificate.

Sessions are designed to be presented during 45- to 60-minute time intervals at a frequency of once a week for a 9- to 11-week duration. Implementation at the middle and high school levels has revealed that No Butts About It fits quite well within the regular health or health-science curriculum.

0203. NORWALK DEPARTMENT OF HEALTH, 137 East Avenue, Norwalk, Connecticut 06851.

Program Title:
Clean Air In The Workplace: The I Quit Smoking Program.

Contact:
Ms. Rhonda Collins, Health Education Coordinator
(203)854-7977.

Description:
This is a 28-day program offered to municipal employees. It is a comprehensive, in-house program including daily group meetings, daily video presentations, daily readings and activities, stress management, weight control, and methods to deal with habit and the psychological as well as the physiological addiction.

0204. QUINNIPIACK VALLEY HEALTH DISTRICT, 1141 Dixwell Avenue, Chimney Square, Hamden, Connecticut 06514.

Program Title:
Great American Smokeout.

Contact:
Ms. Deborah Culligan, Deputy Director
(203)776-8283.

Description:
The district participates in the smokeout by distributing materials to town employees on smoking cessation. Approximately 1,000 persons receive these materials in November of each year.

0205. QUINNIPIACK VALLEY HEALTH DISTRICT, 1141 Dixwell Avenue, Chimney Square, Hamden, Connecticut 06514.

Program Title:
Just Say No Fair.

Contact:
Ms. Deborah Culligan, Deputy Director
(203)776-8283.

Description:
This program, presented in a health fair format, focuses on substance abuse and safety. The program is designed for children in grades 4 to 6 and travels from school to school. It is set up in a gym or cafeteria, with the children coming through with their teacher and classmates. One of the booths relates to smoking and smokeless tobacco. Live specimens of lung tissue and a mouth with cancer are displayed. A game is played that simulates breathing as if one had emphysema.

Materials, including a comic book, are handed out and children are encouraged to share these with their families.

0206. TOWN OF MANCHESTER, 41 Center Street, Manchester, Connecticut 06040.

Program Title:
Smoking Cessation Workshop.

Contact:
Carolyn Bountress, R.N.C., Senior Health Program Coordinator
(203)647-3173.

Description:
The program is offered on an as-requested basis to senior citizens in the community. The American Cancer Society's 7-Day Quit program is used. There are four 2-hour sessions over a 3-week period. The program is informational, support-

ive and incorporates a 48-hour quit period midway in the program.

0207. WEST HAVEN DEPARTMENT OF HEALTH, Post Office Box 312, West Haven, Connecticut 06516-0312.

Program Title:
Smoke Cessation Class.

Contact:
Eric Triffin, M.P.H., Health Educator
(203)934-3421 ext.300.

Description:
A four-session smoke cessation class is offered twice each year. The series includes elements of stress management, biofeedback, nutrition, and exercise, along with quitting techniques and support. There are 6-month and 1-year evaluations.

DELAWARE

0208. AMERICAN LUNG ASSOCIATION OF DELAWARE, 1021 Gilpin Avenue, Suite 202, Wilmington, Delaware 19806.

Program Title:
Freedom From Smoking Clinics.

Contact:
Ms. Deborah P. Brown, Program Director
(302)655-7258.

Description:
The American Lung Association's Freedom From Smoking clinics are offered. For more information, see the detailed program description in Part 1.

0210. AMERICAN LUNG ASSOCIATION OF DELAWARE, 1021 Gilpin Avenue, Suite 202, Wilmington, Delaware 19806.

Program Title:
Freedom From Smoking For You And Your Family.

Contact:
Ms. Deborah P. Brown, Program Director
(302)655-7258.

Description:
The American Lung Association's newest Freedom From Smoking self-help manual is offered. For more information, see the detailed program description in Part 1.

0209. AMERICAN LUNG ASSOCIATION OF DELAWARE, 1021 Gilpin Avenue, Suite 202, Wilmington, Delaware 19806.

Program Title:
Freedom From Smoking For You And Your Baby.

Contact:
Ms. Deborah P. Brown, Program Director
(302)655-7258.

Description:
This self-help program includes a 32-page manual, a poster progress chart for pregnant mothers, and a pocket reminder. An audiocassette tape featuring aerobics and relaxation exercises is also available. For more information, see the detailed program description in Part 1.

