

ASTHMA RESOURCE DIRECTORY

2001-2002



San Diego County

ACKNOWLEDGEMENT

The San Diego County Asthma Resource Directory is a project of the San Diego Allies Against Asthma Coalition. It would not have been possible without the generous support of:

HEALTHLINK

A Project of the Health and Human Services Agency
and the County of San Diego Board of Supervisors

SAN DIEGO ALLIES AGAINST ASTHMA COALITION MEMBER AGENCIES:

Allergy and Asthma Medical Group	HealthLink
American Academy of Pediatrics	Kaiser Permanente
American Lung Association of San Diego and Imperial Counties (ALA SD/IC)	Naval Medical Center San Diego
Blue Cross of California	Neighborhood House Association Head Start Program
California Children's Services	North County Health Services
Center for Child Health Outcomes	Operation Samahan
Child Health and Disability Prevention Program	Parent Teacher Association, Ninth District
Children's Hospital and Health Center	Safe and Healthy Children in Day Care Project (SAHCHI)
Children's Physician Medical Group	San Diego City Schools
Chula Vista Coordinating Council	School Health Innovative Programs
Community Health Group	Scripps Clinic
Community Health Improvement Partners (CHIP)	Scripps Health System
Comprehensive Health Center	Sharp Health Care
Council of Community Clinics	Sharp Rees-Stealy Medical Group
County of San Diego Health and Human Services Agency	Union of Pan Asian Communities
Environmental Health Coalition	University of California San Diego Medical Center
Family Health Centers of San Diego	Vista Community Clinic
Graduate School of Public Health, SDSU	YMCA Childcare Resource Services
Grossmont College	

BACKGROUND

The San Diego Allies Against Asthma Coalition is an association of over 35 member agencies committed to mobilizing available community resources in order to positively impact the quality of life for children with asthma in San Diego. The American Lung Association and the County of San Diego Health and Human Services Agency created the Coalition in 1999, bringing together agencies that are well known for their work in asthma identification, prevention and treatment; disease management; provider and family education; pediatric health services research; innovative service delivery; environmental justice; school health; and health service coverage.

Asthma is the third-leading cause of preventable hospitalizations in the United States, with approximately 470,000 hospitalizations and more than 5,000 deaths per year. Nearly five million children have asthma, making it the leading cause of missed school days and accounting for ten million absences per year. An increasing number of San Diego's children are affected by asthma. With the right information and resources, asthma can be controlled. Effective management of their illness will ensure that these students are in school, healthy and ready to learn.

PURPOSE OF THE DIRECTORY

This resource directory is intended to be a quick-reference guide designed to assist school nurses and community health providers in caring for their asthma patients. Provided in the following pages is a concise and current listing of asthma resources, including asthma education, management, health care services, outreach opportunities, research studies, and support organizations. This directory is a list of specific asthma services, rather than a directory of health care providers. While the directory is focused primarily on resources for children, many of the organizations included offer services to all age groups.

Section One is a Regional Listing of Organizations (based on the six Health and Human Services regions). Section Two is a List of Services arranged by categories. Section Three is the Alphabetical Listing of Organizations that have contributed to this directory and their services. Finally, Section Four includes information on health insurance, smoking cessation, language translation, asthma books and magazines, environmental control/indoor air quality, national organizations, and Internet sites.

Thank you for using the first edition of the San Diego Asthma Resource Directory. We hope that it is useful to you. If your organization would like to be a member of the Coalition, would like to be included in a future directory or would like to request additional copies, please contact the American Lung Association of San Diego and Imperial Counties at (800) LUNG-USA.

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HHSA Regional Descriptions

Central

**Interim General Manager –
Suzanne McCotter**
1255 Imperial Ave., Suite 864
San Diego, CA 92101
(619) 338-2888

Community Overview:

Population: 463,048
Ethnicity: African American 18%, Asian/Other 13%, Hispanic 34%, White 35%

K-12 Schools:

School Districts: 1
Schools: 177

Programs/Services Offered:

Administration
Black Infant Health
Children's Services
Community Services
Eligibility & Employment Services
Public Health Services
Veterans Service Office

Communities Served:

College Grove, Downtown, East San Diego, Encanto, Golden Hills/Southeast, Hillcrest/Mission Hills, Naval Medical Center, Normal Heights/Kensington, North Park, Paradise Hills, Pier Area

North Coastal & North Inland

General Manager – Nick Macchione
North Coastal Region
1701 Mission Ave.
Oceanside, CA 92054
(760) 967-4500

North Inland Region
600 East Valley Pkwy.
Escondido, CA 92025
(760) 740-4181

Community Overview:

Population: nearly 1,000,000
Ethnicity (N. Coastal): African American 5%, Asian 5%, Hispanic 24%, White 66%
Ethnicity (N. Inland): African American 1%, Asian 7%, Hispanic 22%, Native American 1%, White 69%

