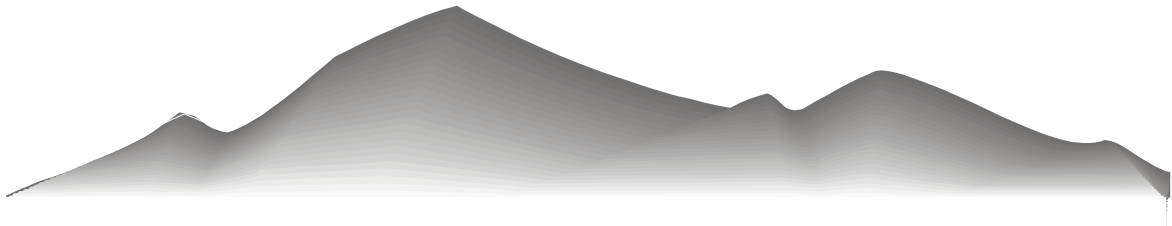


ALASKA's *Tobacco Prevention & Cessation*



RESOURCE GUIDE

Updated February 20, 2003



The American Lung Association of Alaska (ALAA) developed the ***Alaska Tobacco Cessation & Prevention Resource Guide*** as a networking tool for healthcare providers, schools and agencies throughout the state. This guide is divided into six regions: Aleutian Islands, Interior Alaska, Southcentral Alaska, Southeast Alaska, Southwest Alaska and Northern Alaska. Each agency name is **CAPITALIZED** and marked in **RED** letters and their **tobacco program(s)** are in **bold black** letters. To hyperlink to a region or an agency, use the 'bookmarks' tab in this pdf document while in the table of contents.

The ALAA would like to **thank** all the **agencies** who participated in making this resource guide possible. Any agency who wants to make **revisions** to their program description or be **included** in this resource guide, please call **Gregory Moses** at the ALAA **644-6412** or e-mail him at gregory@aklung.org.

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ALEUTIAN ISLANDS

COLD BAY

EASTERN ALEUTIAN TRIBES

Behavioral Health

P.O. Box 67
Cold Bay, Alaska 99571

PHONE: (907) 532-2585
CONTACT: Renee Skansgaard
Counselor
E-MAIL: renee@gci.net
FAX: (907) 532-2874

Eastern Aleutian Tribes offers general behavioral wellness and coping skills training as well as a prevention program with local youth in the schools and after school programs. Sponsors a range of tobacco alternative activities.

Wellness information is provided at community health fairs and educational pamphlets are distributed to all village health clinics.

EAT assesses the readiness of their target communities for behavioral change intervention. This assessment is vital in the implementation of their tobacco program and other prevention programs.

UNALASKA

ALEUTIAN COUNSELING CENTER (ACC)

P.O. Box 1133
Unalaska, AK 99685

PHONE: (907) 581-2742
CONTACT: June Dirks, CDCA
E-MAIL: whiteflower@hotmail.com
FAX: (907) 581-2040

ACC offers individual educational counseling sessions to its teenage clients interested in quitting tobacco use at no cost. These counseling sessions cover current videos on teen tobacco use and participants are required to complete assignments to complete these sessions.

INTERIOR ALASKA

DELTA JUNCTION

SEVENTH-DAY ADVENTIST CHURCH

Breathe Free Program

Delta Junction, AK

PHONE: (907) 895-1007
CONTACT: Terry Pflugrad, Pastor
E-MAIL: terry1usa@netscape.net

PROGRAM DESCRIPTION: (Not available)

FAIRBANKS

EIELSON AIR FORCE BASE

Arctic Health Link

3347 Central Avenue, Suite 1
Eielson AFB, AK 99712

PHONE: (907) 377-1326
CONTACT: Capt. Lance Thompson
E-MAIL: Lance.thompson@354mdg.eielson.af.mil
FAX: (907) 377-1629

Cessation

The Arctic Health Link at the Eielson Air Force Base provides one-on-one cessation intervention and group smoking cessation classes utilizing the "Fresh Start" program developed by the American Cancer Society. Nicotine replacement therapy (patch) and/or medication (Zyban) is offered along with the cessation counseling.

INTERIOR NEIGHBORHOOD HEALTH CENTER

1949 Gillam Way, Suite D
Fairbanks, AK 99701

PHONE: (907) 455-4567
FAX: (907) 455-7675

Interior Tobacco Education Alliance

Project Coordinator

PHONE: (907) 455-4567
CONTACT: Ruthamae Karr,
E-MAIL: ruthamae@inhc.org

The vision of the Interior Tobacco Education Alliance (ITEA) is "Everyone can breathe clean air everywhere, all the time!" Alliance membership committees form in response to community needs and activities. The main focus of the group at this time is to provide secondhand smoke education to the interior region in order to stimulate a reduction in social and environmental influences related to tobacco use and ETS exposure

INTERIOR NEIGHBORHOOD HEALTH CENTER
Tobacco Cessation Program

PHONE: (907) 455-4567
CONTACT: Leah Jeffcoat
E-MAIL: leah@inhc.org

Cessation Groups

An aggressive follow-up program encourages successful quit rates along with a community Nicotine Anonymous support group, entitled "The Friday Night Quitter's Club". This Nicotine Anonymous group meets every Friday night from 6:00-7:00 PM. and anyone interested in attending can contact Roni at (907) 456-4026 for the meeting location.