0211. AMERICAN LUNG ASSOCIATION OF DELAWARE, 1021 Gilpin Avenue, Suite 202, Wilmington, Delaware 19806.

Program Title:
Freedom From Smoking Self-Help Manuals.

Contact:
Ms. Deborah P. Brown, Program Director
(302)655-7258.

Description:
The American Lung Association's Freedom From Smoking Self-Help Manuals are offered. For more information, see the detailed program description in Part 1.

0212. AMERICAN LUNG ASSOCIATION OF DELAWARE, 1021 Gilpin Avenue, Suite 202, Wilmington, Delaware 19806.

Program Title:
In Control.

Contact:
Ms. Deborah P. Brown, Program Director
(302)655-7258.

Description:
In Control, a videocassette smoking cessation program, is offered. The program also includes a workbook and audiocassette tape. For more information, see the detailed program description in Part 1.

0213. AMERICAN LUNG ASSOCIATION OF DELAWARE, 1021 Gilpin Avenue, Suite 202, Wilmington, Delaware 19806.

Program Title:
School Health Education.

Contact:
Ms. Deborah P. Brown, Program Director
(302)655-7258.

Description:
Various curriculum programs are designed for students in grades kindergarten through 12. The programs are prevention oriented and contain information about basic good health habits.

0214. DELAWARE DEPARTMENT OF HEALTH AND SOCIAL SERVICES, DIVISION OF PUBLIC HEALTH, Robbins Building, 802 Silver Lake Boulevard and Walker Road, Dover, Delaware 19901.

Program Title:
Stop Smoking.

Contact:
Mr. Lionel de Bernard, Health Educator
(302)736-4754.

Description:
The Office of Health Education provides a free smoking cessation program. The program is available to any interested businesses, State agencies, or other group or institution with a minimum of 15 registrants. This seven-session course is designed to provide participants with the knowledge and skills to cope with the urge to smoke. The program includes an evaluation about smoking, a step-by-step plan for quitting, coping techniques recognizing the differences between psychological and physical withdrawal symptoms, stress management and relaxation techniques, and above all, how to remain motivated in order to remain a nonsmoker. Followup sessions to reinforce the skills developed in the program are conducted after 1 year. Because this is a health education program, success is not determined solely by the number of participants who quit smoking after attending this course.

The office also distributes television public service announcements for smoking prevention and works with the Division's Adolescent Health Program on smoking prevention activities for teens. The office provides information and self-help kits on request, and consults with workplace health promotion programs related to smoking policies.

DISTRICT OF COLUMBIA

0215. AMERICAN CANCER SOCIETY, DISTRICT OF COLUMBIA DIVISION, INC., 1825 Connecticut Avenue, N.W., Washington, District of Columbia 20009.

Program Title:
FreshStart.

Contact:
Ms. Jevita Kilpatrick, Director of Public Education
(202)483-2600.

Description:
The American Cancer Society's FreshStart smoking cessation clinic is offered. For more information, see the detailed program description in Part 1.

0216. AMERICAN CANCER SOCIETY, DISTRICT OF COLUMBIA DIVISION, INC., 1825 Connecticut Avenue, N.W., Washington, District of Columbia 20009.

Program Title:
Youth Education.

Contact:
Ms. Caron Gwynn, Health Education Director
(202)483-2600.

Description:
The American Cancer Society's in-school health education teaching series is used for all grades. For more information, see the detailed program description in Part 1.

0217. AMERICAN HEART ASSOCIATION, NATION'S CAPITAL AFFILIATE, 2233 Wisconsin Avenue, N.W., Post Office Box 32409, Washington, District of Columbia 20007.

Program Title:
Heart At Work.

Contact:

Ms. Deborah Edwards, Program Associate
(202)337-6400.

Description:

The American Heart Association's Heart At Work program is offered. For more information, see the detailed program description in Part 1.

0218. AMERICAN HEART ASSOCIATION, NATION'S CAPITAL AFFILIATE, 2233 Wisconsin Avenue, N.W., Post Office Box 32409, Washington, District of Columbia 20007.

Program Title:

Save A Sweet Heart.

Contact:

Amber Thornton-Washington, M.P.H., Director of Programs
(202)337-6400.

