

**0718. CARRIER FOUNDATION, Belle Mead, New Jersey 08502.**

**Program Title:**  
Smokeless.

**Contact:**  
Mr. William Dundon, Director, Educational Services  
(201)874-4000.

**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.

**0719. CHEST AND LUNG ASSOCIATION OF SOUTHERN NEW JERSEY, 21 South Washington Street, Hammonton, New Jersey 08037.**

**Program Title:**  
Smoking Cessation.

**Contact:**  
Program Coordinator  
(609)561-8700.

**Description:**  
Two free clinics are offered to all Gloucester County residents. Each clinic consists of five sessions. Sessions focus on behavior modification, group reinforcement, and hypnosis. Forthcoming clinics will be held at Gateway Regional High School and Glassboro State College. The charge for these workshops is \$40.

**0720. CHILTON MEMORIAL HOSPITAL, Pompton Plains, New Jersey 07444.**

**Program Title:**  
Smoke Cessation.

**Contact:**  
Ms. Sandra Gigante, Smoke Cessation Coordinator  
(201)831-5070.

**Description:**  
A 7-week smoke cessation program is offered for \$50. The goal is a smoke-free environment within 2 years. This will be a continuing program for as long as needed.

**0721. CHRIST HOSPITAL, 176 Pallsade Avenue, Jersey City, New Jersey 07306.**

**Program Title:**  
Freedom From Smoking Clinics.

**Contact:**  
Program Coordinator  
(201)795-8030.

**Description:**

The American Lung Association's Freedom From Smoking clinics are offered for \$55. For more information, see the detailed program description in Part 1.

**0722. CITY OF LINDEN BOARD OF HEALTH, City Hall, Linden, New Jersey 07036.**

**Program Title:**  
Smokeless Tobacco.

**Contact:**  
Ms. Lorraine H. Kowalski, Health Educator  
(210)352-5694 ext.51.

**Description:**  
This education program for teenagers is offered in all health classes grades 6 through 12. The program uses audiovisual materials including films, slides, articles, and reports to inform students about the dangers of smokeless tobacco. The curriculum covers the history and physiology of use, physical reactions, and health hazards associated with use as well as labeling and advertising restrictions on tobacco products.

**0723. CITY OF LINDEN BOARD OF HEALTH, City Hall, Linden, New Jersey 07036.**

**Program Title:**  
Smoking Cessation.

**Contact:**  
Ms. Lorraine H. Kowalski, Health Educator  
(210)352-5694 ext.51.

**Description:**  
Focusing on mothers in health clinics, this program includes audiovisual presentations, counseling, and distribution of materials.

**0724. CITY OF LINDEN BOARD OF HEALTH, City Hall, Linden, New Jersey 07036.**

**Program Title:**  
Smoking For Kids.

**Contact:**  
Ms. Lorraine H. Kowalski, Health Educator  
(210)352-5694 ext.51.

**Description:**  
This program is offered to students in preschool through grade 3. Two films, handouts, stories, demonstration with Smokey Sue, and discussion sessions inform children of health hazards associated with smoking.

**0725. CITY OF PATERSON, DEPARTMENT OF HUMAN RESOURCES, Division of Health, 176 Broadway, Paterson, New Jersey 07505.**

**Program Title:**  
Freedom From Smoking.

**Contact:**  
Ms. Jeanmarie Fasulo, Health Educator  
(201)881-3987.

**Description:**  
This comprehensive four-session smoking cessation program, adapted from the American Lung Association's Freedom From Smoking program, is available to the general public. For more information, see the detailed program description in Part 1.

**0726. CITY OF TRENTON, DEPARTMENT OF HEALTH AND HUMAN SERVICES, Division of Health, Trenton, New Jersey 08608.**

**Program Title:**  
Little Lungs, No Smoking Please.

**Contact:**  
Carol Ann Notte, R.N., B.S.N., Coordinator  
(609)989-3263.

**Description:**  
The smoking cessation program is an 8-week behavior modification program being offered at least eight times each year to women of child-bearing age and fathers. Participants learn the hazards of smoking and the effect that secondhand smoke has on their children. The serious complications that pregnant smokers face are also discussed in detail. Participants become aware of their smoking behavior, what stimuli encourage smoking, and what reward smoking currently offers them. They learn to substitute alternative behaviors for smoking. A self-help version of the program is also available to those who can not attend sessions.

**0727. CLARA MAAS MEDICAL CENTER, Community Health Resource Center, 1 Franklin Avenue, Belleville, New Jersey 07109.**

**Program Title:**  
FreshStart.

**Contact:**  
Ms. Monique Davis, Health Educator  
(201)450-2119.

**Description:**  
Scheduling information for the American Cancer Society's FreshStart program is published in local newspapers prior to the program start date. For more information, see the detailed program description in Part 1.

**0728. CUMBERLAND COUNTY HEALTH DEPARTMENT, Room 200, 790 East Commerce Street, Bridgeton, New Jersey 08302.**

**Program Title:**  
Smoking Cessation.

**Contact:**  
Ms. Mary Ann Cooney, Health Educator  
(609)451-8000 ext.374.

**Description:**  
The health educator currently conducts cessation programs for community groups, agencies, and local industry.

**0729. DELAWARE-RURITAN LUNG ASSOCIATION, 29 Emmons Drive, Princeton, New Jersey 08543-2006.**

**Program Title:**  
Smoking Cessation.

**Contact:**  
Ms. Karren Stanton-Newman, Program Consultant  
(609)452-2112.

**Description:**  
Cessation programs are offered for \$50, in conjunction with other organizations and corporations.

**0730. EAST ORANGE GENERAL HOSPITAL, 300 Central Avenue, East Orange, New Jersey 07019.**

**Program Title:**  
FreshStart.

**Contact:**  
Mr. T. Cahill, Vice President  
(201)266-4413.

**Description:**  
The American Cancer Society's FreshStart cessation program is offered. In addition, a program developed by one of the hospital's addiction specialists will be offered. For more information, see the detailed program description in Part 1.

**0731. FRANKLIN TOWNSHIP HEALTH DEPARTMENT, 935 Hamilton Street, Somerset, New Jersey 08873.**

**Program Title:**  
Smoking Cessation Through Hypnosis.

**Contact:**  
A. Mayer, R.N., Program Coordinator  
(201)873-2500 ext.250.

**Description:**  
A 1-hour, 4-week course on how to quit smoking through hypnosis is offered for \$25.

**0732. FREEHOLD AREA HOSPITAL, West Main Street, Freehold, New Jersey 07728.**

**Program Title:**  
Smoke Enders.

**Contact:**  
Ms. Maryann Murtha, Director, Wellness Center  
(201)780-6050.

**Description:**

The program is offered for \$149.

**0733. FROST VALLEY YMCA, 298 Claremont Avenue, Montclair, New Jersey, 07042.**

**Program Title:**

Wellness Resource Guide For Counselors At A Resident Camp Setting.

**Contact:**

Project Director  
(201)744-3488.

**Description:**

A manual, designed to assist camp administrators, program staff, and counselors in programming wellness activities for campers, has been developed and is available for distribution. Also available are support materials including a slide/cassette introduction to wellness and an administrator's guide. The material focuses on nutrition, physical fitness, stress management, human relations, safety, and abuse of tobacco, alcohol, and drugs.

**0734. GLOUCESTER COUNTY HEALTH DEPARTMENT, Carpenter Street and Allens Lane, Woodbury, New Jersey 08096.**

**Program Title:**

Freedom From Smoking.

**Contact:**

Ms. Jennifer Austin, Health Educator  
(609)853-3424.

**Description:**

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

**0735. GLOUCESTER COUNTY HEALTH DEPARTMENT, Carpenter Street and Allens Lane, Woodbury, New Jersey 08096.**

**Program Title:**

FreshStart.

**Contact:**

Ms. Jennifer Austin, Health Educator  
(609)853-3424.

**Description:**

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

**0736. HACKENSACK HEALTH DEPARTMENT, 215 State Street, Hackensack, New Jersey 07602.**

**Program Title:**

FreshStart.

**Contact:**

Program Coordinator, Bergen County Unit  
(201)343-2222.

**Description:**

This American Cancer Society program is offered free to participants and organizations that sponsor the program or for a fee of \$25 for the four group sessions. For more information, see the detailed program description in Part 1.

**0737. HACKETTSTOWN COMMUNITY HOSPITAL, 651 Willow Grove Street, Hackettstown, New Jersey 07840.**

**Program Title:**

Smoking Cessation.

**Contact:**

Program Coordinator, Community Education Department  
(201)852-5100.

**Description:**

This is a 5-day plan for smoking cessation offered several times a year for a fee of \$50.

**0738. HAMILTON HOSPITAL, Whitehorse-Hamilton Square Road, Hamilton, New Jersey 08690.**

**Program Title:**

Freedom From Smoking.

**Contact:**

Lucille A. Rosso, R.N., B.S.N., Health Educator  
(609)586-7900 ext.6860.

**Description:**

The American Lung Association's Freedom From Smoking program is offered for \$50. For more information, see the detailed program description in Part 1.

**0739. HAZLET/ABERDEEN HEALTH DEPARTMENT, 319 Middle Road, Hazlet, New Jersey 07730.**

**Program Title:**

FreshStart.

**Contact:**

Ms. Deborah K. Shields, Health Educator  
(201)264-1700 or 747-7180.

**Description:**

The American Cancer Society's FreshStart program is offered for \$20. For more information, see the detailed program description in Part 1.

**0740. HEALTH INSURANCE PLAN OF NEW JERSEY, 165 Old Marilton Pike, Medford, New Jersey 08055.**

**Program Title:**

Smoke No More.

**Contact:**  
Ms. Jean E. Gorman, Coordinator, Health Education  
(800)367-0248.

**Description:**  
The program represents a positive approach to quitting through habit replacement, group support, and other proven methods.

**0741. HELENE FULD MEDICAL CENTER, 750 Brunswick Avenue, Trenton, New Jersey 08638.**

**Program Title:**  
Little Lungs, No Smoking Please.

**Contact:**  
Mrs. Susan Bell, Community Health Education  
(609)394-6062.

**Description:**  
This 8-week program, designed by the American Lung Association, is for individuals who are around small children. It teaches methods on how to stop smoking gradually while incorporating nutrition, exercise, and relaxation into the program.