Individual Counseling

INHC provides a comprehensive, individual, no cost tobacco program that includes cessation counseling services, stress management and pharmacological assistance if the patient chooses. New patients need to see a provider for a referral to schedule an appointment with the Tobacco Cessation Counselor. Appointments for the Tobacco Cessation Program may be scheduled Monday-Friday between 9:00 am - 5:00 pm.

Tobacco Prevention Program
Project Coordinator

PHONE: (907) 455-4567
CONTACT: Ruthamae Karr
E-MAIL: Ruthamae@inhc.org

The Fairbanks North Star Borough Prevention and Control Program organizes and supports the tobacco alliance, assists in borough-wide anti-tobacco activities, participates in state-sponsored and state assisted events, coordinates local tobacco media and education activities, sponsors health care providers training, oversees local youth advocacy groups, and participates in the evaluation of tobacco prevalence in the community.

Alliance members collaborate with agencies and individuals involved in the community's tobacco prevention and control activities to stimulate a reduction in social and environmental influences related to tobacco use, and to encourage the introduction of policy changes that reduce overall tobacco use.

POSSIBILITIES!
P.O. Box
Fairbanks, AK 99708

PHONE: (907) 479-5421
CONTACT: Diann Darnall, M. Ed
E-MAIL: www.diann darnall.com
FAX: (907) 479-5421

Possibilities provides educational presentations to companies, schools and community groups. Key topics include: the "Health Effects of Secondhand Smoke" and "How Mass Media Influences Health Habits". Interested parties need to call to schedule a presentation. Technical support is provided to "Fair Air", the local community education branch of the Interior Tobacco Education Alliance.

TANANA CHIEFS CONFERENCE, INC.
201 First Avenue, Suite 300
Fairbanks, AK 99701

PHONE: (907) 452-8251 ext 3166
CONTACT: Melanie Leal
E-MAIL: mleal@tananachiefs.org
FAX: (907) 459-3950

Education

Throughout the school year Tanana Chiefs Conference, Inc. (TCC) health and safety educators travel to all of their village community sites and provide age appropriate tobacco education presentations to grades K-12. They have adapted the "Simulated Smoker's Lungs Demonstration Kit" curriculum that uses a pig's lungs for the demonstration of how human lungs work. Upon request, TCC's "Resource Library" provides videos and pamphlets on various health topics including smoking and chewing tobacco.

TCC also prints and distributes the "**Hunik Zoo**" newsletter each month throughout the school year. The "**Hunik Zoo**" is translated from the Koyukon Athabascan language meaning "**Good News**". This newsletter is entertaining and its aim is to educate and warn kids about the dangers of tobacco, drugs and alcohol abuse. This paper is **free** to anybody who would like to receive a copy.

Cessation

Tanana Chief Conference, Inc. Andrew Isaac Health Center. Patient Educator Judy Morach, RN, offers a six-week smoking cessation class. These cessation classes are held every quarter and offered to all TCC's beneficiaries who are trying to quit. Nicotine patches are available upon request.

SOUTHCENTRAL, ALASKA

ANCHORAGE

AKEELA INC.

The Library at Akeela
4111 Minnesota Drive
Anchorage, AK 99508

PHONE: (907) 565-1225
CONTACT: Anjana Roy, MLS
E-MAIL: aroy@akeela.org
FAX: (907) 276-5034

The Akeela library has an expanded tobacco prevention and control collection that is available for **free** check-out statewide. Some of the educational materials they have available include tobacco curriculum, key tobacco prevention journal publications, posters, brochures and videos. The educational materials they have can be searched at these web sites www.akeela.org or www.alaskaprevention.org.

ALASKA DEPT. of ENVIRONMENTAL CONSERVATION Div. of Environmental Health/ Food Safety & Sanitation

555 Cordova Street
Anchorage, Alaska 99515

PHONE: (907) 269-7583
CONTACT: Nancy Napolilli
E-MAIL: Nancy.Napolilli@environ.state.ak.us
FAX: (907) 269-7510

The Division of Environmental Health / Food Safety & Sanitation enforces Alaska's Smoking Law, AS 18.35. 300 - 365 Regulation of Smoking in Public Facilities, and provides designated Smoking Areas and No Smoking signs required in referenced Law.

ALASKA HEALTH FAIR, INC.

P.O. Box 202587
Anchorage, AK 99520

PHONE: (907) 278-0234
CONTACT: Judith Muller, Director
E-MAIL: ahfair@ak.net
FAX: (907) 258-1848

Alaska Health Fair has learning centers and other educational items on various health topics that can be borrowed upon request anywhere statewide. They have learning centers on tobacco cessation, prevention, and secondhand smoke. Other educational items available for check out are Mr. Butts costumes, Mr. Gross Mouth and pig lungs.

ALASKA NATIVE HEALTH BOARD

3700 Woodland Drive, Suite 500
Anchorage, AK 99517

PHONE: 562-6006
FAX: (907) 563-2001

ALASKA NATIVE HEALTH BOARD

Challenge To Quit Program

Program Manager

PHONE: (907) 743-6131
CONTACT: Vera James
E-MAIL: <mailto:vjames@anhb.org>

ANHB Challenge to Quit (CTQ) Program seeks to reduce the high rate of teen smoking in rural Alaska by conducting and evaluating the success of a five-week teen smoking cessation project. The program's goal is to reduce the teen smoking rates in Alaska. This program is free and the eligibility requirements to participate in this program are youth living in rural Alaska between the ages of 14-19 years old, who smoke and who have not participated in the CTQ program in the past. When participants successfully complete this program they are awarded a \$100.00 incentive gift.

