

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

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

**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
	Jeremy Hall	<a href="mailto:jhall@c-f-d.org">jhall@c-f-d.org</a>	541-342-8437
	Zakary Nussbaum	<a href="mailto:znussbaum@c-f-d.org">znussbaum@c-f-d.org</a>	541-342-8437
	Shelia Stigall	<a href="mailto:sstigall@c-f-d.org">sstigall@c-f-d.org</a>	541-342-8437
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
	Whitney Winslow	<a href="mailto:whitney.winslow@co.lane.or.us">whitney.winslow@co.lane.or.us</a>	541-682-3550
Direction Service	Debra Alexander	<a href="mailto:dalexander@directionservice.org">dalexander@directionservice.org</a>	541-344-7303
Lane County Behavioral Health	Betty Singh	<a href="mailto:betty.singh@co.lane.or.us">betty.singh@co.lane.or.us</a>	541-682-7254
	Whitney Dudley	<a href="mailto:whitney.dudley@co.lane.or.us">whitney.dudley@co.lane.or.us</a>	541-682-3267



Agency	Name	Email	Phone
<b>EUGENE</b>			
Lane County Woman Infant & Children (WIC)	Laurie Steinbruck	<a href="mailto:skihard3@aol.com">skihard3@aol.com</a>	541-682-4606
Laurel Hill	Denna Sanders	<a href="mailto:dennas@laurel.org">dennas@laurel.org</a>	541-684-6837
Looking Glass	Carlyn Wierda	<a href="mailto:carlyn.wierda@lookingglass.us">carlyn.wierda@lookingglass.us</a>	541-686-2688
	Ashlee Armstrong	<a href="mailto:ashlee.armstrong@lookingglass.us">ashlee.armstrong@lookingglass.us</a>	541-246-2256
White Bird Clinic	Molly Sullivan	<a href="mailto:msullivan@whitebirdclinic.org">msullivan@whitebirdclinic.org</a>	541-683-1641
	Thomas Hurd	<a href="mailto:thomas.chrysalis@gmail.com">thomas.chrysalis@gmail.com</a>	
	Melissa Beckwith	<a href="mailto:melissab@whitebirdclinic.org">melissab@whitebirdclinic.org</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>	
<b>COTTAGE GROVE / CRESWELL / OAKRIDGE</b>			
Orchid Health	Barbara Melton	<a href="mailto:Barbara@orchidhealth.org">Barbara@orchidhealth.org</a>	541-782-8304
South Lane Mental Health	Chelsie Elkins	<a href="mailto:chelsie.elkins@slmh.org">chelsie.elkins@slmh.org</a>	541-767-4185
	Karen Waskow	<a href="mailto:karen.waskow@slmh.org">karen.waskow@slmh.org</a>	541-942-3939
	Jeremie Wharton	<a href="mailto:jeremie.wharton@slmh.org">jeremie.wharton@slmh.org</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	Deborah Myres	<a href="mailto:riverrock61@icloud.com">riverrock61@icloud.com</a>	541-574-4886
	Martha Briese	<a href="mailto:mbriese@samhealth.org">mbriese@samhealth.org</a>	1-800-863-5241
	Amanda Waggoner	<a href="mailto:awaggoner@samhealth.org">awaggoner@samhealth.org</a>	
	Kiyomi Lehman	<a href="mailto:kilehman@samhealth.org">kilehman@samhealth.org</a>	541-768-4666

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### Discrimination is Against the Law

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LCH&HS provides free aids and services to individuals with disabilities to communicate effectively with us including qualified sign language interpreters and written information in alternate formats.

LCH&HS provides free language services to individuals whose primary language is not English to communicate effectively, including translated documents and oral interpretation.

If you need these services, contact the H&HS program where you receive services. For information on how to contact a specific program you can call 541-682-4035 or email [HealthcareEquity@co.lane.or.us](mailto:HealthcareEquity@co.lane.or.us).

If you believe that LCH&HS has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, sex, religion, language, ethnicity, socio-economic status, sexual orientation, gender identity, veteran's status, or political beliefs you can file a grievance with the H&HS program where you receive services. If you need help filing a grievance, have questions, or would like additional information you can email [HealthcareEquity@co.lane.or.us](mailto:HealthcareEquity@co.lane.or.us).

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office of Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf> or by mail or phone at:

U.S. Department of Health and Human Services

200 Independence Avenue, SW

Room 509F, HHH Building

Washington, D.C. 20201

1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>