**0742. HOBOKEN HEALTH DEPARTMENT, Health Center, Hoboken, New Jersey 07030.**

**Program Title:**  
Smoking Cessation And Information.

**Contact:**  
Ms. Patricia Mitten, Health Officer  
(201)420-2365.

**Description:**  
Individual counseling for smoking cessation is offered to students and adults. Special lectures are available for pregnant women.

**0743. HOLY NAME HOSPITAL, 718 Teaneck Road, Teaneck, New Jersey 07666.**

**Program Title:**  
Cigarrest.

**Contact:**  
Ms. Deborah VandeVelde, Patient Education Coordinator  
(201)833-3327.

**Description:**  
This six-session program incorporates group support and behavior modification techniques. The sessions are led by a trained facilitator and are offered free of charge.

**0744. HUNTERDON MEDICAL CENTER, Route 31, Flemington, New Jersey 08822.**

**Program Title:**  
Smokeless.

**Contact:**  
Ms. Carolyn Swithers, Coordinator  
(201)788-6158.

**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.

**0745. JERSEY SHORE WELLNESS CENTER, 2020 Route 33, Neptune, New Jersey 07753.**

**Program Title:**  
Smoking Cessation.

**Contact:**  
Mr. Dennis Peloso or Ms. Cynthia Horvath, Membership Coordinators  
(201)776-4480.

**Description:**  
Behavior modification, nicotine fading, substitutes for smoking, weight control, and maintenance methods are used. The program is offered for \$150.

**0746. JOHN F. KENNEDY MEDICAL CENTER, Department of Preventive Medicine and Nutrition, The Robert Wood Johnson, Jr. Lifestyle Institute, 2050 Oak Tree Road, Edison, New Jersey 08817.**

**Program Title:**  
Smoking Cessation.

**Contact:**  
Nicholas Partenope, M.D., Director  
(201)548-7055.

**Description:**  
The Department of Preventive Medicine and Nutrition combines the latest scientific knowledge in behavior modification, nutrition, motivation, individual counseling, patient education, drugs, and hypnosis to design a personalized smoking cessation program. The cost of the program ranges from \$180 to \$220.

**0747. MEMORIAL HOSPITAL OF BURLINGTON COUNTY, 175 Madison Avenue, Mount Holly, New Jersey 08060.**

**Program Title:**  
Freedom From Smoking.

**Contact:**  
James D. Brandt, M.D., Program Coordinator  
(609)261-7035.

**Description:**

The American Lung Association's Freedom From Smoking program is offered for \$40. For more information, see the detailed program description in Part 1.

**0748. MERCER MEDICAL CENTER, 446 Bellevue Avenue, Trenton, New Jersey 08607.**

**Program Title:**

Nonsmoking Course.

**Contact:**

Mr. Roy Helfrick, Respiratory Therapist  
(609)394-4000.

**Description:**

The Nonsmoking Course is offered, in conjunction with the American Lung Association, for \$40.

**0749. MILLVILLE HOSPITAL, High Street and Harrison Avenue, Millville, New Jersey 08332.**

**Program Title:**

Smoke Stoppers.

**Contact:**

Ms. Janice Shumate, Coordinator  
(609)825-3500 ext.202.

**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.

**0750. MONTCLAIR YMCA, 25 Park Street, Montclair, New Jersey 07042.**

**Program Title:**

Green Seminar.

**Contact:**

Program Coordinator  
(201)783-8863.

**Description:**

This hypnosis cessation program is offered for \$30.

**0751. MORRISTOWN MEMORIAL HOSPITAL, 100 Madison Avenue, Morristown, New Jersey 07960.**

**Program Title:**

Smokeless.

**Contact:**

Kathleen Baker, R.N., M.S., Director, Health Education Services  
(201)540-5451.

**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.

**0752. NEW JERSEY DEPARTMENT OF HEALTH, CN 360, Trenton, New Jersey 08625-0360.**

**Program Title:**

Health Department Activities.

**Contact:**

Ms. Janice Marshall, Program Coordinator  
(609)588-7470.

**Description:**

The Department of Health offers several activities related to smoking education and cessation. Under a program entitled Self-Help Quit Tips, department employees receive individual consultations with a professional staff member and self-help literature to take home. Followup services are available by telephone. This is an ongoing program. The American Cancer Society's FreshStart program is also offered periodically to employees. For more information on the FreshStart program, see the detailed program description in Part 1.

Finally, in conjunction with the University of Medicine and Dentistry of New Jersey, program staff will participate in a community intervention research project. This project will develop and test a community-based intervention protocol that can be disseminated Nationwide to reduce smoking prevalence. The Community Intervention Trial (COMMIT) design has eleven pairs of communities matched in size, demographics, and location. The objective of this project will be to demonstrate and analyze the effects of community-wide intervention efforts to reduce cigarette smoking.

In addition to these programs and projects, the department is also compiling a directory of smoking cessation programs sponsored by health maintenance organizations, hospitals, and local health departments to use as a referral resource.

**0753. NEWCOMB MEDICAL CENTER, 65 South State Street, Vineland, New Jersey 08360.**

**Program Title:**

FreshStart.

**Contact:**

Program Coordinator  
(609)691-9000.

**Description:**

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

**0754. NEWTON MEMORIAL HOSPITAL, DEPARTMENT OF EDUCATION, 175 High Street, Newton, New Jersey 07860.**

**Program Title:**  
Freedom From Smoking.

**Contact:**  
Rosamond Dee Lockwood, R.N., Director, Health Education  
(201)383-2121.

**Description:**  
The education department has sponsored the American Lung Association's Freedom From Smoking program for several years. The program is conducted twice each year, in the spring and fall. The program is advertised in the local newspaper, on local radio, and by flyers to industry. Lifestyle films that focus on stress management, nutrition, and weight control are incorporated into the program. For more information, see the detailed program description in Part 1.

**0755. NORTHWEST LUNG ASSOCIATION, 300 Main Street, Orange, New Jersey 07050.**

**Program Title:**  
Freedom From Smoking.

**Contact:**  
Program Coordinator  
(201)791-6600.

**Description:**  
The American Lung Association's Freedom From Smoking program is offered for \$50. For more information, see the detailed program description in Part 1.

**0756. OCEAN COUNTY HEALTH DEPARTMENT, Sunset Avenue, CN 2191, Toms River, New Jersey 08754.**

**Program Title:**  
Smoking Cessation.

**Contact:**  
Lora Resignato, R.N., Hypertension Program Coordinator  
(201)341-9700.

**Description:**  
The focus of the program is survival techniques. It prepares the participant to identify why and how he or she smokes and to become aware of how to quit before he or she actually quits. The program provides participants with techniques that will enable them to become smoke-free. The fee is \$25.

**0757. OVERLOOK HOSPITAL, 99 Beauvoir Avenue at Sylvan Road, Summit, New Jersey 07901.**

**Program Title:**  
Smokeless.

**Contact:**  
Connie Frank, R.N., M.A., Coordinator, Department of Health Education  
(201)522-2836.

**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.

**0758. PASCACK VALLEY HOSPITAL, 150 Red Hook Road, Westwood, New Jersey 07675.**

**Program Title:**  
Smoking Cessation.

**Contact:**  
Mr. John Frey, Director of Planning and Marketing  
(201)358-3180.

**Description:**  
Smoking cessation programs are scheduled at a cost of \$30 per participant.

**0759. PASSAIC DIVISION OF HEALTH, 330 Passaic Street, Passaic, New Jersey 07050.**

**Program Title:**  
Give Yourself Life!

**Contact:**  
Charlene Stokamer, M.P.H., Health Educator  
(201)365-5618.

**Description:**  
The program runs for 5 weeks with an ongoing support group that continues for a year.

**0760. RIVERVIEW MEDICAL CENTER, One Riverview Plaza, Red Bank, New Jersey 07701.**

**Program Title:**  
Smoke Stoppers.

**Contact:**  
Ms. Marian Wattenbarger, Health Educator  
(201)530-2417.

**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.

**0761. RIVERVIEW MEDICAL CENTER, One Riverview Plaza, Red Bank, New Jersey 07701.**

**Program Title:**  
Smoking: The Big Decision.

**Contact:**  
Ms. Marian Wattenbarger, Health Educator  
(201)530-2417.

**Description:**  
A presentation for preadolescents and adolescents concerning the decision to smoke and the financial, social, and health costs of smoking. The presentation can be tailored to the time and needs of the school or group and can also cover secondhand smoke and smokeless tobacco.

**0762. ROBERT WOOD JOHNSON UNIVERSITY HOSPITAL, Robert Wood Johnson Place, New Brunswick, New Jersey 08901.**

**Program Title:**  
Freedom From Smoking Clinics.

**Contact:**  
Mr. Robert Rudders, Respiratory Therapy Department  
(201)937-8681.

**Description:**  
The Freedom from Smoking clinics are sponsored by Robert Wood Johnson University Hospital and the American Lung Association of Mid-New Jersey several times a year. For more information, see the detailed program description in Part 1.

**0763. ROCKAWAY TOWNSHIP DEPARTMENT OF HEALTH, 65 Mt. Hope Road, Rockaway, New Jersey 07866.**

**Program Title:**  
Many Ways To Stop Smoking.

**Contact:**  
Miriam Zaid, M.P.H., Health Educator  
(201)627-7200 ext.347.

**Description:**  
Many Ways to Stop Smoking offers three programs to the Township's municipal employees and residents. These programs are: 1) Do It Yourself: one-to-one counseling; 2) Stop Smoking Clinic: six evening sessions over a period of 4 weeks; and 3) Staying Off: clinics and counseling for ex-smokers.

**0764. RUTGERS COMMUNITY HEALTH PLAN, Princeton Health Center, 4250 U.S. Highway #1, North, Monmouth Junction, New Jersey 08852.**

**Program Title:**  
Wellness Works Smoking Cessation.

**Contact:**  
Ms. Leslee Oliu, Administrative Supervisor  
(201)329-6626.

**Description:**  
The smoking cessation program developed through Wellness Works at RCHP guides participants through the stages of becoming a nonsmoker. After discussing and preparing for possible withdrawal effects, participants will set a quit date to stop smoking, and explore effective strategies to cope with cravings during this period. Instruction on stress management and weight control is offered. The RCHP became a smoke-free work environment in November 1987. As part of its wellness services, the organization provides information and assistance to other organizations that are interested in instituting such a policy.