ANHB also has developed the CTQ Curriculum that includes a training manual and video series that are implemented in rural Alaska communities.

Support Center for Tobacco Programs

Program Manager

PHONE: (907) 743-6118
CONTACT: Nick Gonzales
E-MAIL: ngonzales@anhb.org

ANHB offers technical assistance to native tribes and regional health corporations to address tobacco use by adults and youth to eliminate exposure to secondhand smoke. They assist native tribes and regional native corporations in implementing programs and activities aimed at reducing tobacco addiction, illnesses and deaths caused by tobacco use in rural Alaska.

Programs include:

- Regional tobacco prevention training conferences
- Tobacco prevention materials resource center
- Assistance on data collection and evaluation

Trampling Tobacco Project

Program Manager

PHONE: (907) 743-6110
CONTACT: Annette Marley
E-MAIL: amarley@anhb.org

This project seeks to achieve a significant reduction in tobacco use and tobacco related disease and death among all Alaskans through development of public policy. The focus of the project is to increase the number of communities in Alaska that have strong local policies that protect the public from exposure to secondhand smoke in enclosed work places and public places, and to acquire an adequate share of Alaska's Tobacco Settlement to fund a comprehensive statewide tobacco prevention program. The project is funded by the Robert Wood Johnson Foundation, American Lung Association of Alaska, American Cancer Society, American Heart Association, National Campaign for Tobacco-Free Kids, and the Alaska Area Native Health Service Tribal Shares via the Alaska Native Tribal Health Consortium, among other contributors.

ALASKA TOBACCO QUIT LINE

Program Manager
3300 Providence Dr.
Anchorage, Alaska 99508

PHONE: (888) 842-QUIT (7848)
CONTACT: Pat Reynaga, RN
Office #: (907) 261-4815
E-MAIL: preynaga@provak.org
FAX: (907) 261-6028

The Alaska Quit Line is available to all residents of the state of Alaska who are eighteen years of age and older, 24 hours a day, seven days a week. The Quit Line is a tool to assist in tobacco cessation efforts.

Each caller receives information from a Registered Nurse who assesses the caller's readiness to quit, helps them pick a quit date and develop a quit plan, and refers them to a local agency for further assistance. Each caller is also sent the Alaska Trailguide to Being Tobacco-Free quit kit. Callers who have decided to quit may receive follow-up phone calls from the Quit Line nursing staff.

AMERICAN CANCER SOCIETY (ACS)

1057 W. Fireweed Lane, Suite 204
Anchorage, Alaska 99503

PHONE: (907) 263-2076
CONTACT: Cindy Emery
E-MAIL: Cindy.Emery@cancer.org
FAX: (907) 263-2073

Fresh Start Family

This is a smoking cessation intervention program that is designed for health care professionals who work with pregnant women and mothers of pediatric patients. Healthcare providers are:

1. Trained to counsel smokers effectively in five minutes
2. Provided with a facilitator guide and forms that help them integrate this program into their clinical setting.
3. Provided with posters and handouts that allow them to tailor the program to meet each of their patients' needs

Fresh Start Tobacco Cessation

The ACS Fresh Start cessation program consists of four one-hour, small group sessions. The facilitator and participant packets provide information on making quitting smoking and chewing tobacco a positive and successful experience. All class participants design their own individual approaches that will help them overcome physical and psychological obstacles. This program has been used at the Alaska Native Medical Center, military bases and in Alaskan communities with ACS volunteers.

Teen Fresh Start

The ACS modified their successful Fresh Start cessation program and adapted it for adolescents. The Facilitator's Guide provides materials for an 8-session program suitable for small groups in any community setting.

Smart Move: An individual approach to quit nicotine addiction that uses videos and pamphlets.

AMERICAN CANCER SOCIETY (ACS)

Great American Smokeout

The ACS "Great American Smokeout" is held the 3rd Thursday of November. The activities focus on adult cessation, youth prevention and advocacy for everyone to become Tobacco Free. Resources are provided for schools, community groups and families who want to take an active role in protecting their health and making the right decision about tobacco control. Current ideas and activities are available on these websites: www.cancer.org www.akyouth.com Y2Kidz.org or call 1-800-ACS-2345.

AMERICAN LUNG ASSOC. of ALASKA

500 W. Int'l Airport Rd., Ste. A
Anchorage, AK 99518

PHONE: (907) 276-LUNG
FAX: (907) 565-5587

A Trailguide to Being Tobacco-Free

Director of Communications

PHONE: (907) 276-LUNG
CONTACT: Marge Larson
E-MAIL: marge@aklung.org

The Trailguide is a **free** kit that provides tools, resources, and information on the many ways available to help anyone quit smoking. It includes a personal quiz to determine your readiness to quit and help assess your habits and addiction. Steps are laid out to guide you to becoming smoke free.

Lung Health Media Center

Director of Communications

PHONE: (907) 276-LUNG
CONTACT: Marge Larson
E-MAIL: marge@aklung.org

The Media Center provides individual education and support through literature, health fairs, and library resource and lending materials. The ALAA has **free information** available on quit smoking, asthma, COPD, secondhand smoke, and other lung health.