K-12 Schools:

School Districts: 22
Schools: 198

Programs/Services Offered:

Black Infant Health
Children's Services
Employment Services
Family Resource Centers
Mental Health Services
Public Health Services

Communities Served:

Agua Caliente, Anza, Bonsall, Borrego, Camp Pendleton, Cardiff, Carlsbad, Del Mar, Encinitas, Escondido, Fallbrook, Imperial, Julian, Leucadia, North Palomar, Oceanside, Pala, Palomar, Pauma Valley, Poway, Rainbow, Ramona, Ranchita, Rancho Bernardo, Rancho Penasquitos, Rancho Santa Fe, San Clemente, San Luis Rey, San Marcos, San Onofre, Santa Ysabel, Solana Beach, Temecula, Valley Center, Vista, Warner Springs

HHSA Regional Descriptions

East

General Manager – Pamela B. Smith
7065 Broadway, Suite 200
Lemon Grove, CA 91945
(619) 668-3990

Community Overview:

Population: 472,153
Ethnicity: African American 4%, Asian/Other 5%, Hispanic 16%,
White 75%

K-12 Schools:

School Districts: 9
Schools: 110

Programs/Services Offered:

El Cajon Family Resource Center
Lemon Grove Family Resource Center
East Region Children's Services
East Region Public Health Center
HHSA Child Care Section

Communities Served:

Alpine, Boulevard, Campo, Descanso, Dulzura, El Cajon,
Guatay, Jacumba, Jamul, La Mesa, Lakeside, Lemon Grove,
Mt. Laguna, Pine Valley, Potrero, Santee, Spring Valley
and Tecate

North Central

General Manager – Yvonne Campbell
6950 Levant St.
San Diego, CA 92111
(858) 694-5790

Community Overview:

Population: 569,586
Ethnicity: African American 4%, Asian/Other 12%, Hispanic
11%, White 73%

K-12 Schools

School Districts: 1
Schools: 59

Programs/Services Offered:

Care/Medically Fragile Specialty Unit, Child Abuse Hotline,
Child Protective Services, County Medical Services, Court Unit,
Family Resource Centers, Family Violence Project, Foster Care
Recruitment/Licensing, Hospital Outstation Services, Interstate
Compact for Placement of Children (ICPC), Mental Health
Clinic, Office of Ombudsman, Polinsky Children's Center/
Emergency Shelter Care, Public Health Center

Communities Served:

Bay Park, Clairemont, Del Cerro, Grantville, Kearny,
La Jolla, Linda Vista, Mira Mesa, Miramar, Mission Valley,
Mission Village, Morena, Navajo, North City West, Ocean
Beach, Old Town, Pacific/Mission Beach, Point Loma, San
Carlos, Scripps Ranch, Serra Mesa, Sorrento Valley,
Tierrasanta, University City

HHSA Regional Descriptions

South

General Manager – Betty A. Morell

690 Oxford St.,
Chula Vista, CA 91911
(619) 409-3302

Community Overview:

Population: 172,836
Ethnicity: African American 5%, Asian/Other 13%,
Hispanic 59%, White 23%,

K-12 Schools:

School Districts: 6
Schools: 96

Programs/Services Offered:

Family Resource Center
Public Health Center
County Child Care Resource Services
Children's Services
Maximus
Information, Assessment and Referral (IAR) Program
County Medical Services (CMS)
California Children Services (CCS)
Office of Violence Prevention (OVP)

Communities Served:

Bonita, Chula Vista, Coronado, Imperial Beach, National City,
Naval Amphibious Base, Nestor, North Island Naval
Air Station, San Ysidro

Regional Listing of Organizations

C e n t r a l R e g i o n

Organizations	Classes	Educational Materials & Outreach	Camps	Asthma Medication	Support Organizations & Professional Education	Screening/ Diagnosis/ Treatment/ Case Management	Services to K-12 Schools
Allergy and Asthma Medical Group and Research Center San Diego, Escondido, Encinitas, Temecula 9610 Granite Ridge Drive San Diego, CA 92123 (858) 292-1144 Fax: (858) 268-5145	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
American Lung Association 2750 Fourth Ave. San Diego, CA 92103 (619) 297-3901 Fax: (619)297-8402	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Asthma Counseling Outcomes in School Associated Clinics Washington Elementary 1789 State St. San Diego, 92101 (619) 525-7475 Fax: (619) 231-3562	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Blue Cross of California State Sponsored Programs 9353 Clairemont Mesa Blvd., Ste. N San Diego, CA 92123 (858) 522-6302 Fax: 1(888) 404-7023	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Children's Hospital & Health Center 3020 Children's Way San Diego, CA 92123 (800) 669-9749 Fax: (858) 495-4956	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Comprehensive Health Center 3177 Ocean View Blvd. San Diego, CA 92113 (619) 231-9300 Fax: (619) 232-5922	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Environmental Health Coalition 1717 Kettner Blvd. #100 San Diego, CA 92101 (619) 235-0281 Fax: (619) 235-0281	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Regional Listing of Organizations