**0765. SAINT BARNABAS MEDICAL CENTER, Old Short Hills Road, Livingston, New Jersey 07039.**

**Program Title:**  
Smokeless.

**Contact:**  
Mr. Richard Hallinan, Director of Training  
(201)533-5154.

**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.

**0766. SAINT CLARE'S HOSPITAL, Pocono Road, Denville, New Jersey 07834.**

**Program Title:**  
Feelin' Good.

**Contact:**  
Program Coordinator, Community Relations Department  
(201)625-6000.

**Description:**  
This smoking cessation workshop is offered for \$30.

**0767. SAINT JOSEPH'S HOSPITAL AND MEDICAL CENTER, 703 Main Street, Paterson, New Jersey 07503.**

**Program Title:**  
Wellness Works!

**Contact:**  
Jennifer J. Jackson, M.S., Wellness Coordinator  
(201)779-2511.

**Description:**

The smoking cessation class is a 6-hour intensive course that concentrates on behavior modification and a wellness lifestyle. Development of an individualized plan, nutrition, and physical fitness information are stressed.

**0768. SEVENTH-DAY ADVENTIST CHURCH, South Evergreen and Barber Avenues, Woodbury, New Jersey 08096.**

**Program Title:**  
Five Day Plan.

**Contact:**  
Ms. Pearl Haas, Coordinator of Health Council  
(609)881-6677

**Description:**  
The Seventh-Day Adventists' Five Day Plan is offered for \$40. For more information, see the detailed program description in Part 1.

**0769. SHORE MEMORIAL HOSPITAL WELLNESS PROGRAM, Somers Point, New Jersey 08244.**

**Program Title:**  
FreshStart.

**Contact:**  
Program Coordinator, Wellness Department  
(609)653-4500.

**Description:**  
The American Cancer Society's FreshStart program is offered for \$25. For more information, see the detailed program description in Part 1.

**0770. SOUTHERN OCEAN COUNTY HOSPITAL, 140 West Bay Avenue, Manahawkin, New Jersey 08050.**

**Program Title:**  
Freedom From Smoking.

**Contact:**  
Ms. Carol Willox, Community Education Coordinator  
(609)597-6011 ext.203 or 209.

**Description:**  
The American Lung Association's Freedom From Smoking program is offered for \$35. For more information, see the detailed program description in Part 1.

**0771. THE MEDICAL CENTER OF OCEAN COUNTY, 2121 Edgewater Place, Point Pleasant, New Jersey 08742.**

**Program Title:**  
Smokeless.

**Contact:**  
Ms. Kathy Gunnell, Health Education Department Assistant  
(201)892-1100 ext.2825.

**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.

**0772. THE MEDICAL CENTER OF OCEAN COUNTY, 2121 Edgewater Place, Point Pleasant, New Jersey 08742.**

**Program Title:**  
Smoking Or Health.

**Contact:**  
Ms. Kathy Gunnell, Health Education Department Assistant  
(201)892-1100 ext.2825.

**Description:**  
A stop-smoking lecture is given to adult organizations, at which time the common rationalizations that smokers frequently use are discussed. The smoking or health segment deals with the changes that take place in the respiratory system of the smoker as well as potential dangers to the lungs, heart, and brain.

**0773. THE MEDICAL CENTER OF OCEAN COUNTY, 2121 Edgewater Place, Point Pleasant, New Jersey 08742.**

**Program Title:**  
The Choice Is Yours.

**Contact:**  
Ms. Kathy Gunnell, Health Education Department Assistant  
(201)892-1100 ext.2825.

**Description:**  
The Choice Is Yours is a 20-minute presentation given to preadolescents and adolescents concerning decisions they will be making in the near future. Smoking and its hazards are discussed at this time.

**0774. THE RESPIRATORY HEALTH ASSOCIATION, 55 Paramus Road, Paramus, New Jersey 07652.**

**Program Title:**  
Smoking Education And Cessation For The School Community.

**Contact:**  
Ms. Martha Lizza, Health Educator  
(201)843-4111.



**Description:**

Presentations to promote nonsmoking incorporate appropriate strategies for various age levels. Programs include films, games, and demonstrations in flexible sessions for 30 to 100 students. Specific approaches for different grades include, for grades 4 through 6 – presenting the "Why People Smoke" film, Smoker's Roulette, and The Billboard Smoking Machine; for grades 7 and 8 – incorporating the "Second Hand Smoke" film, role playing regarding exposure to passive smoke and peer pressure to smoke, and emphasis on fitness and athletics in relation to smoking; and for all ages, using professional athletes when possible as speakers.

**0775. TOWNSHIP OF MIDDLETOWN, DEPARTMENT OF HEALTH, Johnson-Gill Annex, 1 King's Highway, Middletown, New Jersey 07748-2594.**

**Program Title:**

Smoking and Health Information.

**Contact:**

Ms. Kathryn S. Meier, Health Educator  
(201)615-2000.

**Description:**

The Middletown Township Department of Health acts as a clearinghouse for information on local smoking cessation programs and on programs that discourage youth from developing the habit.

**0776. TOWNSHIP OF PARSIPPANY-TROY HILLS HEALTH DEPARTMENT, 1001 Parsippany Boulevard, Parsippany, New Jersey 07054.**

**Program Title:**

Smoking Cessation.

**Contact:**

Mr. Max Schubert, Health Officer  
(201)263-7160.

**Description:**

A 6-week smoking cessation program was held in the Township of Parsippany-Troy Hills for municipal employees. Approximately 23 employees participated; each was given a copy of the American Lung Association's manual, Freedom From Smoking In 20 Days. Weekly sessions were held during working hours, and guest speakers from the American Lung Association and from St. Clare's Mental Health Hospital spoke to participants regarding the hazards of smoking. Also, the following films were shown: "Death in the West," "Smoking: How to Stop," and "Why Quit Quiz." For more information on these films and the American Lung Association programs, see the detailed program descriptions in Part 1.

**0777. TOWNSHIP OF SOUTH ORANGE VILLAGE, BOARD OF HEALTH, Village Hall, South Orange, New Jersey 07079.**

**Program Title:**

FreshStart.

**Contact:**

Ms. Kathleen DeHay, Health Officer  
(201)762-6000.

**Description:**

The American Cancer Society's FreshStart program is being offered to the general public upon request. For more information, see the detailed program description in Part 1.

**0778. UNDERWOOD MEMORIAL HOSPITAL, Broad and Red Bank Avenues, Woodbury, New Jersey 08096.**

**Program Title:**

Freedom From Smoking Clinics.

**Contact:**

Ms. Domenica Grant, Staff Development Coordinator  
(609)845-0100 ext.2905.

**Description:**

The American Lung Association's Freedom From Smoking clinics are offered for \$35. For more information, see the detailed program description in Part 1.

**0779. UNION HOSPITAL, 1000 Galloping Hill Road, Union, New Jersey 07083.**

**Program Title:**

Freedom From Smoking.

**Contact:**

Kay Ford, R.N., B.A., C.D.E., Patient Education Specialist  
(201)687-1900 ext.3134.

**Description:**

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

**0780. VETERAN'S ADMINISTRATION MEDICAL CENTER, Lyons, New Jersey 07939.**

**Program Title:**

Smoking Cessation.

**Contact:**

Zeke Mayberry, Ph.D., Program Director, Outpatient Section  
(201)647-0180 ext. 44488.

**Description:**

The program is a 6-week session held during working hours at no cost to participants. The program is conducted on an as-needed basis according to the number of registrants.

**0781. WALLKILL VALLEY HOSPITAL AND HEALTH CENTERS, 20 Walnut Street, Sussex, New Jersey 07461.**

**Program Title:**  
FreshStart.

**Contact:**  
Ms. Eileen Katz, Community Health Coordinator  
(201)875-4121.

**Description:**  
The American Cancer Society's FreshStart program is offered as needed at the Health Center in Franklin. For more information, see the detailed program description in Part 1.

**0782. WARREN COUNTY HEALTH DEPARTMENT, PUBLIC HEALTH NURSING AGENCY, 151 West Washington Avenue, Washington, New Jersey 07882.**

**Program Title:**  
Freedom From Smoking.

**Contact:**  
Donna Rue, R.N., M.P.H., Health Educator  
(201)689-6000.

**Description:**  
The American Lung Association's Freedom From Smoking group support program is offered to Warren County residents as requested. Several self-help programs are also available including In Control. For more information, see the detailed program description in Part 1.

**0783. WARREN COUNTY HEALTH DEPARTMENT, PUBLIC HEALTH NURSING AGENCY, 151 West Washington Avenue, Washington, New Jersey 07882.**

**Program Title:**  
FreshStart.

**Contact:**  
Donna Rue, R.N., M.P.H., Health Educator  
(201)689-6000.

**Description:**  
The American Cancer Society's FreshStart program is offered to Warren County residents as requested. Several self-help programs are also offered including the I Quit Kit. For more information, see the detailed program description in Part 1.

**0784. WARREN COUNTY HEALTH DEPARTMENT, PUBLIC HEALTH NURSING AGENCY, 151 West Washington Avenue, Washington, New Jersey 07882.**

**Program Title:**  
Is There A Safe Tobacco?

**Contact:**  
Donna Rue, R.N., M.P.H., Health Educator  
(201)689-6000.

**Description:**  
The program informs participants of the health risks of tobacco use in its various forms and examines the pressures to smoke both from peers and the tobacco industry. Handouts, resources, and referrals for cessation of tobacco use are provided.

**0785. WARREN HOSPITAL, 185 Roseberry Street, Phillipsburg, New Jersey 08865.**

**Program Title:**  
Smokeless.

**Contact:**  
Ms. Patricia A. Mathews, Coordinator  
(201)859-6777.

**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.

**0786. WAYNE TOWNSHIP HEALTH DEPARTMENT, 475 Valley Road, Wayne, New Jersey 07470.**

**Program Title:**  
FreshStart.

**Contact:**  
Ms. Denise A. DePalma, Health Educator  
(201)694-1800 ext.242.

**Description:**  
The American Cancer Society's FreshStart program is offered. A month after the completion of FreshStart, a refresher class is offered. For more information, see the detailed program description in Part 1.