Description

The American Heart Association's Save A Sweet Heart series is conducted in schools by students. For more information, see the detailed program description in Part 1.

0219. AMERICAN LUNG ASSOCIATION OF THE DISTRICT OF COLUMBIA, 475 H Street, N.W., Washington, District of Columbia 20001.

Program Title:

Freedom From Smoking.

Contact:

Coordinator, Smoking or Health Programs
(202)682-5864.

Description:

The American Lung Association's Freedom From Smoking clinics and self-help kits are available. For more information, see the detailed program description in Part 1.

0220. AMERICAN LUNG ASSOCIATION OF THE DISTRICT OF COLUMBIA, 475 H Street, N.W., Washington, District of Columbia 20001.

Program Title:

How To Cope With Pressure To Smoke.

Contact:

Ms. Veronica Brown, Coordinator, Child/Youth Programs
(202)682-5864.

Description:

This is a smoking prevention program aimed at students in grade 6, but can be modified for all age groups. It is presented in three 45-minute sessions to all public school classes in the District of Columbia. The first session is a film presentation featuring characters and situations to which the students can relate. The audience is invited to enter a poster contest for the three best illustrations of the health hazards of smoking. The second session concentrates on a biofeedback demonstration of the immediate effects of smoking one cigarette. The third session involves the issue of cigarette advertising and culminates in the awarding of prizes for the poster contest.

0221. AMERICAN LUNG ASSOCIATION OF THE DISTRICT OF COLUMBIA, 475 H Street, N.W., Washington, District of Columbia 20001.

Program Title:

No Smoking During And After Pregnancy: Advocacy On Behalf Of The Unborn.

Contact:

Ms. Veronica Brown, Coordinator, Child/Youth Programs
(202)682-5864.

Description:

A two-tiered approach for motivating pregnant women not to smoke during and after pregnancy has been developed by health care providers. Innovative techniques are used with prenatal counseling of program participants to motivate the smokers among them to quit and remain nonsmokers and nonsmokers to become advocates of the nonsmoking lifestyle on behalf of the unborn, newborn, and growing child.

0222. AMERICAN LUNG ASSOCIATION OF THE DISTRICT OF COLUMBIA, 475 H Street, N.W., Washington, District of Columbia 20001.

Program Title:

Nonsmokers' Rights.

Contact:

Coordinator, Smoking or Health Programs
(202)682-5864.

Description:

This program has been set up to promote smoke-free indoor environments by raising the awareness of people who live and work in the District of Columbia as to the many benefits of smoke-free work and home environments. The program also attempts to develop grassroots support for legislation to restrict smoking in the workplace and works with businesses that are interested in setting up nonsmoking policies.

FLORIDA

0223. AMERICAN CANCER SOCIETY, FLORIDA DIVISION, INC., 1001 South MacDill Avenue, Tampa, Florida 33629.

Program Title:
FreshStart And Education.

Contact Person:
Ms. Vicki Pleasant, Director of Public Education
(813)253-0541.

Description:
Health and science education programs are presented to students in grades kindergarten through 12. Programs emphasize the hazards of smoking and personal health information and decisions. The American Cancer Society's FreshStart program is offered throughout the State. For more information, see the detailed program description in Part 1.

0224. AMERICAN HEART ASSOCIATION, FLORIDA AFFILIATE, 1213 16th Street North, Post Office Box 33035, St. Petersburg, Florida 33705-8035.

Program Title:
Smoking Education Programs.

Contact:
Ms. Mary A. Nowakowski, Program Vice President
(813)894-7400.

Description:
This office includes smoking cessation and education programs in some of its worksite programs. Smoking, as a risk factor, is also discussed in program efforts directed at target populations in the community and in schools. These efforts include a combination of prevention and behavioral change activities and educational messages. The organization is also involved in the Smoke-Free Class of 2000 project that focuses on children who will graduate from high school in the year 2000. Educational materials are being designed for these children and their parents.

0225. AMERICAN LUNG ASSOCIATION OF BROWARD-GLADES-HENDRY, INC., 2020 South Andrews Avenue, Fort Lauderdale, Florida 33316.

Program Title:
Freedom From Smoking.

Contact:
Mr. David R. Just, Program Director
(305)524-4657.