N-O-T Teen Cessation Program

Teen Tobacco Cessation Coordinator

PHONE: (907) 644-6411
CONTACT: Susan Haines
E-MAIL: susanh@aklung.org

"Not On Tobacco" (N-O-T) is a state-of-the-art teen smoking cessation program that is best implemented in a school setting. ALAA provides trainings, materials, student incentives and technical assistance.

STOP Kit Program

Director of Tobacco Cessation Programs

PHONE: (907) 644-6406
CONTACT: Obed Nelson
E-MAIL: obed@aklung.org

The Smoking and Tobacco Office Procedures (STOP) Kit is a manual developed by the ALAA and a physician committee to enable physicians and other medical practitioners to more systematically identify and treat nicotine dependence. The kit is available to medical offices after scheduling a training seminar on its use provided by ALAA.

Tobacco Cessation Training
Director of Tobacco Cessation Programs
Tobacco Cessation Training Specialist

PHONE: (907) 276-LUNG
CONTACT: Obed Nelson, LMFT
Gregory Moses
E-MAIL: obed@aklung.org
gregory@aklung.org

The ALAA Tobacco Cessation Training program staff provides training on the national "Clinical Guidelines" of Tobacco Cessation to healthcare providers, doctors, nurses, dentists and Community Health Aides throughout the state. Trainings are scheduled upon request.

Tobacco Counter-Marketing Program
Director of Tobacco Counter Marketing

PHONE: (907) 644j-6403
CONTACT: Shanwne Albright
E-MAIL: shanwne@aklung.org

The ALAA implements a tobacco counter-marketing campaign for the State of Alaska. This campaign includes placing television and radio ads on the topics of cessation, second-hand smoke and youth prevention. The ALAA also produces local counter-marketing ads to use in the campaign as needed.

FORD ENTERPRISES
**Nicotine Consulting, Training &
Cessation Program**
2253 Mistybrook Circle
Anchorage, Alaska 99502

PHONE: (907) 349-7548
CONTACT: Joseph J. Ford, CCDCS, NCACII
E-MAIL: fordenterprises@gci.net
FAX: (907) 3494208

Ford Enterprises provides one-on-one, group and family nicotine cessation to individuals and corporations. It also provides consulting and training for chemical dependency agencies that want to include nicotine cessation in their services.

NICOTINE ANONYMOUS

Tuesday Afternoon Meeting
670 Fireweed Drive (CIRI Building)
Anchorage, Alaska

PHONE: 248-5104
CONTACT: Jerry Filler

Friday Night Meeting
4315 Diplomacy Dr.
Anchorage, Alaska 99508

PHONE: (907) 333-2890
CONTACT: Deanne Hill
E-MAIL: Deanne.l.hill@poa02.usace.ormy.mil

The Nicotine Anonymous (NA) support group meets every Friday night from 7:00-8:00 PM at the Alaska Native Medical Center, Fireweed Room. Signs will be posted at the front desk with directions to the Fireweed Room. NA uses the 12 Step Program adapted from Alcoholics Anonymous.

SOUTHCENTRAL FOUNDATION**Tobacco Cessation Program**

4320 Diplomacy Drive, Suite 1005
Anchorage, AK 99508

PHONE: (907) 729-2689
CONTACT: Tobacco Educator

Individual Counseling

SCF Tobacco Cessation Program provides one-on-one tobacco cessation to Alaska Natives and American Natives who are ready and willing to quit.

Support Group

SCF also provides a nicotine support group that meets every Tuesday from 12:00 - 1:00 PM at ANMC Health Education Dept. for their clients who are participating in their one-on-one counseling sessions.

USAF HEALTH AND WELLNESS CENTER**Elmendorf Tobacco Cessation Program**

5955 Zeamer Avenue
Elmendorf, AFB

PHONE: (907) 552-2384
CONTACT: William Corino, MSgt.
E-MAIL: William.Corino@elmendorf.af.mil
FAX: (907) 552-7223

Tobacco Cessation

The Elmendorf Air Force Base (EAFB) provides tobacco cessation programs for members of the US Department of Defense, family members, and retirees. The program consists of a revised version of the Freshstart program combined with information from Community Interventions, Inc. The cessation program includes an overview, physicians interview, stress management skills training, relapse prevention, weight and fitness counseling.

Education

All EAFB health care providers and dentists are required to query every patient regarding tobacco use. Additionally, all AFB personnel arriving are provided an age specific overview of the dangers and consequences of cigarettes and spit tobacco. Tobacco rates are tracked during annual fitness testing, and high use groups are targeted for additional marketing.

KENAI

Tobacco Control Alliance of the Peninsula

145 Kasilof Street
Soldotna, Alaska 99669

PHONE: (907) 260-3682
CONTACT: Brandii Ohlsen
E-MAIL: tcap@gci.net
FAX: (907) 260-3681

The Tobacco Control Alliance of the Peninsula (TCAP) provides services in Homer, Kenai and Soldotna. The services include:

Cessation Services

- Individual counseling sessions to adults and teens who are ready to quit
- Distribution of the "Alaska Trailguide" throughout the Kenai Peninsula to individuals and health professionals.
- Resources for the medical community to refer tobacco addicted clients for individual counseling and group cessation classes.

Teens As Teachers

TCAP offers the "Teens As Teachers Program" throughout the Kenai Peninsula Borough School District. They train high school students on how to provide effective peer teaching on tobacco and health topics. In conjunction with the Teens As Teachers Program, they also assist teachers in planning teaching units on health and tobacco.