**0787. WEST HUDSON HOSPITAL, 206 Bergen Avenue, Kearny, New Jersey 07032.**

**Program Title:**  
SCRAP Stop Smoking.

**Contact:**  
Jean Devlin, R.N., M.S., Employee and Community Health Coordinator  
(201)955-7077.

**Description:**  
SCRAP Stop Smoking is sponsored by the American Heart Association. It is an 8-week behavior modification program with followup for 1 year.

**0788. WEST JERSEY WEIGHT MANAGEMENT AND NUTRITION SERVICES, GARDEN STATE COMMUNITY MEDICAL CENTER, One Brick Road, Suite 304, Marlton, New Jersey 08053.**

**Program Title:**  
Stop Smoking Without Weight Gain.

**Contact:**  
Mary Lou Bialon, M.S., R.D., General Manager  
(609)596-3397.

**Description:**  
This is a new approach to the problem of stopping smoking. Smokers are believed to be inherently motivated to quit smoking. Providing solutions to the problems that make people restart smoking is the key to stopping smoking. This approach is called Restart Prevention because it addresses the problems that cause people to restart. Restart Prevention has four components: weight control, withdrawal symptom control, habit control, and stress control.

**0789. WOMEN'S HEALTH CONNECTION OF KIMBALL MEDICAL CENTER, 19 West County Line Road, Jackson, New Jersey 08527.**

**Program Title:**  
Freedom From Smoking.

**Contact:**  
Sharyn Carnick, R.N., B.S.N. and Deborah Cox, R.N., B.S.N.,  
Community Health Education Coordinators  
(609)370-9667 and 370-7466.

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

**0790. ZURBRUGG MEMORIAL HOSPITAL, Rancocas Valley Division, Sunset Road, Willingboro, New Jersey 08046.**

**Program Title:**  
Smoke Stoppers.

**Contact:**  
Reba Scharf, R.N., Program Coordinator  
(609)835-2900 ext.2118.

**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.

## NEW MEXICO

**0791. AMERICAN HEART ASSOCIATION, NEW MEXICO AFFILIATE, 629 Truman, N.E., Albuquerque, New Mexico 87110.**

**Program Title:**  
Heart At Work.

**Contact:**  
Ms. Holly Mueller, Program Coordinator  
(505)268-3711.

**Description:**  
The Heart At Work program is arranged at worksites in the community. American Heart Association literature on smoking cessation is available. For more information, see the detailed program description in Part 1.

**0792. AMERICAN LUNG ASSOCIATION OF NEW MEXICO, 216 Truman, N.E., Albuquerque, New Mexico 87108.**

**Program Title:**  
Freedom From Smoking Clinics.

**Contact:**  
Ms. Beverly Besedick, Program Director  
(505)265-0732.

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

**0793. AMERICAN LUNG ASSOCIATION OF NEW MEXICO, 216 Truman, N.E., Albuquerque, New Mexico 87108.**

**Program Title:**  
Freedom From Smoking Self-Help.

**Contact:**  
Ms. Beverly Besedick, Program Director  
(505)265-0732.

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

**0794. NEW MEXICO HEALTH AND ENVIRONMENT DEPARTMENT, DONA ANA PUBLIC HEALTH OFFICE, 530 North Church Street, Las Cruces, New Mexico 88001.**

**Program Title:**

Great American Smokeout.

**Contact:**

Jean Jewell, R.N., Adult Health Nurse  
(505)526-6617.

**Description:**

The Public Health Department, in conjunction with the local American Cancer Society, collaborates with interested local worksites, groups, and agencies to promote a day-long quit smoking campaign each November. Written materials are distributed at a mall and on the local university campus. Contests are conducted among worksites to determine the percentage of smokers who quit for a day.

**0795. NEW MEXICO HEALTH AND ENVIRONMENT DEPARTMENT, DONA ANA PUBLIC HEALTH OFFICE, 530 North Church Street, Las Cruces, New Mexico, 88001.**

**Program Title:**

Group Smoking Cessation Clinics.

**Contact:**

Jean Jewell, R.N., Adult Health Nurse  
(505)526-6617.

**Description:**

Smoking cessation clinics are offered four times a year at the health department and at other sites, as requested. The American Cancer Society's FreshStart program is used. In addition, other supplemental materials are utilized focusing on the habit of smoking, physical factors, stress, weight control, self-esteem, and developing a healthier lifestyle. Followup is coordinated through the Health Services Division Smoking Prevention Program. For more information on FreshStart, see the detailed program description in Part 1.

**0796. NEW MEXICO HEALTH AND ENVIRONMENT DEPARTMENT, DONA ANA PUBLIC HEALTH OFFICE, 530 North Church Street, Las Cruces, New Mexico 88001.**

**Program Title:**

Health Education And Promotion.

**Contact:**

Jean Jewell, R.N., Adult Health Nurse  
(505)526-6617.

**Description:**

Presentations to community groups, institutions, worksites, schools, service organizations, and individuals are provided on demand. These sessions range from 30 minutes to 2 hours in length. The focus is tobacco products and their effects on the human body. Also, the advertising approach of the tobacco industry is explored. The purpose of the presentation is to provide education and enlist support to help achieve a smoke-free environment.

**0797. NEW MEXICO HEALTH AND ENVIRONMENT DEPARTMENT, DONA ANA PUBLIC HEALTH OFFICE, 530 North Church Street, Las Cruces, New Mexico 88001.**

**Program Title:**

Self-Help Kits.

**Contact:**

Jean Jewell, R.N., Adult Health Nurse  
(505)526-6617.

**Description:**

Upon request, a packet of self-help material, entitled Self-Help Kit – No Smoking is distributed to smokers who want to quit and to various physicians' offices. The packet contains a questionnaire, tips on quitting, 24-hour craving record, list of smoking cessation clinics, and other pamphlets.

**0798. NEW MEXICO HEALTH AND ENVIRONMENT DEPARTMENT, DONA ANA PUBLIC HEALTH OFFICE, 530 North Church Street, Las Cruces, New Mexico 88001.**

**Program Title:**

Smoke-Free Environment.

**Contact:**

Jean Jewell, R.N., Adult Health Nurse  
(505)526-6617.

**Description:**

Upon request, assistance is provided in drawing up a formal, written smoking policy that emphasizes nonsmoking as the norm for worksites, public buildings, and other locations. Enforcement, posting of signs, assistance for smokers who want to quit, designated areas, air purification, initial planning, and surveys of communication are among the topics discussed.

**0799. NEW MEXICO HEALTH AND ENVIRONMENT DEPARTMENT, DONA ANA PUBLIC HEALTH OFFICE, 530 North Church Street, Las Cruces, New Mexico 88001.**

**Program Title:**

Worksite Facilitator Training.

**Contact:**

Jean Jewell, R.N., Adult Health Nurse  
(505)526-6617.

**Description:**

Training sessions are conducted on worksites to prepare participants to lead smoking cessation groups. Each session consists of a 4-hour mock group role playing, and instruction in using audiovisual materials, various commercially produced written materials, lecture, and discussion. Participants should lead a group within 6 months. Continuing education units are provided for nurses.

**0800. NEW MEXICO HEALTH AND ENVIRONMENT DEPARTMENT, HOBBS HEALTH OFFICE, 316 West Scharbauer, Hobbs, New Mexico 88240.**

**Program Title:**  
Cancer Screening.

**Contact:**  
Lorna Graben, R.N., Family Nurse Practitioner

(505)392-1041.

**Description:**  
The Cancer Screening program targets high-risk persons in southeastern New Mexico for individual counseling and referral to smoking cessation programs. Also, information on smoking is presented to students in grades 11 and 12 and at worksites.

## NEW YORK

**0801. AMERICAN CANCER SOCIETY, LONG ISLAND DIVISION, INC., 145 Pidgeon Hill Road, Huntington Station, New York 11746-4585.**

**Program Title:**  
FreshStart.

**Contact:**  
Ellyn Troisi, M.P.H., Public Education Director  
(516)385-9100 ext.316.

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

Church. For more information, see the detailed program description in Part 1.

**0804. AMERICAN CANCER SOCIETY, NEW YORK CITY DIVISION, INC., Harlem Unit, 656 West 181st Street, New York, New York 10033.**

**Program Title:**  
FreshStart.

**Contact:**  
Mr. Louis Perez, Program Administrator  
(212)928-8800.

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

**0802. AMERICAN CANCER SOCIETY, NEW YORK CITY DIVISION, INC., Brooklyn Area, 185 Montague Street, Brooklyn, New York 11201.**

**Program Title:**  
FreshStart.

**Contact:**  
Mr. Lou Hoyos, Program Coordinator  
(718)237-7850.

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

**0805. AMERICAN CANCER SOCIETY, NEW YORK CITY DIVISION, INC., Manhattan Unit, 19 West 56th Street, New York, New York 10019.**

**Program Title:**  
FreshStart.

**Contact:**  
Ms. June Walzer, Coordinator  
(212)586-8700.

**Description:**  
The American Cancer Society offers the FreshStart smoking cessation clinic at various locations within Manhattan. For more information, see the detailed program description in Part 1.

**0803. AMERICAN CANCER SOCIETY, NEW YORK CITY DIVISION, INC., Staten Island Unit, 58 New Dorp Plaza, Staten Island, New York 10306.**

**Program Title:**  
FreshStart.

**Contact:**  
Ms. Joy Speziale, Program Coordinator  
(718)987-8871.

**Description:**  
The American Cancer Society's FreshStart smoking cessation clinic is offered at Doctors Hospital and Christ Lutheran

**0806. AMERICAN CANCER SOCIETY, NEW YORK CITY DIVISION, INC., Bronx Unit, 656 West 181st Street, New York, New York 10033.**

**Program Title:**  
FreshStart.

**Contact:**  
Stop Smoking Coordinator  
(212)928-8800.

**Description:**

The American Cancer Society offers the FreshStart smoking cessation clinic at various locations in the Bronx. For more information, see the detailed program description in Part 1.

**0807. AMERICAN CANCER SOCIETY, NEW YORK CITY DIVISION, INC., 19 West 56th Street, New York, New York 10019.****Program Title:**

Stop Smoking Programs.

**Contact:**

Ms. June Walzer, Coordinator  
(212)586-8700.

**Description:**

The American Cancer Society offers a group stop smoking program at area hospitals and YMCAs. The program is conducted 2 afternoons a week for \$25 to \$35.

**0808. AMERICAN CANCER SOCIETY, WESTCHESTER DIVISION, INC., 30 Glenn Street, White Plains, New York 10603.****Program Title:**

FreshStart.