Central Region

Organizations	Classes	Educational Materials & Outreach	Camps	Asthma Medication	Support Organizations & Professional Education	Screening/ Diagnosis/ Treatment/ Case Management	Services to K-12 Schools
Family Health Centers of S. D. (Logan Heights Family Health Center) 1809 National Avenue San Diego, CA 92113 (619) 234-8171 Fax: (619) 237-1856	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Kaiser Permanente 10990 San Diego Mission Rd. San Diego, CA 92108 (619) 641-4185 Fax: (619) 641-4195	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
La Maestra Family Clinic, Inc. 4185 Fairmount Avenue San Diego, CA 92105 (619) 584-1612, Ext. 3019 Fax: (619) 281-6738	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Mid-City Community Clinic 4290 Polk Ave. San Diego, CA 92105 (619) 563-0250	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Naval Medical Center San Diego Pediatric Asthma/Pediatric Sub Clinic 34800 Bob Wilson Dr., 2 East San Diego, CA 92134 (619) 532-8819 Fax: (619) 532-9582	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Ninth District Parent Teacher Association 6401 Linda Vista Rd., Annex A San Diego, CA 92111 (858) 268-8077 Fax: (858) 268-8017	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
San Diego American Indian Health Center 2630 1st Ave. San Diego, CA 92103 (619) 234-0572 Fax: (619) 234-0505	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
San Diego Unified School District Intervention Services Department 2351 Cardinal Lane, Annex B San Diego, CA 92123 (858) 627-7580 Fax: (858) 627-7444	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Regional Listing of Organizations

Central Region

Organizations	Classes	Educational Materials & Outreach	Camps	Asthma Medication	Support Organizations & Professional Education	Screening/ Diagnosis/ Treatment/ Case Management	Services to K-12 Schools
Scripps Health 1 (800) 727-4777	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sharp Center for Health Promotion (800) 82-SHARP	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
School Health Innovative Programs (SHIP) 2251 San Diego Ave., Suite B-150 San Diego, CA 92110 (619) 681-0661 Fax: (619) 681-0666	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
UCSD Division of Community Pediatrics and School Health 9500 Gilman Drive La Jolla, CA 92093-0927 (619) 681-0665 Fax: (619) 681-0666	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Pediatrics and School Health 9500 Gilman Drive La Jolla, CA 92093-0927 (619) 681-0665 Fax: (619) 681-0666	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

North Central Region

Allergy & Asthma Medical Group and Research Center San Diego, Escondido, Encinitas, Temecula 9610 Granite Ridge Drive San Diego, CA 92123 (858) 292-1144 Fax: (858) 268-5145	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
American Lung Association 2750 Fourth Ave. San Diego, CA 92103 (619) 297-3901 Fax: (619)297-8402	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Blue Cross of California State Sponsored Programs 9353 Clairemont Mesa Blvd., Ste. N San Diego, CA 92123 (858) 522-6302 Fax: 1(888) 404-7023	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Children's Hospital & Health Center 3020 Children's Way San Diego, CA 92123 (800) 669-9749 Fax: (858) 495-4956	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Regional Listing of Organizations

North Central Region

Organizations	Classes	Educational Materials & Outreach	Camps	Asthma Medication	Support Organizations & Professional Education	Screening/ Diagnosis/ Treatment/ Case Management	Services to K-12 Schools
Environmental Health Coalition 1717 Kettner Blvd. #100 San Diego, CA 92101 (619) 235-0281 Fax: (619) 235-0281	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Family Health Centers of San Diego (Logan Heights Family Health Center) 1809 National Ave. San Diego, CA 92113 (619) 234-8171 Fax: (619) 237-1856	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Kaiser Permanente 10990 San Diego Mission Rd. San Diego, CA 92108 (619) 641-4185 Fax: (619) 641-4195	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Linda Vista Health Care Center 6973 Linda Vista Rd. San Diego, CA 92111 (858) 279-0925 Fax: (858) 279-2119	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Naval Medical Center San Diego Pediatric Asthma/Pediatric Sub Clinic 34800 Bob Wilson Dr., 2 East San Diego, CA 92134 (619) 532-8819 Fax: (619) 532-9582	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Ninth District Parent Teacher Association 6401 Linda Vista Rd., Annex A (858) 268-8077 Fax: (858) 268-8017	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
San Diego Unified School District Intervention Services Department 2351 Cardinal Lane, Annex B San Diego, CA 92123 (858) 627-7580 Fax: (858) 627-7444	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Scripps Health (800) 727-4777	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sharp Center For Health Promotion (800) 82-SHARP	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Regional Listing of Organizations