- Tobacco presentations in school assemblies and classroom setting
- "Speakers Bureau" presentations on clean indoor air and smoking cessation to the staff of local businesses
- "Lending Library" for health and education professionals to check out videos and pamphlets on a wide range of health topics including tobacco
- "Tobacco Tubes" an educational packet for all grade levels

Contact Patti Truesdell in Homer at 260-3682 or Glenda at 235-4991 for TCAP on the Peninsula.

KODIAK

KANA

Kodiak Impact Tobacco Alliance

3449 E. Rezanof
Kodiak, Alaska 99615

PHONE: (907) 486-3750
CONTACT: Betty Bongen, RDH
Stacey Simmons
E-MAIL: Betty.Bongen@kanaweb.org
Stacey.Pestrikoff@kanaweb.org
FAX: (907) 486-3498

Cessation Classes

The KANA offers the "Freedom From Smoking" classes that meet once a week for 6-7 weeks. These classes are free and anyone from Kodiak is welcome to attend.

PALMER

SEVENTH-DAY ADVENTIST CHURCH

Breathe Free Program

Palmer, Alaska

PHONE: (907) 745-2260
CONTACT: Neil Belof, Pastor
E-MAIL: terry1usa@netscape.net

PROGRAM DESCRIPTION: (Not available)

SEWARD

CHUGACHMIUT–

North Star Health Clinic

P.O. Box 2088

Seward, Alaska 99664

PHONE: (907) 224-3076 Ext. 28
CONTACT: Sue Stewart, CHA III, CWA III
Tobacco Education Instructor
E-MAIL: sue@chugachmiut.org
FAX: (907) 224-5870

Cessation

Chugachmiut offers the nicotine patch and Zyban to their tobacco using patients after they have been evaluated to determine if they are ready to quit. "Freshstart" tobacco cessation classes are also available.

WASILLA

HR, INC. CLINIC

871 Commercial Drive

Wasilla, Alaska 99654

PHONE: (907) 351-2573
CONTACT: **Faith Taves** & **Beth Gabbard**
E-MAIL: IQUIT@HRCED.COM
FAX: (907) 376-0147

Tobacco Cessation Program

HRC, Inc. offers a weekly "***I Quit***" Smoking Cessation class, taught by a licensed Addiction Counselor and LCSW. This class is **FREE** and meets Thursdays from 3-4:00 pm. at the Century Building on Check St. in Wasilla.

HRC also offers the American Lung Association "***Freedom From Smoking***" curriculum when 4 people are committed to the six week cessation classes. Each participant is asked to donate \$10.00 to cover the cost of workbooks, but no one is ever turned away for their inability to pay. HRC also offers the "***Freedom From Smoking***" curriculum to local business upon request.

Orientations are held twice a month at the HRC Resource Rooms. The first is in Wasilla beginning at 6:00 pm the last Monday of each month. The second is in Palmer 3:00 pm. the last Tuesday of each month.

Finally HRC also offers "On-On-One " Tobacco education and cessation only upon request.

Support Group

HRC, Inc. also offers a "Nicotine Anonymous" group that meets every Thursday evening from 6:30 - 7:30 PM. at the Westside Center Resource room in Wasilla. This support group is for anyone who is interested in kicking nicotine addiction or anyone who has already quit and would like to provide or receive support. This support group utilizes the AA 12-step guidelines and materials.

BREATHE FREE MAT-SU

851 E. Westpoint Drive
Wasilla, Alaska 99654

PHONE: (907) 373-7982

CONTACT: Sally Elliot, Program Coordinator
Brian Wilson, Youth Coordinator

E-MAIL: mstca@kidsarepeople.org
nosmoke@kidsarepeople.org

FAX: (907) 373-4959

Mat-Su Tobacco Control Alliance (MSTCA) is a borough-wide coalition of people whose goal is to prevent nicotine addiction among youth and adults. The coalition promotes tobacco cessation targeting adults and youth and protects non-smokers from secondhand smoke (environmental tobacco smoke). Activities include:

- Teens Against Tobacco Use (TATU) in the Mat-Su Borough School District
- Education on the dangers of tobacco and ETS to raise community awareness
- Upon request they conduct wide variety of tobacco presentation at schools, businesses and organizations
- Participation in the Great American Smokeout, Kicks Butts Day, and World No Tobacco Day
- Availability of tobacco videos and Resource Library materials

SEVENTH-DAY ADVENTIST

Breathe Free Program

Wasilla, Alaska 99654

PHONE: (907) 373-2152

CONTACT: Windall Downs, Pastor

PROGRAM DESCRIPTION: (Not Available)

SOUTHEAST ALASKA

HAINES

SEARHC Haines Clinic
WISEWOMAN Program
359 First Ave. South
P.O. Box 836
Haines, Alaska 99827

PHONE: (907) 766-3642
CONTACT: Ellen Carey-Starr, Health Educator
Pam Sloper, RN, Patient Educator
E-MAIL: ellen.carey-starr@searhc.org
pam.sloper@searhc.org

WISEWOMAN Program

The program is a cardiovascular health program targeting women ages 40-64 in Southeast Alaska. The program provides patient intervention services focusing on cardiovascular screening, lifestyle counseling, nutrition, physical activity and tobacco cessation.