**Contact:**

Ms. Monica Garrigan, Director, Public Education  
(914)949-4800.

**Description:**

The American Cancer Society's FreshStart smoking cessation clinic is offered to the public and to private organizations. There is a small commitment fee refundable to participants who attend all four classes. For more information, see the detailed program description in Part 1.

**0809. AMERICAN LUNG ASSOCIATION, FINGER LAKES REGION, INC., 1595 Elmwood Avenue, Rochester, New York 14620.****Program Title:**

Chain Groups.

**Contact:**

Mr. Jack Stiggins, Program Coordinator  
(716)442-4260.

**Description:**

Smokers and recovered smokers band together to help each other achieve their goals to be free from smoking. No fees are required.

**0810. AMERICAN LUNG ASSOCIATION, FINGER LAKES REGION, INC., 1595 Elmwood Avenue, Rochester, New York 14620.****Program Title:**

Freedom From Smoking Recovery Clinics.

**Contact:**

Mr. Jack Stiggins, Program Coordinator  
(716)442-4260.

**Description:**

With assistance from qualified, recovered smokers, participants take the necessary steps to become nonsmokers. Group support makes stopping easier. Clinic sessions include education as to the nature of the smoking addiction, recovery techniques, medical consultants, and feelings shared with others. Clinics are offered year round and in different locations.

**0811. AMERICAN LUNG ASSOCIATION, FINGER LAKES REGION, INC., 1595 Elmwood Avenue, Rochester, New York 14620.****Program Title:**

Freedom Line.

**Contact:**

Mr. Jack Stiggins, Program Coordinator  
(716)442-4260.

**Description:**

Produced in association with the University of Rochester, this recorded nonsmoking message, available 24 hours a day, may be utilized as a daily maintenance tool or to fight the craving to smoke. For additional help or information, counselors are available.

**0812. AMERICAN LUNG ASSOCIATION, FINGER LAKES REGION, INC., 1595 Elmwood Avenue, Rochester, New York 14620.****Program Title:**

Pot Shots.

**Contact:**

Mr. Jack Stiggins, Program Coordinator  
(716)442-4260.

**Description:**

Pot Shots is aimed at educating 12- to 18-year-old youths. A rock group will play at school or community dances as role models demonstrating that one can rock and roll without being high. During the performance a continuous slide show called Pot Shots flashes with minicommercials that state smoking is harmful, that you can have fun without dope, and describe how to avoid letting your lungs go to pot. Don't Let Your Lungs Go To Pot buttons are distributed and marijuana fact sheets are available.

**0813. AMERICAN LUNG ASSOCIATION, FINGER LAKES REGION, INC., 1595 Elmwood Avenue, Rochester, New York 14620.**

**Program Title:**  
Relapse Workshops.

**Contact:**  
Mr. Jack Stiggins, Program Coordinator  
(716)442-4260.

**Description:**  
Meetings are held periodically to help prevent smokers from returning to smoking. Counselors aid participants in coping with their smoking addiction by exploring the dynamics of relapse, how to avoid and recover from relapse, and the benefits of being a nonsmoker.

**0814. AMERICAN LUNG ASSOCIATION, FINGER LAKES REGION, INC., 1595 Elmwood Avenue, Rochester, New York 14620.**

**Program Title:**  
Self-Help Manuals.

**Contact:**  
Mr. Jack Stiggins, Program Coordinator  
(716)442-4260.

**Description:**  
A self-help manual provides smokers with a 20-day plan to conquer smoking addiction 1 day at a time, and a second manual helps smokers to stay off cigarettes.

**0815. AMERICAN LUNG ASSOCIATION OF BROOKLYN, 165 Cadman Plaza East, Brooklyn, New York 11201.**

**Program Title:**  
Freedom From Smoking At Work.

**Contact:**  
Mr. Khadijah Odeh, Program Manager  
(718)624-8531.

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

**0816. AMERICAN LUNG ASSOCIATION OF BROOKLYN, 165 Cadman Plaza East, Brooklyn, New York 11201.**

**Program Title:**  
Freedom From Smoking Clinic.

**Contact:**  
Mr. Khadijah Odeh, Program Manager  
(718)624-8531.

**Description:**  
This Freedom From Smoking Clinic, offered to businesses, is the standardized program offered by the American Lung Association Nationwide. The cost is \$40 for each participant.

For more information, see the detailed program description in Part 1.

**0817. AMERICAN LUNG ASSOCIATION OF CENTRAL NEW YORK, INC., 2013 East Genesee Street, Post Office Box 6409, Syracuse, New York 13217.**

**Program Title:**  
Freedom From Smoking Clinics.

**Contact:**  
Ms. Susan S. Flewelling, Director of Smoking Cessation Programs  
(315)422-6142 .

**Description:**  
The American Lung Association's established cessation program is offered. A fee of \$50 is charged to all participants in order to cover material costs and facilitator's salary. Although the program is offered predominantly in Onondaga County, it is also held in Cortland, Jefferson, Lewis, St. Lawrence, and Tompkins Counties. For more information, see the detailed program description in Part 1.

**0818. AMERICAN LUNG ASSOCIATION OF MID-NEW YORK, INC., 23 South Street, Utica, New York 13501.**

**Program Title:**  
Freedom From Smoking.

**Contact:**  
Ms. Martha S. Cline, Program Director  
(315)735-9225.

**Description:**  
The Freedom From Smoking program is offered. For more information, see the detailed program description in Part 1.

**0819. AMERICAN LUNG ASSOCIATION OF MID-NEW YORK, INC., 147 Henry Street, Oneonta, New York 13820.**

**Program Title:**  
Freedom From Smoking By Radio.

**Contact:**  
Ms. Martha K. Hoffman, Program Associate  
(607)432-8934.

**Description:**  
This program is based on the self-help manuals for smoking cessation developed by the American Lung Association: Freedom From Smoking In 20 Days and A Lifetime Of Freedom From Smoking. Twenty segments, 5 minutes each, are aired several times a day, Monday through Friday for 4 weeks. Promotional scripts are used leading up to the 20 days, and six followup scripts are to be aired after the 20 days. The broadcast is supported by print media ads and distribution of the self-help manuals through the mail and pick-up locations.

**0820. AMERICAN LUNG ASSOCIATION OF MID-NEW YORK, INC., 23 South Street, Utica, New York 13501.**

**Program Title:**  
Smoking And You: Does It Compute?

**Contact:**  
Ms. Martha S. Cline, Program Director  
(315)735-9225.

**Description:**  
This educational computer program helps teach children in grade 3 smoking and health terms, immediate and long-term effects of smoking, common perceptions and attitudes about smoking, and responses to peer pressure about smoking. The floppy disk is accompanied by a teacher's manual.

**0821. AMERICAN LUNG ASSOCIATION OF MID-NEW YORK, INC., 50 Prospect Avenue, Gloversville, New York 12078.**

**Program Title:**  
Tobacco Education.

**Contact:**  
Ms. Valerie R. Bochenek, Program Associate  
(518)773-8998.

**Description:**  
A monthly program is held for clients of Women, Infants, and Children's (WIC) Programs of Fulton County, New York. The purpose is to educate WIC clients about the health effects of smoking and to offer them support in smoking cessation. Initially, a training session for WIC staff will be held. Each month, programs with WIC clients at each center begin. Movies, speakers, group discussions, and one-on-one counseling are used.

**0822. AMERICAN LUNG ASSOCIATION OF NASSAU/SUFFOLK, 210 Marcus Boulevard, Hauppauge, New York 11788.**

**Program Title:**  
Cigarette Breakaway Hypnosis Program.

**Contact:**  
Ms. Madelon Goldberg, Program Coordinator  
(516)231-LUNG.

**Description:**  
This special one-session seminar, which lasts for 2-1/2 hours, combines the most successful cessation methods: hypnosis, short-term coping techniques, long-term lifestyle modifications, relaxation techniques, sharing experiences, and a maintenance program.

**0823. AMERICAN LUNG ASSOCIATION OF NASSAU/SUFFOLK, 210 Marcus Boulevard, Hauppauge, New York 11788.**

**Program Title:**  
Freedom From Smoking Self-Help.

**Contact:**  
Ms. Madelon Goldberg, Program Coordinator  
(516)231-LUNG.

**Description:**  
The program is presented in the form of two self-help manuals: Freedom From Smoking In 20 Days and A Lifetime Of Freedom From Smoking. Other formats available include: Freedom From Smoking For You And Your Family and Freedom From Smoking For You And Your Baby. For more information, see the detailed program descriptions in Part 1.

**0824. AMERICAN LUNG ASSOCIATION OF NASSAU/SUFFOLK, 210 Marcus Boulevard, Hauppauge, New York 11788.**

**Program Title:**  
Smoking And Pregnancy.

**Contact:**  
Ms. Madelon Goldberg, Program Coordinator  
(516)231-LUNG.

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

**0825. AMERICAN LUNG ASSOCIATION OF NASSAU/SUFFOLK, 210 Marcus Boulevard, Hauppauge, New York 11788.**

**Program Title:**  
Stop Smoking Workshop.

**Contact:**  
Ms. Madelon Goldberg, Program Coordinator  
(516)231-LUNG.

**Description:**  
This program, presented in cooperation with area hospitals, libraries, and worksites, is based on the American Lung Association's Freedom From Smoking clinic program. For more information, see the detailed program description in Part 1.

**0826. AMERICAN LUNG ASSOCIATION OF NEW YORK STATE, 8 Mountain View Avenue, Albany, New York 12205.**

**Program Title:**  
Freedom From Smoking At Work.

**Contact:**  
Mr. Tim LaPier, Smoking or Health Specialist  
(518)459-4197.



**Description:**

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

**0827. AMERICAN LUNG ASSOCIATION OF NEW YORK STATE, 8 Mountain View Avenue, Albany, New York 12205.**

**Program Title:**

Freedom From Smoking Clinics.

**Contact:**

Mr. Tim LaPier, Smoking or Health Specialist  
(518)459-4197.

**Description:**

The American Lung Association's Freedom From Smoking clinics are available to the general public at a cost of \$45. For more information, see the detailed program description in Part 1.

**0828. AMERICAN LUNG ASSOCIATION OF NEW YORK STATE, 8 Mountain View Avenue, Albany, New York 12205.**

**Program Title:**

Freedom From Smoking Self-Help.