North Central Region

Organizations	Classes	Educational Materials & Outreach	Camps	Asthma Medication	Support Organizations & Professional Education	Screening/ Diagnosis/ Treatment/ Case Management	Services to K-12 Schools
School Health Innovative Programs (SHIP) 2251 San Diego Ave., Suite B-150 San Diego, CA 92110 (619) 681-0661 Fax: (619) 681-0666	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
UCSD Division of Community Pediatrics and School Health 9500 Gilman Drive La Jolla, CA 92093-0927 (619) 681-0665 Fax: (619) 681-0666	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

North Coastal Region

Allergy & Asthma Medical Group & Research Center San Diego, Escondido, Encinitas, Temecula 9610 Granite Ridge Drive San Diego, CA 92123 (858) 292-1144 Fax: (858) 268-5145	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
American Lung Association 2750 Fourth Ave. San Diego, CA 92103 (619) 297-3901 Fax: (619)297-8402	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Blue Cross of California State Sponsored Programs 9353 Clairemont Mesa Blvd, Ste. N San Diego, CA 92123	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Children's Hospital & Health Center 3020 Children's Way San Diego, CA 92123 (800) 669-9749 Fax: (858) 495-4956	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Environmental Health Coalition 1717 Kettner Blvd. #100 San Diego, CA 92101 (619) 235-0281 Fax: (619) 235-0281	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kaiser Permanente 10990 San Diego Mission Rd. San Diego, CA 92108 (619) 641-4185 Fax: (619) 641-4195	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Regional Listing of Organizations

North Coastal Region

Organizations	Classes	Educational Materials & Outreach	Camps	Asthma Medication	Support Organizations & Professional Education	Screening/ Diagnosis/ Treatment/ Case Management	Services to K-12 Schools
Naval Medical Center San Diego Pediatric Asthma/Pediatric Sub Clinic 34800 Bob Wilson Dr., 2 East San Diego, CA 92134 (619) 532-8819 Fax: (619) 532-9582	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Ninth District Parent Teacher Association 6401 Linda Vista Rd., Annex A San Diego, CA 92111 (858) 268-8077 Fax: (858) 268-8017	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
North County Health Services 150 Valpreda Rd. San Marcos, CA 92069 (760) 736-6700 Fax: (760) 736-6782	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Scripps Health (800) 727-4777	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sharp Center for Health Promotion (800) 82-SHARP	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
School Health Innovative Programs (SHIP) 2251 San Diego Ave., Suite B-150 San Diego, CA 92110 (619) 681-0661 Fax: (619) 681-0666	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Tri-City Medical Center and Sharp Mission Park Medical 4002 Vista Way Oceanside, CA 92056 (760) 940-3055 or 806-5860	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
UCSD Division of Community Pediatrics and School Health 9500 Gilman Drive La Jolla, CA 92093-0927 (619) 681-0665 Fax: (619) 681-0666	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Vista Community Clinic 1000 Vale Terrace Vista, CA 92084 (760) 631-5000, Ext. 4 Fax: (760) 726-2730	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Regional Listing of Organizations

North Inland Region

Organizations	Classes	Educational Materials & Outreach	Camps	Asthma Medication	Support Organizations & Professional Education	Screening/ Diagnosis/ Treatment/ Case Management	Services to K-12 Schools
Allergy & Asthma Medical Group & Research Center San Diego, Escondido, Encinitas, Temecula 9610 Granite Ridge Drive San Diego, CA 92123 (858) 292-1144 Fax: (858) 268-5145	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
American Lung Association 2750 Fourth Ave. San Diego, CA 92103 (619) 297-3901 Fax: (619)297-8402	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Blue Cross of California State Sponsored Programs 9353 Clairemont Mesa Blvd, Ste N San Diego, CA 92123 (858) 522-6302 Fax: 1(888) 404-7023	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Children's Hospital & Health Center 3020 Children's Way San Diego, CA 92123 (800) 669-9749 Fax: (858) 495-4956	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Environmental Health Coalition 1717 Kettner Blvd. #100 San Diego, CA 92101 (619) 235-0281 Fax: (619) 235-0281	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Escondido Community Health Center Administrative Office 425 N. Date St. Escondido, CA 92025 (760) 737-2030 FAX (760) 730-2024	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
HealthSource 15255 Innovation Dr. San Diego, CA 92128 (800) 628-2880 Fax: (858) 675-5588	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Kaiser Permanente 10990 San Diego Mission Rd. San Diego, CA 92108 (619) 641-4185 Fax: (619) 641-4195	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Regional Listing of Organizations