Cessation

The WISEWOMAN Program provides "Freedom From Smoking" classes at least twice a year to its clients and any community members who are willing to quit. The "Freedom From Smoking" program is an eight-week group behavior modification program. A donation of \$10 is requested from non-enrollees to cover the cost of materials.

Individual Counseling

One-on-one tobacco counseling sessions are also provided only to WISEWOMAN enrollees.

JUNEAU

AK HEALTH & SOCIAL SERVICES
Healthy Alaskans 2010
P.O. Box 110618
Juneau, Alaska 99811

PHONE: (907) 465-1285
CONTACT: Alice Rarig, Manager
E-MAIL: alice_rarig@health.state.ak.us
FAX: (907) 465-8637

Healthy Alaskans 2010 tracks important indicators of health status in Alaska. The chapter on tobacco includes state-specific information on smoking rates and lung cancer rates. Order a **free copy** of healthy Alaskans 2010 or access it online at <http://www.hss.state.ak.us/dph/deu/ha2010>.

**NATIONAL COUNCIL ON ALCOHOLISM
& DRUG DEPENDENCE**

211 4th Street, Suite 102
Juneau, Alaska 99801

PHONE: (907) 463-3765
CONTACT: Matt Felix, Exec. Director
E-MAIL mfelix-ncaddj@ak.net
FAX: (907) 463-2539

Prevention

NCADD provides a Media campaign about secondhand smoke, clean indoor air ordinances, etc.

SEARHC

Health Promotion

3245 Hospital Drive
Juneau, Alaska 99801

PHONE: (907) 463-5845
CONTACT: John Stinson, Adult Com. Coordinator
E-MAIL: John.stinson@searhc.org
FAX: (907) 463-5877

Advocacy

SEARHC advocates for clean indoor air via the Juneau Tobacco Prevention Network.

Education and Prevention

SEARHC offers tobacco education classes upon request to licensed day care centers, medical offices and to all grade levels in every Juneau school. They also provide tobacco public service announcements using the local media. Alaska Natives are eligible to receive nicotine patches while supplies last.

SEARHC

WISEWOMAN Program

3245 Hospital Drive
Juneau, Alaska 99801

PHONE: (907) 463-4040
CONTACTS: **Lee Ann See**, MPH **Lynda Koski**, RN
Health Educator Patient Educator
E-MAIL: leeann.see@searhc.org
lynda.koski@searhc.org
FAX: (907) 463-5877

Cessation

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One on One Counseling

One-on-one tobacco counseling sessions are also provided only to WISEWOMAN enrollees.

**STATE OF ALASKA DHSS/DPH,
Section of Com. Health & EMS**

AK Tobacco Prev. & Control Program

Program Manager

P.O. Box 110616

Juneau, Alaska 99811--616

PHONE: (907) 465-8641

CONTACT: Stephanie Zidek-Chandler

E-MAIL: szidek-chandler@health.state.ak.us

FAX: (907) 465-2770

The State of Alaska Tobacco Prevention and Control Program is:

- Responsible and accountable for all state tobacco program funds
- Responsible for establishing and managing effective tobacco prevention and control programs throughout the state.
- Responsible for writing an annual summary report of Alaskan tobacco control activities
- Tasked with managing and distributing annual funds obtained primarily through the Tobacco Settlement Fund and CDC tobacco grant
- Staff includes a full-time Program Manager, Deputy Program Manager, Community Evaluation Coordinator, Community Grants Coordinator, Media Coordinator, Enforcement Coordinator, three full time Investigators and one Administrative Support staff.

Administrative Support

PHONE: (907) 465-2724

CONTACT: Beth Hixon

E-MAIL: Beth_Hixon@health.state.us

This position is responsible for the coordination and oversight of all travel related to the **State sponsored** ATCA Travel Scholarship Program and other Non-State-Employee travel as well as travel for the tobacco enforcement investigators and confidential informants and the tobacco prevention and control program staff.

Community Evaluation Coordinator

PHONE: (907) 465-3126

CONTACT: Erin Peterson

E-MAIL: erin_Peterson@health.state.ak.us

The Evaluation Coordinator provides coordination of the statewide tobacco prevention and control evaluation plan. This includes activities such as data acquisition, data management, reporting, and providing technical assistance to grantees.

Community Grants & Technical Assist.

PHONE: (907) 465-2780

CONTACT: Michael Powell

E-MAIL: Michael_Powell@health.state.ak.us

This position provides funding, training and technical support to communities and agencies statewide for tobacco prevention and control related efforts.

Enforcement Coordinator

PHONE: (907) 465-3126

CONTACT: Leroy Davis

E-MAIL: Leroy_Davis@health.state.ak.us

This position provides oversight to the federally mandated Synar project. The Synar project manages the required enforcement of Alaska's State law forbidding tobacco sales to minors.

Media Coordinator

PHONE: (907) 269-3498
CONTACT: JoAnne Zito-Brause
E-Mail: Joanne_zito-brause@health.state.ak.us

The project also facilitates tobacco vendor and employee education, technical assistance to communities and tobacco enforcement legislation.

KETCHIKAN

**KETCHIKAN GENERAL HOSPITAL
Prevention Services / ADFY**

3100 Tongass Avenue
Ketchikan, Alaska 99901

PHONE: (907) 247-2273
CONTACT: Marya Tyler
Prevention Educator/Supervisor
E-MAIL: mtyler@peacehealth.org

Education:

The Ketchikan General Hospital (KGH), Prevention Services provides classroom education to all grade levels K-8, as well as community education and events, such as the annual *Alaskans For Drug Free Youth* (ADFY) high school conference.

