



Help to Quit Smoking in Santa Barbara County

Background:

The Tobacco Prevention Settlement Program provides funding to 10 community agencies to offer services to support Santa Barbara residents with their efforts to quit using tobacco products. Funding for these services comes from a portion of an annual allocation from the County Board of Supervisors of discretionary funds received from a lawsuit against the tobacco industry.

What is Offered?

- A series of classes with 7 sessions over a two-week period (1-1.5-hours per class).
- Monthly classes in Santa Barbara & Santa Maria and every other month in Lompoc.
- Up to 16 weeks of Nicotine Replacement Therapy (patches, lozenges, or gum) for qualifying participants.
- Reimbursement for Wellbutrin and/or Chantix for up to 6 months.
- Tips and tools to reduce stress, manage cravings/triggers and changes in appetite, mood & sleep.
- Weekly relapse prevention support meetings in Santa Barbara and Santa Maria.
- There is a \$20 suggested donation for the class series.

Who Qualifies for these Services &/or Medications?

- All Santa Barbara County residents.
- Single-person households who earn < \$40,000 and multi-person households earn < \$60,000 are eligible for the no-cost/reduced cost medications.

**For More Information on Class Dates & Times in Your Area,
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