**Contact:**

Mr. Tim LaPier, Smoking or Health Specialist  
(518)459-4197.

**Description:**

This self-help program is presented in the form of two manuals. For more information, see the detailed program description in Part 1.

**0829. AMERICAN LUNG ASSOCIATION OF QUEENS, 112-25 Queens Boulevard, Forest Hills, New York 11375.**

**Program Title:**

Freedom From Smoking Clinics.

**Contact:**

Esther Friedman, M.S., Coordinator, Smoking or Health Programs  
(718)263-5656.

**Description:**

The Freedom From Smoking clinics are offered. The cost is \$40 for each participant. For more information, see the detailed program description in Part 1.

**0830. AMERICAN LUNG ASSOCIATION OF QUEENS, 112-25 Queens Boulevard, Forest Hills, New York 11375.**

**Program Title:**

Freedom From Smoking Self-Help Manuals.

**Contact:**

Esther Friedman, M.S., Coordinator, Smoking or Health Programs  
(718)263-5656.

**Description:**

The two Freedom From Smoking (FFS) self-help manuals, FFS In 20 Days and A Lifetime Of FFS, are available to participants at a cost of \$7 each. For more information, see the detailed program description in Part 1.

**0831. AMERICAN LUNG ASSOCIATION OF QUEENS, 112-25 Queens Boulevard, Forest Hills, New York 11375.**

**Program Title:**

Growing Healthy In New York City.

**Contact:**

Esther Friedman, M.S., Coordinator, Smoking or Health Programs  
(718)263-5656.

**Description:**

The Growing Healthy program is part of a revised comprehensive health curriculum for students in kindergarten through grade 6. Each grade covers a different subject or system. Smoking is covered in most grade levels with the greatest concentration in grades 3 to 6.

**0832. AMERICAN LUNG ASSOCIATION OF QUEENS, 112-25 Queens Boulevard, Forest Hills, New York 11375.**

**Program Title:**

Hugh McCabe: The Coach's Final Lesson.

**Contact:**

Esther Friedman, M.S., Coordinator, Smoking or Health Programs  
(718)263-5656.

**Description:**

This American Lung Association film is offered to area schools and adult audiences. For more information, see the detailed program description in Part 1.

**0833. AMERICAN LUNG ASSOCIATION OF QUEENS, 112-25 Queens Boulevard, Forest Hills, New York 11375.**

**Program Title:**

Information Distribution Program.

**Contact:**

Esther Friedman, M.S., Coordinator, Smoking or Health Programs  
(718)263-5656.

**Description:**

General information is distributed about smoking. Films,

literature, posters, stickers, and buttons are available. Information is targeted at children, teens, and adults.

**0834. AMERICAN LUNG ASSOCIATION OF QUEENS,  
112-25 Queens Boulevard, Forest Hills, New York  
11375.**

**Program Title:**  
Marijuana: A Second Look.

**Contact:**  
Esther Friedman, M.S., Coordinator, Smoking or Health Programs  
(718)263-5656.

**Description:**  
Marijuana: A Second Look is an educational program intended to influence children not to smoke marijuana. For more information, see the detailed program description in Part 1.

**0835. AMERICAN LUNG ASSOCIATION OF QUEENS,  
112-25 Queens Boulevard, Forest Hills, New York  
11375.**

**Program Title:**  
Smoking And Pregnancy.

**Contact:**  
Esther Friedman, M.S., Coordinator, Smoking or Health Programs  
(718)263-5656.

**Description:**  
The American Lung Association's Smoking And Pregnancy program is offered. The complete program cost is \$7. For more information, see the detailed program description in Part 1.

**0836. AMERICAN LUNG ASSOCIATION OF WESTERN  
NEW YORK, 766 Ellicott Street, Buffalo, New  
York 14203.**

**Program Title:**  
Answer Back.

**Contact:**  
Ms. Constance M. Schweitzer, Director of School Health  
(716)886-4655.

**Description:**  
Junior and senior high school students are trained to be peer counselors within their schools. The curriculum includes physiology of the respiratory system, how to say no, understanding the media's influence in the area of cigarette advertising, and the opportunity for role playing typical adolescent situations. A kick-off assembly is offered along with peer counselor training, educational materials are distributed to all teachers and students. An answer Back fundraiser offsets the cost of the program.

**0837. AMERICAN LUNG ASSOCIATION OF WESTERN  
NEW YORK, 766 Ellicott Street, Buffalo, New  
York 14203.**

**Program Title:**  
Freedom From Smoking Clinics.

**Contact:**  
Ms. Jenna Cain, Coordinator  
(716)886-4655.

**Description:**  
The Freedom From Smoking clinics are offered to the community through adult education programs, hospitals, and YMCAs. The fee for the program is \$50. For more information, see the detailed program description in Part 1.

**0838. AMERICAN LUNG ASSOCIATION OF WESTERN  
NEW YORK, 766 Ellicott Street, Buffalo, New  
York 14203.**

**Program Title:**  
Freedom From Smoking In The Workplace.

**Contact:**  
Mr. Marty Kirchner, Program Coordinator  
(716)886-4655.

**Description:**  
This program is a comprehensive approach to the problems of cigarette smoking in the work environment. Association staff work with the company to develop a program tailored to the company's needs. The program components consist of policy development, employee awareness and education, and in-house cessation programs. There is a fee for this program.

**0839. AMERICAN LUNG ASSOCIATION OF WESTERN  
NEW YORK, 766 Ellicott Street, Buffalo, New  
York 14203.**

**Program Title:**  
Freedom From Smoking Manuals.

**Contact:**  
Barbara R. Edelman, R.N., Coordinator  
(716)886-4655.

**Description:**  
A self-help approach to quitting smoking is presented in two manuals that are available to the general community for a fee. For more information, see the detailed program description in Part 1.

**0840. AMERICAN LUNG ASSOCIATION OF WESTERN  
NEW YORK, 766 Ellicott Street, Buffalo, New  
York 14203.**

**Program Title:**  
Second Hand Smoke And Rights Of The Nonsmoker.

**Contact:**  
Barbara R. Edelman, R.N., Coordinator  
(716)886-4655.

**Description:**  
In an effort to increase the knowledge of nonsmokers about the hazards of secondhand smoke, this organization has initiated a public education campaign and provides support for the New York Clean Air Act and any other pertinent county or State bills. Nonsmoking individuals troubled by secondhand smoke are given support, and related literature is distributed.

**0841. AMERICAN LUNG ASSOCIATION OF WESTERN NEW YORK, 766 Ellicott Street, Buffalo, New York 14203.**

**Program Title:**  
Superspeller Smoking Prevention Program.

**Contact:**  
Ms. Nanci M. Stickevers, School Health Program Coordinator  
(716)886-4655.

**Description:**  
Prevention programs are available for elementary school children, concentrating on the second to sixth grade levels. The program has four phases including information about smoking, marijuana, and smokeless tobacco and demonstration of a carboximeter. A variety of films and literature are used for the assembly, with additional literature available for parents.

**0842. BROOME COUNTY HEALTH DEPARTMENT, One Wall Street, Binghamton, New York 13901.**

**Program Title:**  
Freedom From Smoking.

**Contact:**  
Carol Ferrell, Ph.D., Director, Employee Wellness Program  
(607)772-2855.

**Description:**  
The American Lung Association's Freedom From Smoking program is offered to Broome County employees, although the course is open to all Broome County residents. The Employee Wellness Program is able to subsidize the cost of the course through grant funds for cardiovascular risk reduction. For more information, see the detailed program description in Part 1.

**0843. CHINATOWN HEALTH CLINIC, 89 Baxter Street, New York, New York 10013.**

**Program Title:**  
Community Education Program.

**Contact:**  
Cynthia M. Chong, M.D., Medical Director  
(212)732-9545.

**Description:**  
Information regarding cigarette smoking is integrated into all aspects of primary care to ameliorate the risk associated with cardiovascular, pulmonary, and peripheral vascular diseases, intrauterine growth retardation, peptic ulcer disease, chronic active hepatitis, and hepatoma. In addition to patient counseling, community efforts include Chinese language radio broadcasts and newspaper articles and presentations to community agencies.

**0844. CLINTON COUNTY DEPARTMENT OF HEALTH, Post Office Box 769, Plattsburgh, New York 12901.**

**Program Title:**  
Community Based Smoking Prevention And Cessation.

**Contact:**  
Mr. John V. Andrus, Director of Public Health  
(518)565-3250.

**Description:**  
This program includes prevention and cessation programs, clinical programs for pregnant women, and comprehensive local coalition activities.

**0845. COMMUNITY GENERAL HOSPITAL, HEALTH EDUCATION DEPARTMENT, Broad Road, Syracuse, New York 13215.**

**Program Title:**  
Quit Smoking Program.

**Contact:**  
Ms. Helen R. Barrett, Director, Health Education  
(315)492-5152.

**Description:**  
The smoking cessation program consists of eight sessions, usually held on Mondays and Wednesdays from 4:00 p.m. to 5:30 p.m. This program is taught by registered nurses and a physician. Topics include analysis of smoking behavior, physiology of addiction, health implications, stress management, exercise, and weight control.

**0846. CROUSE-IRVING MEMORIAL HOSPITAL, 736 Irving Avenue, Syracuse, New York 13210.**

**Program Title:**  
Breathing Basics.

**Contact:**  
Ms. Lisa Lambiase-Stolakis, Wellness Manager, Health Promotion Services  
(315)470-7573.

**Description:**  
Breathing Basics is an educational tool that teachers can use with students in grades 4 to 6 to reinforce the students' current knowledge of the respiratory system. The goal of the

program is to give students a better understanding of how their respiratory system functions and of hazards of smoking. This in turn will help them make informed decisions regarding smoking. Breathing Basics includes preprogram materials for each student, a 30-minute videotape, and a teacher's manual with suggested followup activities designed to reinforce learning.