**KETCHIKAN GENERAL HOSPITAL
Tobacco Cessation Program**

212 Carlanna Lk Rd. # 201
Ketchikan, Alaska 99901

PHONE: (907) 225-5171 Ext. 7750
CONTACT: Rebecca Kleinschmidt
E-MAIL: rkleinschmidt@peacehealth.org
FAX: (907) 228-8409

Cessation

The KGH Tackle Tobacco Program provides individuals the opportunity for long-term support in the reduction or abstinence from tobacco products. This one-on-one counseling program includes education about nicotine addiction, withdrawal symptom management, and relapse prevention and drug therapy options. Lung health assessments are also provided.

**KETCHIKAN INDIAN CORP. TRIBAL
HEALTH CLINIC (KICTHC)**

Interdepartmental Programs

2960 Tongass
Ketchikan, Alaska 99901

PHONE: (907) 225-0320
CONTACT: U. Grayce Hein, FNP
E-MAIL: ghein@kictribe.org
FAX: (907) 2474808

Individual Cessation

KICTHC developed a cessation program that is tailored to each of their native beneficiaries. Their cessation program consists of a comprehensive assessment of tobacco use habits, pharmacological support, and personal behavior counseling sessions. They also provide nursing case management and set up dental appointments for tar and plaque removal.

KLAWOCK

ALICIA ROBERTS MEDICAL CENTER

POW Health Promotion

P.O. Box 69
Klawock, Alaska 99925

PHONE: (907) 755-4800
CONTACT: Evelyn Williams
E-MAIL: evelyn.williams@searhc.org
FAX: (907) 755-4806

ARMC offers "Freedom From Smoking" stop smoking classes facilitated by trained cessation counselors. This Cessation Program consists of 8 sessions over 6 weeks, and assists patients who are ready and willing to quit their tobacco addiction.

ARMC / SEARHC HEALTH PROMOTION

Tobacco Awareness Program (TAP) & Tobacco Education Group (TEG)

P.O. Box 69
Klawock, Alaska 99925

PHONE: (907) 755-4800
CONTACT: Deneise Weyhmiller
E-MAIL: deneise.veyhmiller@searhc.org
FAX: (907) 755-4806

ARMC and SEARHC sponsor the TAP and TEG programs and both target youth audiences living in Klawock. The TEG program educates young people on the dangers of tobacco use and N-O-T is a cessation intervention program for youth who are smoking or chewing. Both programs are facilitated in eight group sessions.

SEARHC / KLAWOCK SCHOOL DISTRICT

Not On Tobacco (N-O-T) Alternative to Suspension Program

P.O. Box 69
Klawock, Alaska 99925

PHONE: (907) 755-2220
CONTACT: Nan Koentopp
E-MAIL: timnan2001@netscape.net
FAX: (907) 755-2913

The Klawock School District and SEARHC co-sponsor the N-O-T program. The N-O-T Program is offered as an option to students who face school suspension for violation of school tobacco use policy. There are four sessions in the N-O-T program that address student tobacco use, addiction, effects of tobacco use, healthy alternatives to smoking, and making the change to become a non-smoker.

SEARHC**WISEWOMAN Program**

Alicia Roberts Medical Center
 P.O. Box 69
 Klawock, Alaska 99925

PHONE: (907) 755-4800
 CONTACTS: Evelyn Williams Deneise Weyhmiller
 Com. Wellness Adv. Patient Educator
 E-MAIL evelyn.Williams@searhc.org
deneise.weyhmler@searhc.org
 FAX: (907) 755-4806

The WISEWOMAN Program is a cardiovascular health program targeting women ages 40-64 in Southeast Alaska. The program provides patient intervention services focusing on cardiovascular screening, lifestyle counseling, nutrition, physical activity and tobacco cessation.

Cessation:

The WISEWOMAN Program provides "Freedom From Smoking" classes at least twice a year to it clients and any community members who are willing to quit. The "Freedom From Smoking" program is an eight-week group behavior modification program. A donation of \$10 is requested from non-WISEWOMAN enrollees to cover the cost of materials.

Individual Counseling

One-on-one tobacco counseling sessions are also provided only to WISEWOMAN enrollees.

SITKA**SEARHC****Tobacco Prev. & Control Program**

222 Tongass Drive
 Sitka, Alaska 99835

PHONE: (907) 966-8721
 CONTACT: Janice Huls
 E-MAIL janice.huls@searhc.org
 FAX: (907) 966-8750

Education and Prevention

SEARHC TPC provides age appropriate tobacco prevention education upon request to grades K-12 in all SEARHC village communities. SEARHC TPC also provides a 2-hour training presentation on the national "Clinical Guidelines" for Tobacco Cessation to the Community Health Aide Program.

Public Policy

SEARHC TPC will work with SEARHC communities to draft and advocate for strong and effective tobacco policies affecting worksite policies, school tobacco policies, local clean indoor air (smokefree) and tribal policies.

Cessation

SEARHC TPC will work with SEARHC communities to train local personnel in effective tobacco cessation strategies. A variety of curricula have been shown to be effective and training can be provided on-site or off-site.