North Inland Region

Organizations	Classes	Educational Materials & Outreach	Camps	Asthma Medication	Support Organizations & Professional Education	Screening/ Diagnosis/ Treatment/ Case Management	Services to K-12 Schools
Ninth District Parent Teacher Association 6401 Linda Vista Rd., Annex A San Diego, CA 92111 (858) 268-8077 Fax: (858) 268-8017	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
North County Health Services 150 Valpreda Rd. San Marcos, CA 92069 (760) 736-6700 Fax: (760) 736-6782	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Pacific Pulmonary Services 1045 Linda Vista Dr. #103 San Marcos, CA 92069 1(877) 764-1846 Fax: (760) 736-4996	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Palomar Pomerado Health System Palomar Medical Center: 555 East Valley Parkway Escondido, CA 92025 information (760) 739-3000 Pomerado Hospital: 15615 Pomerado Road Poway, CA 92064 information (858) 613-400	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Scripps Health (800) 727-4777	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sharp Center for Health Promotion (800) 82-SHARP	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
School Health Innovative Programs (SHIP) 2251 San Diego Ave., Suite B-150 San Diego, CA 92110 (619) 681-0661 Fax: (619) 681-0666	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Tri-City Medical Center & Sharp Mission Park Medical 4002 Vista Way Oceanside, CA 92056 (760) 940-3055 or 806-5860	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Regional Listing of Organizations

North Inland Region

Organizations	Classes	Educational Materials & Outreach	Camps	Asthma Medication	Support Organizations & Professional Education	Screening/ Diagnosis/ Treatment/ Case Management	Services to K-12 Schools
UCSD Division of Community Pediatrics & School Health 9500 Gilman Drive La Jolla, CA 92093-0927 (619) 681-0665 Fax: (619) 681-0666	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Vista Community Clinic 1000 Vale Terrace Vista, CA 92084 (760) 631-5000, Ext. 4 Fax: (760) 726-2730	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

East Region

American Lung Association 2750 Fourth Ave. San Diego, CA 92103 (619) 297-3901 Fax: (619)297-8402	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Blue Cross of California State Sponsored Programs 9353 Clairemont Mesa Blvd, Ste. N San Diego, CA 92123 (858) 522-6302 Fax: (888) 404-7023	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Children's Hospital & Health Center 3020 Children's Way San Diego, CA 92123 (800) 669-9749 Fax: (858) 495-4956	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Environmental Health Coalition 1717 Kettner Blvd. #100 San Diego, CA 92101 (619) 235-0281 Fax: (619) 235-0281	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kaiser Permanente 10990 San Diego Mission Rd. San Diego, CA 92108 (619) 641-4185 Fax: (619) 641-4195	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Naval Medical Center San Diego Pediatric Asthma/Pediatric Sub Clinic 34800 Bob Wilson Dr., 2 East San Diego, CA 92134 (619) 532-8819 Fax: (619) 532-9582	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Regional Listing of Organizations

E a s t R e g i o n

Organizations	Classes	Educational Materials & Outreach	Camps	Asthma Medication	Support Organizations & Professional Education	Screening/ Diagnosis/ Treatment/ Case Management	Services to K-12 Schools
Ninth District Parent Teacher Association 6401 Linda Vista Rd., Annex A San Diego, CA 92111 (858) 268-8077 Fax: (858) 268-8017	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sharp Center for Health Promotion (800) 82-SHARP	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
School Health Innovative Programs (SHIP) 2251 San Diego Ave., Suite B-150 San Diego, CA 92110 (619) 681-0661 Fax: (619) 681-0666	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
UCSD Division of Community Pediatrics & School Health 9500 Gilman Drive La Jolla, CA 92093-0927 (619) 681-0665 Fax: (619) 681-0666	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

S o u t h R e g i o n

American Lung Association 2750 Fourth Ave. San Diego, CA 92103 (619) 297-3901 Fax: (619)297-8402	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Blue Cross of California State Sponsored Programs 9353 Clairemont Mesa Blvd., Ste. N San Diego, CA 92123 (858) 522-6302 Fax: (888) 404-7023	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Children's Hospital & Health Center 3020 Children's Way San Diego, CA 92123 (800) 669-9749 Fax: (858) 495-4956	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	

Regional Listing of Organizations

South Region

Organizations	Classes	Educational Materials & Outreach	Camps	Asthma Medication	Support Organizations & Professional Education	Screening/ Diagnosis/ Treatment/ Case Management	Services to K-12 Schools
Environmental Health Coalition 1717 Kettner Blvd. #100 San Diego, CA 92101 (619) 235-0281 Fax: (619) 235-0281	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Imperial Beach Health Center 600 Palm Ave., Suite 108 Imperial Beach, CA 91933 (619) 429-3733 Fax: (619) 429-6457	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kaiser Permanente 10990 San Diego Mission Rd. San Diego, CA 92108 (619) 641-4185 Fax: (619) 641-4195	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Naval Medical Center San Diego Pediatric Asthma/Pediatric Sub Clinic 34800 Bob Wilson Dr., 2 East San Diego, CA 92134 (619) 532-8819 Fax: (619) 532-9582	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Ninth District Parent Teacher Association 6401 Linda Vista Rd., Annex A San Diego, CA 92111 (858) 268-8077 Fax: (858) 268-8017	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sharp Center for Health Promotion (800) 82-SHARP	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
School Health Innovative Programs (SHIP) 2251 San Diego Ave., Suite B-150 San Diego, CA 92110 (619) 681-0661 Fax: (619) 681-0666	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
UCSD Division of Community Pediatrics & School Health 9500 Gilman Drive La Jolla, CA 92093-0927 (619) 681-0665 Fax: (619) 681-0666	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Asthma Services