Description:
Both the Freedom From Smoking clinics and self-help approaches developed by the American Lung Association are offered. For more information, see the detailed program descriptions in Part 1.

0226. AMERICAN LUNG ASSOCIATION OF BROWARD-GLADES-HENDRY, INC., 2020 South Andrews Avenue, Fort Lauderdale, Florida 33316.

Program Title:
Smoking And Pregnancy.

Contact:
Mr. David R. Just, Program Director
(305)524-4657.

Description:
Material designed and provided by the American Lung Association, in addition to some information collected by the local chapter, is sent to area health care professionals. For more information, see the detailed program description in Part 1.

0227. AMERICAN LUNG ASSOCIATION OF BROWARD-GLADES-HENDRY, INC., 2020 South Andrews Avenue, Fort Lauderdale, Florida 33316.

Program Title:
Smoking Deserves A Smart Answer.

Contact:
Mr. David R. Just, Program Director
(305)524-4657.

Description:
This smoking prevention program is designed for students in grades 5 and 6. For more information, see the detailed program description in Part 1.

0228. AMERICAN LUNG ASSOCIATION OF BROWARD-GLADES-HENDRY, INC., 2020 South Andrews Avenue, Fort Lauderdale, Florida 33316.

Program Title:
Students Teach Students.

Contact:
Mr. David R. Just, Program Director
(305)524-4657.

Description:
High school students serve as counselors and role models to elementary students. This program can be incorporated into the Smoking Deserves A Smart Answer program on the third day of the 5-day curriculum and is offered free of charge. For more information, see the detailed program description in Part 1.

0229. AMERICAN LUNG ASSOCIATION OF DADE-MONROE, INC., 830 Brickell Plaza, Miami, Florida 33131.

Program Title:
I Love My Lungs.

Contact:
Douglas Barnicle, M.S., Program Director
(305)377-1771.

Description:
The program for grades kindergarten through 9 focuses on tobacco smoking and its effects on the respiratory system. Lung exhibits, videos, and a smoking doll are accompanied by a song of vibrant respiratory health, I Love My Lungs. Over 10,000 elementary and junior high students were visited last year. One of the program goals is to encourage teachers to incorporate the educational content in the curriculum.

0230. AMERICAN LUNG ASSOCIATION OF FLORIDA, NORTHEAST BRANCH, Post Office Box 8127, Jacksonville, Florida 32239.

Program Title:
Freedom From Smoking Clinics.

Contact:
Ms. Ernestine Curry, Program Associate
(904)743-2933.

Description:
The American Lung Association's Freedom From Smoking clinics are offered. For more information, see the detailed program description in Part 1.

0231. AMERICAN LUNG ASSOCIATION OF FLORIDA, NORTHEAST BRANCH, Post Office Box 8127, Jacksonville, Florida 32239.

Program Title:
Marijuana: A Second Look.

Contact:
Ms. Ernestine Curry, Program Associate
(904)743-2933.

Description:
The American Lung Association's Marijuana: A Second Look is offered. For more information, see the detailed program description in Part 1.

0232. AMERICAN LUNG ASSOCIATION OF SOUTHEAST FLORIDA, INC., 2701 North Australian Avenue, West Palm Beach, Florida 33407.

Program Title:
Freedom From Smoking Self-Help Manuals.

Contact:
Ms. Denee J. Martin, Managing Director
(305)659-7644.

Description:
The American Lung Association's Freedom From Smoking

self-help manuals are available. For more information, see the detailed program description in Part 1.

0233. AMERICAN LUNG ASSOCIATION OF SOUTHEAST FLORIDA, INC., 2701 North Australian Avenue, West Palm Beach, Florida 33407.

Program Title:
In Control.

Contact:
Ms. Denee J. Martin, Program Administrator
(305)659-7644.

Description:
The American Lung Association's In Control smoking cessation program is offered. For more information, see the detailed program description in Part 1.

0234. AMERICAN LUNG ASSOCIATION OF SOUTHEAST FLORIDA, INC., 2701 North Australian Avenue, West Palm Beach, Florida 33407.

Program Title:
Smoke-Free America Billboard Contest.

Contact:
Ms. Denee J. Martin, Program Administrator
(305)659-7644.

Description:
This program was designed to educate students and the general public on the deleterious health effects of smoking. For more information, see the detailed program description in Part 1.