**0847. CROUSE-IRVING MEMORIAL HOSPITAL, 736 Irving Avenue, Syracuse, New York 13210.**

**Program Title:**  
Smokeless.

**Contact:**  
Ms. Lisa Lambiase-Stolakis, Wellness Manager, Health Promotion Services  
(315)470-7573.

**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.

**0848. ERIE COUNTY DEPARTMENT OF HEALTH, Rath Building, Room 833, 95 Franklin Street, Buffalo, New York 14202.**

**Program Title:**  
Community Education Program.

**Contact:**  
Dr. Eugene Sillman, Medical Director  
(716)846-7714.

**Description:**  
The department of health developed a media campaign involving local businesses, food wholesalers, and supermarket chains. The campaign focuses on school children in grades 4 to 6. The department also developed a 27-piece exhibit, 14-page pamphlet, and self-administered quiz on the health effects of tobacco use. An automatic slide presentation is in operation at the department 8 hours a day and is available for use at other public offices and schools. The department actively disseminates information on cigarette smoking, cessation programs, and a fact sheet on smokeless tobacco.

**0849. ERIE COUNTY DEPARTMENT OF HEALTH, Rath Building, Room 833, 95 Franklin Street, Buffalo, New York 14202.**

**Program Title:**  
Stop Smoking Clinics.

**Contact:**  
Dr. Eugene Sillman, Medical Director  
(716)846-7714.

**Description:**

The department of health offers a smoking cessation clinic for employees in conjunction with the American Lung Association. They also work with the American Cancer Society to conduct smoking cessation clinics for the general public.

**0850. GASP (GROUP AGAINST SMOKING POLLUTION) OF NEW YORK, 7 Maxine Avenue, Plainview, New York 11803.**

**Program Title:**  
Smoking And Your Health.

**Contact:**  
Ms. Rhoda Nichter, President  
(516)938-0080.

**Description:**  
Since October 1979, this series of 30-minute public affairs radio programs has been broadcast every Tuesday at 4:30 p.m. and repeated every Sunday at 4:00 p.m. on WHPC-FM (90.3). The program is hosted by the president of GASP of New York. It is an educational program designed to explore the smoking problem as it relates to the lives of both smokers and nonsmokers. The series includes interviews with doctors, dentists, legislators, smokers, ex-smokers, nonsmokers, nutritionists, a fire marshal, students, teachers, and a laryngectomy, plus a series of programs specifically on smoking cessation. Subjects covered in the programs broadcast to date include the rights of nonsmokers, smoking cessation, youth and smoking, women and smoking, government and smoking, and sex and smoking. Listeners are invited to write to GASP for further information. This program continues to update listeners with information on current legislation (proposed and passed) and new findings regarding the hazards of tobacco smoke to smokers and nonsmokers of all ages.

**0851. GASP (GROUP AGAINST SMOKING POLLUTION) OF NEW YORK, 7 Maxine Avenue, Plainview, New York 11803.**

**Program Title:**  
Smoking Prevention.

**Contact:**  
Ms. Rhoda Nichter, President  
(516)938-0080.

**Description:**  
Junior high or senior high school students are trained to work in teams to develop suitable presentations for grades 4, 5, and 6. The older students try to influence the younger students not to start smoking or to quit if they have already started and to educate nonsmoking students as to the hazards of secondhand smoke and their right to clean indoor air. Junior and senior high school students attend 6 to 10 training sessions that help them to plan and conduct the program and to organize other activities that may be appropriate for accomplishing the program objectives. Subjects covered in the students' presentations include why young people start to

smoke; the physical effects of smoking; why smokers continue to smoke; how to quit smoking; how the nonsmoker is affected by secondhand smoke; laws, ordinances, and school rules restricting smoking; and the economics of smoking. Students may also develop and present programs for their peers in the secondary schools.

**0852. THE LEONARD HOSPITAL, 74 New Turnpike Road, Troy, New York 12182.**

**Program Title:**  
Smokeless.

**Contact:**  
Ms. Gail Hanlon, Director of Staff Development  
(518)235-0310 ext.289.

**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.

**0853. LONGWOOD HIGH SCHOOL, Longwood Road, Middle Island, New York 11953.**

**Program Title:**  
Longwood Action On Alcohol/Drug Abuse, Smoking And Health.

**Contact:**  
Mr. Francis P. Massey, Director  
(516)345-2158.

**Description:**  
This program of ten 40-minute sessions is aimed at high school students. Sessions cover identifying oneself as a smoker, the physiological aspects of smoking, regaining decision-making skills, and alternatives to alcohol and drug abuse. Students are encouraged to adopt a new lifestyle by breaking free from smoking and to exercise control over their physical fitness. In addition, the program has been extended to students in grade 5 with Team Force, specially trained high school students teaching elementary students to choose not to smoke. This program is partially sponsored by the American Lung Association.

**0854. MADISON COUNTY DEPARTMENT OF HEALTH, County Office Building, Wampsville, New York 13163.**

**Program Title:**  
Community Based Smoking Prevention And Cessation.

**Contact:**  
Agatha Slater, R.N., Director, Public Health Nurses  
(315)366-2369.

**Description:**  
This program includes prevention and cessation programs,

clinical programs for pregnant women, and comprehensive local coalition activities.

**0855. MADISON COUNTY PUBLIC HEALTH NURSING SERVICE, Post Office Box B, Morrisville, New York 13408.**

**Program Title:**  
Smoking Prevention And Cessation.

**Contact:**  
Ms. Maureen N. Fox, Program Coordinator  
(315)684-7133.

**Description:**  
Programs are aimed at college-age through middle-aged women, especially pregnant women and women with children, and also at children in grades 4 through 6. The American Cancer Society and American Lung Association smoking cessation clinics are offered in addition to educational programs in schools and health clinics throughout the County.

**0856. MATERNITY, INFANT CARE, FAMILY PLANNING PROJECTS, MEDICAL AND HEALTH RESEARCH ASSOCIATION OF NEW YORK CITY, INC., 225 Broadway, New York, New York 10007.**

**Program Title:**  
A Smoke-Free Pregnancy.

**Contact:**  
Ms. Jean Tyler, Director, Health Education  
(212)267-0900.

**Description:**  
This program aims to improve pregnancy outcomes by reducing smoking among the Maternity, Infant Care, Family Planning Project prenatal population. The program works toward this goal in the following ways: 1) establishing strong attitudes for nonsmoking among staff; 2) providing a smoke-free clinic environment; 3) educating patients on effects of smoking during pregnancy; and 4) providing interested patients with assistance in quitting or significantly reducing their smoking during and after pregnancy.

**0857. NEW YORK LUNG ASSOCIATION, 432 Park Avenue South, New York, New York 10016.**

**Program Title:**  
A Clean Act!

**Contact:**  
Ms. Carole Snyder, Program Director  
(212)889-3370.

**Description:**  
A Clean Act! is a comprehensive lung health and smoking prevention curriculum developed by the New York Lung Association for use in grades 1 through 12. The units emphasize activities that demonstrate the impact of cigarettes on critical body functions, as well as the development of skills to deal with pressure to smoke. The curricula were designed so that

teachers, with minimal training, can conduct the units. To facilitate the implementation, a teacher's fact sheet and guidelines are provided. Each unit also contains a list of learning objectives and materials needed to conduct the lesson. Guidance is provided to ensure effectiveness in fostering expected cognitive and behavioral learning outcomes.

**0858. NEW YORK LUNG ASSOCIATION, 432 Park Avenue South, New York, New York 10016.**

**Program Title:**  
Biofeedback Smoking Education Project.

**Contact:**  
Mr. Steve Rifkind, Manager, Smoking Education Programs  
(212)889-3370.

**Description:**  
The American Lung Association's Biofeedback Smoking Education Project is offered. This program can be conducted in either the classroom or auditorium. For more information, see the detailed program description in Part 1.

**0859. NEW YORK LUNG ASSOCIATION, 432 Park Avenue South, New York, New York 10016.**

**Program Title:**  
Freedom From Smoking Self-Help.

**Contact:**  
Mr. Steve Rifkind, Manager, Smoking Education Programs  
(212)889-3370.

**Description:**  
A structured smoking cessation program on videocassette and a two-volume self-help manual are available to individuals who prefer to quit smoking on their own. Freedom From Smoking For You And Your Family, a 20-day step-by-step program, emphasizing behavior modification exercises is also available. For more information, see the detailed program description in Part 1.

**0860. NEW YORK LUNG ASSOCIATION, 432 Park Avenue South, New York, New York 10016.**

**Program Title:**  
Kick-The-Habit Clinic.

**Contact:**  
Mr. Steve Rifkind, Manager, Smoking Education Programs  
(212)889-3370.

**Description:**  
The six-session clinic is founded upon peer support and behavior modification techniques. Participants determine the reasons and situations or moods that trigger an urge to smoke. A trained facilitator helps participants develop a plan of action and specific coping strategies to maintain a smoke-free lifestyle. Diet, weight control, stress management, and other topics of special interest to participants are described.

Continued peer support to graduates of the program is available through monthly meetings of a Smoke-Free Club.

**0861. NEW YORK LUNG ASSOCIATION, 432 Park Avenue South, New York, New York 10016.**

**Program Title:**  
Marijuana: A Second Look.

**Contact:**  
Mr. Steve Rifkind, Manager, Smoking Education Programs  
(212)889-3370.

**Description:**  
Marijuana: A Second Look is an educational program intended to influence children not to smoke marijuana. For more information, see the detailed program description in Part 1.

**0862. NEW YORK LUNG ASSOCIATION, 432 Park Avenue South, New York, New York 10016.**

**Program Title:**  
Smoking And Pregnancy.

**Contact:**  
Mr. Steve Rifkind, Manager, Smoking Education Programs  
(212)889-3370.

**Description:**  
The American Lung Association's Smoking And Pregnancy program is available. Freedom From Smoking For You And Your Baby, a 10-day quit smoking program, is also available. For more information, see the detailed program description in Part 1.

**0863. NEW YORK UNIVERSITY MEDICAL CENTER, COOPERATIVE CARE CENTER, 530 First Avenue, New York, New York 10016.**

**Program Title:**  
Smokeless.

**Contact:**  
Eileen DiFrisco, R.N., M.A., Coordinator, Outpatient Education  
(212)340-7007.

**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.

**0864. ONONDAGA COUNTY HEALTH DEPARTMENT, 421 Montgomery Street, Post Office Box 1325, Syracuse, New York 13201.**

**Program Title:**  
Community Health Nursing.

**Contact:**  
Ms. Rose DeJoseph, Director of Maternal and Child Health Services  
(315)425-3294.

**Description:**  
Patient and family education includes a discussion of the harmful effects of smoking to the mother, fetus, and newborn. In homes where there is a newborn, the mother and family are cautioned against having the infant in a smoke-filled room. Adults are encouraged not to smoke in the home. Informational pamphlets are available and referral to community smoking cessation programs is provided. Public health nurses discuss smoking and health with parents of young children attending the well-child clinics.