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American Lung Association of San Diego and Imperial Counties

Class Title: Open Airways for Schools

Contact: Coordinator, Pediatric Asthma Programs (619) 297-3901

Description: A six-session program for children with asthma in third, fourth, and fifth grades. Trained instructors hold on-campus classes for in-depth discussions and role plays. No fee.

Class Title: ABC's of Asthma

Contact: Coordinator, Pediatric Asthma Programs (619) 297-3901

Description: A workshop for childcare providers and parents. Includes training on asthma management techniques; general asthma education, prevention, and equipment; indoor environment. No fee.

Asthma Counseling Outcomes in School Associated Clinics

Class Title: Asthma Counseling Outcomes in School Associated Clinics

Contact: Steve Martin (619) 525-7475

Blue Cross of California, State Sponsored Programs

Class Title: Varies

Contact: Cathy Lurty (858) 522-6302

Description: Classes located as needed for Blue Cross of California Medi-Cal and Healthy Families members. Classes are free of charge to our members.

Blue Cross of California Medi-Cal and Healthy Families members may call (800) 407-4627 for help in other languages.

Children's Hospital and Health Center

Class Title: One on One

Description: Appointments with Registered Nurse, Pharmacist, or RCP, scheduled on an individual basis, usually 30 minutes to 1 hour sessions, fees dependent on payer and education requested.

Class Title: Everything You Wanted to Know about Asthma

Description: A class for children with asthma and their families.

For schedule, fee information, or to register, call (800) 788-9029

Family Health Centers of San Diego (Logan Heights Family Health Center)

Class Title: Asthma Education (Spanish)

Contact: Luis Hernandez (619) 234-8171, Ext. 2501

Description: Meets every Wednesday at 5 pm.

Kaiser Permanente**Class Title:** Wee Wheezers**Contact:** Connie Zaragoza, MPH (619) 641-4194 to enroll**Description:** A two session program each 2 hours long for parents with children with asthma under the age of 5 years. Trained instructor, pharmacist, and allergist. For Kaiser members, their families and care takers, all welcome.**Target:** Children age 5 and under.**Class Title:** Child Asthma**Contact:** Connie Zaragoza, MPH (619) 641-4194 to enroll**Description:** A four session program each two hours long, teaching comprehensive asthma management to children 5 years and older. The classes are developmentally appropriate for children. A trained instructor, pharmacist, and allergist teach the program. The classes are for Kaiser members, their families and care takers, all welcome.**Target:** Parents attend the first two classes, and children 5 to 10 attend the third session, children 11+ attend the fourth session.**Class Title:** Adult Asthma**Contact:** Connie Zaragoza, MPH (619) 641-4194 to enroll**Description:** A two session program each 2 hours long all ages over age 15 with asthma. Trained instructor, Pharmacist, and Allergist teach comprehensive asthma management for adults. For Kaiser Members and their families.**Target:** Adults.**La Maestra Family Clinic, Inc.****Class Title:** Health Education for Asthma Patients & Parents of Asthma Patients**Contact:** Alejandrina Areizaga at (619) 584-1612, Ext. 3019**Description:** Sessions held one-on-one and in groups.**Languages Spoken:** Arabic, Chaldean, English, Iraqi, Kurdish, Laotian, Nuer, Spanish, Somali, Sudanese, Tagalog, Trigrinia, and Vietnamese.**Linda Vista Health Care Center****Class Title:** Individual Health Education with parents/patients**Contact:** Eileen Timmons, R.N. at (858) 279-0925**Languages Spoken:** French, Hmong, Laotian, Spanish, Tagalog, and Vietnamese.**Naval Medical Center San Diego****Class Title:** Asthma Road Show**Description:** Asthma class for parents & children at local military housing facilities. Free to beneficiaries.**Contact:** Carey Chopko, R.N. (619) 532-8819**Class Title:** Pediatric Asthma Education for Parents & Children**Contact:** LTJG Carey Chopko (619) 532-8819**Description:** Children (ages 4 and up) are taught about asthma by a registered nurse, while parents listen to a lecture by a Pediatrician. The class is offered once a month at the Naval Medical Center and is free to beneficiaries.**Languages Spoken:** English, Tagalog and Spanish translation available.

North County Health Services

NCHS Health Educators and Health Promotion are trained on the Open Airways For Schools curriculum, a program of the American Lung Association. Nurses and health educators provide one-on-one asthma education. No Fee.