SEARHC**WISEWOMAN Program**

222 Tongass Drive
Sitka, Alaska 99835

PHONE: (907) 966-8746

CONTACTS: **Nancy Knapp**, MPH, **Martha Giffin**
Program Coordinator Health Educator

E-MAIL: nancy.knapp@searhc.org
martha.giffin@searhc.org

FAX: (907) 966-2489

The WISEWOMAN Program is a cardiovascular health program targeting women ages 40-64 in Southeast Alaska. The program provides patient intervention services focusing on cardiovascular screening, lifestyle counseling, nutrition, physical activity and tobacco cessation.

Cessation

The WISEWOMAN Program provides "Freedom From Smoking" classes at least twice a year to its clients and any community members who are willing to quit. The "Freedom From Smoking" program is an eight-week group behavior modification program. A donation of \$10 is requested from non-WISEWOMAN enrollees to cover the cost of materials.

Individual Counseling

One-on-one tobacco counseling sessions are also provided ONLY to WISEWOMAN enrollees.

SOUTHWEST ALASKA

BETHEL

CITY OF BETHEL

Parks & Recreation Department.

P.O. Box 1388
Bethel, Alaska 99559

PHONE: (907) 543-7711
CONTACT: Muriel Bell
E-MAIL: mbell@cityofbethel.org
FAX: (907) 543-2083

Education

The City of Bethel provides basic tobacco education and ETS services targeting local youth and the general public.

Support Group

They also offer a "Nicotine Support Group" for people who are attempting to quit.

Tobacco Alliance

"Tobacco Alliance" meetings focus on:

- Tobacco policies and enforcement
- Community education and involvement

YUKON KUSKOKWIM HEALTH CORP.

Nicotine Research & Control Program

P.O. Box 287
Bethel, Alaska 99559

PHONE: (907) 543-6312
CONTACT: Carrie Enoch
E-MAIL: carrie_enoch@ykhc.org
FAX: (907) 543-6366

Individual Counseling

YKHC Nicotine Dependence Treatment Program: YKHC Nicotine Counselors provide intensive one-on-one counseling and follow-up services for patients ready to quit.

Education and Prevention Services:

YKHC Nicotine Education & Outreach Program: Tobacco education material is available for healthcare providers and patients. They also air Radio and TV "Counter-marketing" public service announcements focusing on smoking and "Igmik". All of their tobacco education written material, posters and PSAs are culturally and regional specific.

Nicotine Research Program:

YKHC also has ongoing clinical research in neo-natal nicotine withdrawal, tobacco use behaviors and "Igmik" treatment for users.

DILLINGHAM

BRISTOL BAY AREA HEALTH CORP.
Community Health Education Program
P.O. Box 130
Dillingham, Alaska 99576

PHONE: (907) 842-9548
CONTACT: Shelley Wallace
E-MAIL: swallace@bbahc.org
FAX: (907) 842-9468

Cessation:

The BBAHC is currently developing a ***"Comprehensive Nicotine Dependence Treatment Program"*** that is being implemented by May 2003.

Education:

Upon Request the BBAHC Community Health Education Program ***offers*** tobacco education services to village schools (grades K-12) and communities throughout their service unit. Smoking cigarettes and chewing tobacco (snuff) is covered in these presentations. Also tobacco education is often provided to community groups.

Coalition:

The BBAHC together with other Dillingham agencies have formed the ***"Tobacco Control Coalition"***. Their goal is to increase awareness of the dangers of tobacco use and to promote clean indoor air quality.

NONDALTON

BRISTOL BAY AREA HEALTH CORP.
Nondalton Health Clinic
P.O. Box 69
Nondalton, Alaska 99640

PHONE: (907) 294-2238
CONTACT: Ron Loftfield, CHP.
Alice Trefon, CHR.
E-MAIL: RLoftfield@BBAHC.org
Atrefon@BBAHC.org

- Semi-annual cessation classes.
- On going support group: "Nondalton Nonsmokers"
- Education at school and Health Fairs

NORTHERN ALASKA

KOTZEBUE

MANIILAQ ASSOCIATION
Health Education Department
P.O. Box 43
Kotzebue, Alaska 99752

PHONE: (907) 442-7175
CONTACT: Barbara Cole, Manager
E-MAIL: bcole@maniilag.org
FAX: (907) 442-7129

Cessation and Education

The Maniilaq Health Education Dept. provides smoking cessation classes to adults in the borough. The Health Education staff teach smoking cessation classes to teens throughout the borough via the Challenge to Quit program. Teens and children in all schools also receive instruction on the effects of tobacco.

NOME

BERING STRAIT COMMUNITY PARTNERSHIP
Nome Tobacco Control Alliance
PO Box 1350
Nome, Alaska 99762

PHONE: (907) 443-5888
CONTACT: Greg Pugh
E-MAIL: tobacco@bscp-alaska.org
FAX: (907) 443-3880

Prevention and Education:

The BSCP Tobacco Coordinator works with the Nome schools to provide tobacco education and prevention to grades K-12.

Community Awareness:

The BSCP Tobacco Coordinator also works on educating the community of the harmful effects of ETS during special events and through the local media.

Cessation:

The BSCP staff promotes the Alaska Tobacco Quit Line for anyone who wants to quit.

Youth Involvement:

The BSCP Tobacco Coordinator also works with members of the Nome Boys & Girls Club on special projects for community events, and youth educate each other of the dangers of tobacco use.