**0865. ONONDAGA COUNTY HEALTH DEPARTMENT, 421 Montgomery Street, Post Office Box 1325, Syracuse, New York 13201.**

**Program Title:**  
Patient Education.

**Contact:**  
Mr. Mim Seidel, Coordinator  
(315)425-3304.

**Description:**  
Within the Women, Infants, and Children program, patients who smoke are informed of the health risks associated with smoking. Informational pamphlets and brochures are made available and information about community smoking cessation programs is provided.

**0866. ONONDAGA COUNTY HEALTH DEPARTMENT, 421 Montgomery Street, Post Office Box 1325, Syracuse, New York 13201.**

**Program Title:**  
Prevention Of Low Birthweight Program.

**Contact:**  
Cara Steiner, P.H.N., Coordinator  
(315)425-2000.

**Description:**  
Women who enter prenatal care through satellite clinics are educated in ways to prevent low birthweight, including avoidance of alcohol, cigarettes, and drugs. Patients who smoke receive at least one 10- to 15-minute educational session provided by a health educator. This session includes information on health risks associated with smoking, individual smoking risk assessment, tips on how to quit smoking, and referral to community resources for smoking cessation. The health educator utilizes a film, flip-charts, and pamphlets in the one-to-one patient education session.

**0867. RENSSELAERVILLE INSTITUTE, Rensselaerville, New York 12147.**

**Program Title:**  
Planned Approach To Community Health (P.A.T.C.H.).

**Contact:**  
Dr. Patricia Hanson, Health Projects Director  
(518)797-3783.

**Description:**  
Ongoing comprehensive smoking cessation is offered four times yearly. The program is targeted at rural adult smokers. The American Lung Association and American Cancer Society formats are both used.

**0868. ROCKLAND COUNTY DEPARTMENT OF HEALTH, The Dr. Robert L. Yeager Health Center, Pomona, New York 10970.**

**Program Title:**  
Biofeedback Smoking Education Program.

**Contact:**  
Ms. Sandra King, Senior Public Health Educator  
(914)354-0200 ext.2500.

**Description:**  
This program, based on the American Lung Association's Biofeedback Smoking Education Project, is offered to area schools. For more information, see the detailed program description in Part 1.

**0869. SAINT FRANCIS HOSPITAL, Port Washington Boulevard, Roslyn, New York 11576.**

**Program Title:**  
I Quit Club.

**Contact:**  
Ms. Rhoda Nichter, Course Director, and Ms. Lynn Walsh, Coordinator  
(516)938-0080 and 627-6200 ext.1508.

**Description:**  
The I Quit Club offers reinforcement and support to alumni of the St. Francis Hospital Stop-Smoking Clinics via monthly meetings. Alumni receive a mailed notice of the meeting, which usually includes pertinent newspaper or magazine articles to reinforce staying abstinent. The I Quit Club also helps anyone who resumed smoking to make a new commitment to quit without going through another clinic.

**0870. SAINT FRANCIS HOSPITAL, Port Washington Boulevard, Roslyn, New York 11576.**

**Program Title:**  
Stop Smoking Clinic.

**Contact:**  
Ms. Rhoda Nichter, Course Director, and Ms. Lynn Walsh, Coordinator  
(516)938-0080 and 627-6200 ext.1508.

**Description:**

Smokers who want to quit are invited to a free 2-hour orientation meeting of the Stop Smoking Clinic. This not-for-profit clinic, established for more than 12 years, has an 85- to 100-percent success rate during the course of the program. A recent survey indicated a 74.8 percent success rate after 1 year. The clinic provides seven sessions including 5 consecutive days for around-the-clock reinforcement during initial withdrawal, and monthly meetings for support after the initial intensive program to provide continuity and to help ensure long-term success. A pulmonary function test, films, talks by health professionals, personal assistance, and special attention to weight control are included in the program.

**0871. SAINT FRANCIS HOSPITAL, Port Washington Boulevard, Roslyn, New York 11576.**

**Program Title:**

Worksite Stop-Smoking Clinic.

**Contact:**

Ms. Rhoda Nichter, Course Director, and Ms. Lynn Walsh, Coordinator  
(516)938-0080 and 627-6200 ext.1508.

**Description:**

St. Francis Hospital conducts its highly successful Stop Smoking Clinic at corporate worksites during lunch or after work. The clinic provides seven sessions including 5 consecutive days for round-the-clock reinforcement during initial withdrawal, monthly meetings for support after initial intensive program, on-site pulmonary function screening test, group sessions, films, special attention to weight control, behavior modification, and personal assistance. Benefits of a smoke-free workplace to the employer include reduced costs due to decreases in absenteeism, fire risk, air conditioning costs, insurance premiums and payouts, accidents, maintenance and housekeeping costs, and time wasting. The employer provides a minimum of 10 participants and a meeting room.

**0872. SAINT LAWRENCE COUNTY PUBLIC HEALTH NURSING SERVICE, Post Office Box 5157, Potsdam, New York 13676.**

**Program Title:**

SMART – Self-Monitoring Modules For Awareness Of Risk-Reduction Techniques.

**Contact:**

Susanne Osterberg, R.N., Program Coordinator  
(315)265-3730.

**Description:**

Ongoing programs include special modules on smoking, weight control, stress reduction, and diet. Role models such as school teachers and health care administrators in rural upstate communities serve as teachers. Evaluation includes attendance, knowledge, testing, and followup.

**0873. SAINT MARY'S HOSPITAL, 427 Guy Park Avenue, Amsterdam, New York 12010.**

**Program Title:**

Smokeless.

**Contact:**

Sister Rita Jean DuBrey, Certified Instructor, Wellness Institute  
(518)842-1900.

**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.

**0874. SCHUYLER COUNTY HOME HEALTH AGENCY, 105 Ninth Street, Watkins Glen, New York 14891.**

**Program Title:**

Community Based Smoking Prevention And Cessation.

**Contact:**

Cherie Trabert, R.N., M.S., Director of Patient Services  
(607)535-2704.

**Description:**

This program includes prevention and cessation programs, clinical programs for pregnant women, and comprehensive local coalition activities.

**0875. SEVENTH-DAY ADVENTIST COMMUNITY HEALTH SERVICES, Post Office Box 1029, Manhasset, New York 11030.**

**Program Title:**

Breathe-Free Plan To Stop Smoking.

**Contact:**

Ms. Juanita Kretschmar, Director  
(516)627-2210.

**Description:**

Both the Five-Day Plan and its successor, the Breathe-Free Plan To Stop Smoking, are available. For more information on the Breathe-Free Plan To Stop Smoking, see the detailed program description in Part 1.

**0876. STOP SMOKING CENTER OF ROCHESTER, INC., Mt. Hope Professional Building, 1351 Mt. Hope Avenue, Suite 102, Rochester, New York 14620.**

**Program Title:**

Cigarette Dependency Treatment.

**Contact:**

Mr. Anthony R. Klein, Executive Director  
(716)442-2489.

**Description:**

After completing a screening and pretherapy visit designed to increase the smoker's awareness of personal smoking



behaviors a 5-day detoxification treatment begins withdrawal from the chemical influence of cigarettes. The therapy includes an intense psychoeducational program developed to elevate motivation and help the smoker adapt to replacement behaviors. The educational process includes counseling by a psychologist and medical testing under the direction of a pulmonary physician. A 12-month maintenance followup, conducted by a psychologist, is a major part of the methodology to provide additional reinforcement and support to promote continued abstinence.

**0877. SUFFOLK COUNTY DEPARTMENT OF HEALTH SERVICES, 225 Rabro Drive East, Hauppauge, New York 11788.**

**Program Title:**  
Today's Smoke.

**Contact:**  
Mr. David Bekofsky, Director and Ms. Nancy Koehler, Program Coordinator  
(516)348-2708 and 348-2844.

**Description:**  
The department has developed a smoking prevention program, offered to students in grades 5 and 6 throughout the County. The program includes three lesson plans taught by classroom teachers and one biofeedback lesson taught by staff of the Office of Health Education and Public Information.

To increase the students' awareness of the immediate physiological effects of smoking, a smoker is recruited and tested in the classroom before and after smoking for comparisons on carbon monoxide level, pulse rate, blood pressure, skin temperature, and hand tremors. Objectives of the program also include increasing students' awareness of the reasons why people decide whether or not to smoke, promoting the development of nonsmoking behavior and attitudes among young children, and helping students recognize advertising propaganda.

**0878. TOMPKINS COMMUNITY HOSPITAL, 101 Dates Drive, Ithaca, New York 14850-1383.**

**Program Title:**  
Smoke Stoppers.

**Contact:**  
Ms. Alma S. Coats, Program Coordinator  
(607)274-4421.

**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.

## NORTH CAROLINA

**0879. AMERICAN CANCER SOCIETY, NORTH CAROLINA DIVISION, INC., 11 South Boylan Avenue, Suite 221, Raleigh, North Carolina 27611-7624.**

**Program Title:**  
FreshStart.

**Contact:**  
Ms. Betsy Mitchell, Director of Public Education  
(919)834-8463.

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

**0880. AMERICAN CANCER SOCIETY, NORTH CAROLINA DIVISION, INC., 11 South Boylan Avenue, Suite 221, Raleigh, North Carolina 27611-7624.**

**Program Title:**  
Taking Control.

**Contact:**  
Ms. Betsy Mitchell, Director of Public Education  
(919)834-8463.

**Description:**  
This program is composed of two series: Young Adults and Teens, and Adults. The Young Adults and Teens program casts a science-fiction eye backwards in time to explain how individual responsibilities and choices in the 1980s came to take control. It explains the basic steps to good health that may help reduce cancer risk.

The purpose of Taking Control for Adults is to provide an introduction to a healthy, enjoyable lifestyle that reduces one's risk of developing cancer. The program gives an overview of five protective factors against cancer and five preventive factors as well. There are slides, videos, flip charts, and other materials available.

**0881. AMERICAN HEART ASSOCIATION, NORTH CAROLINA AFFILIATE, 300 Silver Cedar Court, Post Office Box 2636, Chapel Hill, North Carolina 27514.**