Contact: Jaime Carrillo at (760) 736-6700

Languages Spoken: English and Spanish.

Pacific Pulmonary Services

Class Title: Adult or Pediatric Asthma Programs

Contact: Kevin McQueen (877) 764-1846

Description: 2 and 1/2 hours. Asthma Education, Causes, Effects, Treatments, Respiratory medications, MDIs, Nebulizers, Peak Flow Meters, Environmental Controls. Fee: \$15.00 per person.

San Diego Unified School District

American Lung Association's Open Airways for Schools provided at approximately 25 schools annually depending on need for resources. School nurses may organize asthma education for parents or groups of students at their assigned sites.

Contact: RoseMarie Lofgren (858) 627-7444

Languages Spoken: English, some bilingual (Spanish) nurses.

Scripps Health

Provides an asthma education class geared toward adolescents (12+) and adults. Offered at four sites (La Jolla, Rancho Bernardo, Rancho San Diego, San Diego) Free to the public; call (858) 554-8835 for dates, times and to register.

Sharp Center for Health Promotion

Offers asthma education classes for adults and children at three locations: Sharp Memorial Hospital, Sharp Grossmont Medical Center, and Sharp Chula Vista Medical Center. Classes offered once a month; location rotates. Free to the general public. Call 1-800-82-SHARP for dates, times and to register.

Class Title: Asthma Management For Adults

Description: This program is for adults who want to learn to monitor and control asthma. Topics include triggers and warning signs, self-monitoring tools and medications, and the importance of relaxation, diet and exercise in learning to live well with asthma. \$20 per person - 1 Session. To enroll in this class please call 800-82-SHARP (800-827-4277).

Class Title: Asthma Management For Children

Description: In one activity-oriented session, children aged 6 to 12 attend this asthma education program with one or both of their parents. In this session children learn to apply a decision-making process to manage their asthma and to work with their parents as a team to control and live well with asthma. \$20 per person. 1 session. To enroll in this class please call 800-82-SHARP (800-827-4277).

Sharp Center for Health Promotion (continued)

Class Title: Asthma Education – North County/Coastal

Description: Adult and Child programs available to teach you how to reduce the frequency and severity of asthma episodes and how to self-manage your condition. Covers signs and symptoms, triggers, medications, inhalers, peak-flow meters, and balancing living with asthma with work, school and daily life. Offered bi-monthly.

Fee: \$5 materials fee (One charge per family). No charge to Sharp Choice members. Call 800-82-SHARP (800-827-4277) for dates and times.

Tri-City Medical Center and Sharp Mission Park Medical

A two-session Asthma Self-Management class for adults is held every six weeks in Oceanside and Vista. For dates, times and to register call Tri-City Medical Center at (760) 940-3055 or Sharp Mission Park Medical Group at (760) 806-5860.

YMCA Childcare Resource Service Healthline

Class Title: Asthma Awareness in Preschools

Contact: Tracy Ewton or Susan Conrad (800) 908-8883

Description: A two-hour presentation on the basic understanding of asthma, including the respiratory system. For childcare providers in San Diego County.

Languages Spoken: English and Spanish.

American Lung Association of San Diego and Imperial Counties

Contact: Information and Referral Manager (619) 297-3901

Description: Asthma Awareness Campaign – A public awareness campaign featuring an award-winning 30-second television public service announcement, and the Asthma: Get the Facts kit (available in English or Spanish). Childhood or Adult Asthma "Packet". Comprehensive educational materials at no charge.

Languages Spoken: English.

Asthma Counseling Outcomes in School Associated Clinics

Contact: Steve Martin (619) 725-7475

Description: Forms/documents adapted from various resources regarding all aspects of asthma counseling.

Blue Cross of California, State Sponsored Programs

Contact: Cathy Lurty (858) 522-6302

Program: Blue Cross of California State Sponsored Programs

Description: Educational materials available through Customer Care Center at (800) 407-4627. Nursing assistance and audio tape library available 24 hours a day at (800) 224-0336 for Blue Cross of California Medi-Cal and Healthy Families members. Asthma control kits available to Blue Cross of California Medi-Cal and Healthy Families members through their primary care physicians.

Children's Hospital and Health Center

Contact: Rose Baxter, RN, RCP (800) 669-9749

Description: Everything You Need to Know about Asthma, in English and Spanish; Asthma Action Plan, in English and Spanish; Peak Flow Diaries, in English and Spanish; Toddler Symptom Diaries, in English and Spanish; Medication information sheets, Presentations by Board Certified Pediatric Allergists or Pulmonologists, Asthma RN specialist, Asthma PharmD. Specialist, various topics related to asthma, allergy, immunology, and pulmonary disease, Spanish avail., fees negotiable or done as community service.