0235. AMERICAN LUNG ASSOCIATION OF SOUTHEAST FLORIDA, INC., 2701 North Australian Avenue, West Palm Beach, Florida 33407.

Program Title:
Students Teach Students.

Contact:
Ms. Kathy Andio, Program Administrator
(305)659-7644.

Description:
High school students serve as counselors and role models for students in grade 5. For more information, see the detailed program description in Part 1.

0236. AMERICAN LUNG ASSOCIATION OF SOUTHWEST FLORIDA, 1436 Royal Palm Square Boulevard, Fort Myers, Florida 33919-1049.

Program Title:
Freedom From Smoking Clinics.

Contact:
Ms. Stephanie Welch, Director of Program Development
(813)275-7577.

Description:
The American Lung Association's Freedom From Smoking clinics are offered. For more information, see the detailed program description in Part 1.

0237. AMERICAN LUNG ASSOCIATION OF SOUTHWEST FLORIDA, 1436 Royal Palm Square Boulevard, Fort Myers, Florida 33919-1049.

Program Title:
Freedom From Smoking For You And Your Baby.

Contact:
Ms. Stephanie Welch, Director of Program Development
(813)275-7577.

Description:
The American Lung Association's Freedom From Smoking self-help manuals for pregnant women are available. Optional items include: I'm a Smoke-free Baby infant T-shirt, exercise/relaxation tape, Because I Love My Baby pamphlets and poster, No Smoking – I'm Breathing for Two pin, and No Smoking – Baby Breathing sign. For more information, see the detailed program descriptions in Part 1.

0238. AMERICAN LUNG ASSOCIATION OF SOUTHWEST FLORIDA, 1436 Royal Palm Square Boulevard, Fort Myers, Florida 33907.

Program Title:
Freedom From Smoking Self-Help Manuals.

Contact:
Ms. Stephanie Welch, Director of Program Development
(813)275-7577.

Description:
The American Lung Association's Freedom From Smoking self-help manuals are available. For more information, see the detailed program description in Part 1.

0239. AMERICAN LUNG ASSOCIATION OF SOUTHWEST FLORIDA, 1436 Royal Palm Square Boulevard, Fort Myers, Florida 33907.

Program Title:
In Control.

Contact:
Ms. Stephanie Welch, Director of Program Development
(813)275-7577.

Description:
The American Lung Association's In Control videocassette program is offered. For more information, see the detailed program description in Part 1.

0240. BAPTIST HOSPITAL, 1000 West Moreno Street, Post Office Box 17500, Pensacola, Florida 32522.

Program Title:
Smoke Stoppers.

Contact:
Raymond Rappa, R.N., M.S., Health Education Specialist
(904)434-4747.

Description:
Smoke Stoppers, developed by the National Center for Health Promotion, is a three-phase smoking cessation program. Phase I prepares the individual for quitting; Phase II provides the techniques, guidance, support, and structure for cessation; and Phase III provides an ongoing support and maintenance system.

0241. BOCA RATON COMMUNITY HOSPITAL, INC., 800 Meadows Road, Boca Raton, Florida 33432.

Program Title:
Smokeless.

Contact:
Ms. Sally Sweigart, Health Education Coordinator
(305)393-4063.

Description:
The Smokeless system, developed by the American Institute for Preventive Medicine, is a highly structured, multifaceted smoking cessation program. Participants learn systematic techniques to prevent the urge to smoke and to eliminate cravings that may develop. Cessation booklets and followup services are provided.

0242. BREVARD COUNTY INTERAGENCY ON SMOKING AND HEALTH, 1274 South Florida Avenue, Rockledge, Florida 32955.

Program Title:
Community Smoking Cessation.

Contact:
Mr. Jim Richardson, Health Educator
(305)727-1480.

Description:
This program is conducted six times a year, twice in each distinct population area of the county. The program consists of a 2-hour session each night for 5 consecutive nights. Program content includes the effects of smoking on the body, the physical and psychological benefits of quitting, awareness of the smoker's habit, behavior modification to combat the smoking habit, and methods to curb relapse.

0243. BREVARD COUNTY PUBLIC HEALTH UNIT, 1744 Cedar Street, Rockledge, Florida 32955.

Program Title:
Patient Counseling And Smoking Cessation.