



**Resources to help you become a non-smoker**

To request this information in another language for format, please call our member service number at Toll Free: (877) 600-5472 or TTY: (877) 600-5473.

**Quit For Life™ Quit Line:** 1-866-QUIT-4-LIFE (1-866-784-8454); <https://www.quitnow.net>

**Online**

Quit Smoking Now-Additional resources for women, teens and in Spanish. (<http://smokefree.gov/>)

Be Tobacco Free (<http://betobaccofree.hhs.gov/>)

Teen Quit (<https://teen.smokefree.gov/default.aspx>)

My Last Dip: Quit smokeless tobacco (<http://mylastdip.com/>)

Stay Quit Moms ([info.stayquitmoms.com/](http://info.stayquitmoms.com/))

**Tobacco Treatment Specialist in Lane County**

Agency	Name	Email	Phone
<b>EUGENE</b>			
Center for Family Development	Heather Fudge	<a href="mailto:fudgeitup@gmail.com">fudgeitup@gmail.com</a>	541-242-2995
Community Health Centers of Lane County	Ellie Dominguez	<a href="mailto:elizabeth.dominguez@co.lane.or.us">elizabeth.dominguez@co.lane.or.us</a>	541-682-3550
	Fern Hemmer	<a href="mailto:fern.hammer@co.lane.or.us">fern.hammer@co.lane.or.us</a>	
	Jennifer DeVault	<a href="mailto:jennifer.devault@co.lane.or.us">jennifer.devault@co.lane.or.us</a>	
	Tara Beairsto	<a href="mailto:geraldene.smith@co.lane.or.us">geraldene.smith@co.lane.or.us</a>	
	Whitney Winslow	<a href="mailto:whitney.winslow@co.lane.or.us">whitney.winslow@co.lane.or.us</a>	
Direction Service	Debra Alexander		541-344-7303
Emergence	Lisa Carlson	<a href="mailto:lcarlson@4emergence.com">lcarlson@4emergence.com</a>	541-741-7107
	Anita Kentnesse	<a href="mailto:akentnesse@4emergence.com">akentnesse@4emergence.com</a>	541-393-0777
	Katie Terrell	<a href="mailto:kterrel@4emergence.com">kterrel@4emergence.com</a>	541-393-0777
Lane County Behavioral Health	Whitney Dudley	<a href="mailto:whitney.dudley@co.lane.or.us">whitney.dudley@co.lane.or.us</a>	541-682-3267
Looking Glass	Ashlee Armstrong	<a href="mailto:ashlee.armstrong@lookingglass.us">ashlee.armstrong@lookingglass.us</a>	541-686-2688
	Caitlin Peoples	<a href="mailto:caitlin.peoples@lookingglass.us">caitlin.peoples@lookingglass.us</a>	
	Carlyn Wierda	<a href="mailto:carlyn.wierda@lookingglass.us">carlyn.wierda@lookingglass.us</a>	
ShelterCare	Janet Rollings	<a href="mailto:jrollings@sheltercare.org">jrollings@sheltercare.org</a>	541-686-1262
White Bird Clinic	Melissa Beckwith	<a href="mailto:melissab@whitebirdclinic.org">melissab@whitebirdclinic.org</a>	541-683-1641
White Bird Clinic	Molly Sullivan	<a href="mailto:msullivan@whitebirdclinic.org">msullivan@whitebirdclinic.org</a>	
White Bird/Chrysalis	Thomas Hurd	<a href="mailto:thomas.chrysalis@gmail.com">thomas.chrysalis@gmail.com</a>	

Agency	Name	Email	Phone
<b>SPRINGFIELD</b>			
The Child Center	Lezlee Craven	<a href="mailto:lezlee.craven@gmail.com">lezlee.craven@gmail.com</a>	541-726-1465
	Shirley Howell	<a href="mailto:shirl4256h@aol.com">shirl4256h@aol.com</a>	
	Nicholas Rasmussen	<a href="mailto:nrasmussen@thechildcenter.org">nrasmussen@thechildcenter.org</a>	
McKenzie Willamette	Beth Boram	<a href="mailto:jboram@juno.com">jboram@juno.com</a>	541-726-4400
Volunteers in Medicine Clinic	Peter Schur	<a href="mailto:pschur@vim-clinic.org">pschur@vim-clinic.org</a>	541-335-2826
<b>COTTAGE GROVE / CRESWELL / OAKRIDGE</b>			
South Lane Mental Health	Chelsie Elkins	<a href="mailto:chelsie.elkins@slmh.org">chelsie.elkins@slmh.org</a>	541-942-3939
	Karen Waskow	<a href="mailto:karen.waskow@slmh.org">karen.waskow@slmh.org</a>	
	Jeremie Wharton	<a href="mailto:jeremie.wharton@slmh.org">jeremie.wharton@slmh.org</a>	
Orchid Health	Barbara Melton	<a href="mailto:barbara@orchidhealth.com">barbara@orchidhealth.com</a>	
<b>OUT OF AREA</b>			
Benton County	Oscar Medina	<a href="mailto:oscar.medina@co.benton.or.us">oscar.medina@co.benton.or.us</a>	541-766-6835
	Rebecca Caldwell	<a href="mailto:rebecca.caldwell@co.benton.or.us">rebecca.caldwell@co.benton.or.us</a>	
	Robert Williams	<a href="mailto:robert.williams@co.benton.or.us">robert.williams@co.benton.or.us</a>	
	Sandra Veronick	<a href="mailto:sandra.veronick@co.benton.or.us">sandra.veronick@co.benton.or.us</a>	
Samaritan Health	Helen Beaman	<a href="mailto:hbeaman@samhealth.org">hbeaman@samhealth.org</a>	1-800-863-5241
	Martha Briese	<a href="mailto:mbriese@samhealth.org">mbriese@samhealth.org</a>	
	Te'ona Davidson	<a href="mailto:tdavidson@samhealth.org">tdavidson@samhealth.org</a>	
	Kukuli Moran-Garcia	<a href="mailto:kmorangarcia@samhealth.org">kmorangarcia@samhealth.org</a>	
	Amanda Waggoner	<a href="mailto:awaggoner@samhealth.org">awaggoner@samhealth.org</a>	
	Kelly Walker	<a href="mailto:kewalker@samhealth.org">kewalker@samhealth.org</a>	
	Jennifer Wilkens	<a href="mailto:jwilkens@samhealth.org">jwilkens@samhealth.org</a>	
	Kiyomi Yamaguchi	<a href="mailto:kyamaguchi@samhealth.org">kyamaguchi@samhealth.org</a>	

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**Español (Spanish)**

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al Medicaid 1-877-600-5472; TTY: 1-877-600-5473.

**Tiếng Việt (Vietnamese)**

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số Medicaid 1-877-600-5472; TTY: 1-877-600-5473.