Program: Asthma Management

Contact: Rose Baxter, RN, RCP (800) 669-9749

Description: RN specialty home visits for education, assessment of patient and environment, consultations with detailed report to MD, case management, professional education and consultation for program development, home visiting specialist, pharmacy program, medication adherence monitoring, expertise in difficult to manage patients and families, Spanish speaking, other languages available, fees dependent upon payer and service provided.

Comprehensive Health Center

Contact: Lari Perries (619) 231-9300, Ext. 3101

Description: Pamphlets and Videos (English and Spanish), Individual Health Education for Asthma

Languages Spoken: English and Spanish.

Environmental Health Coalition

Contact: Maria Moya (619) 235-0281

Description: SALTA de Aire. A 3-session class on air quality, health, and community activism in Spanish. Includes basic information on asthma.

Family Health Centers of San Diego (Logan Heights Family Health Center)

Program: Chronic Disease-Related Outreach

Contact: Sylvia Garciabueno, (619) 234-8171, Ext. 2501

Description: Community members trained as peer educators or Promotoras bring chronic disease education, including asthma awareness and prevention/management to residents of Barrio Logan at health fairs, schools, churches and other public venues.

Imperial Beach Health Center

Program: Reach Out to Families Center–School Clinic

Contact: Dr. S. Dokich, M.D. (619) 424-4333

Description: No fee for students in South Bay School District, who do not have medical insurance.

Languages Spoken: English, Spanish, and Serbian.

Kaiser Permanente

Program: Risk Stratification Survey

Contact: Michael Schatz, M.D. (858) 573-0299

Description: Outreach from the Kaiser allergy department to Kaiser Permanente primary care physicians, identifying high-risk asthma patients based on selected criteria and outreach to Kaiser's high-risk asthma patients encouraging them to attend asthma classes and see their doctors.

Linda Vista Health Care Center

Contact Person: Eileen Timmons, R.N. (858) 279-0925

Description: Booklets, Video tapes, provided by drug companies.

Languages Spoken: French, Hmong, Laotian, Spanish, Tagalog, and Vietnamese.

Mid-City Community Clinic

Contact: Sarah Villavazo, R.N., Director of Nursing (619) 563-0507

North County Health Services

Contact: Jaime Carrillo (760) 736-6700

NCHS Health Promotion staff distributes asthma education and resources brochures. Each patient receives one on one health education on triggers, medications, spacers, etc. and views an educational asthma video.

Languages Spoken: English and Spanish.

Operation Samahan Health Clinic

Contact: Fe Seligman (National City) (619) 474-2284, Mark Baca (Mira Mesa) (858) 578-4220

Description: Healthy Families applications, teen clinic

Languages Spoken: English, Laotian, Spanish, and Tagalog.

Parent Teacher Association, Ninth District

Contact: Judy Williams, Health Vice President (858) 279-3548

Description: National PTA pamphlets and those from allied agencies.

San Diego American Indian Health Center

Contact: Ramona James-Colton (619) 234-2158

Languages Spoken: English and Spanish.

San Diego Unified School District

Contact: RoseMarie Lofgren (858) 627-7580

Nurses refer parents of students with asthma to education programs at hospitals, community clinics, HMOs or other community-based organizations.

Languages Spoken: English, some bilingual (Spanish) nurses.

School Health Innovative Programs (SHIP)

Contact: Nancy Gaffrey, MSN, (619) 681-0661 or (858) 271-8977

Description: This is a collaborative between health plans and school districts, designed to increase communication between children’s school and their health providers.

UCSD Division of Community Pediatrics and School Health

For schools with students with asthma: Information on getting health insurance (HATS Program) and information for physical education teachers on aerobic activity (“CATCH” Program).

Languages Spoken: English, French, and Spanish.

Vista Community Clinic

Program: Health Promotion Center

Contact: Fernando Sanudo (760) 631-5000, Ext.1290

YMCA Childcare Resource Service Healthline

Contact: Tracy Ewton or Susan Conrad (800) 908-8883

Description: Handouts on asthma information, KPBS “A is for Asthma” video/presentation and KPBS “Sesame Street Goes to the Doctor.”

Languages Spoken: English and Spanish.

Asthma Services

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**American Lung Association of San Diego and Imperial Counties****Program:** SCAMP Camp**Contact:** Coordinator, Pediatric Asthma Programs (619) 297-3901**Description:** A week-long residential summer camping program in the mountains near Julian for children ages 8 to 13 with moderate to severe asthma. Held each year at the end of June.**Cost:** Up to \$250 based on a sliding scale.

San Diego Unified School District**Contact:** RoseMarie Lofgren (858) 627-7580**Description:** "6th Grade Camp." All 6th grade students, including those with asthma attend Camp Palomar. Twenty-four hour nursing coverage is provided with nebulization and emergency care if needed. This camp is free and part of the SDUSD integration program.

Children's Hospital and Health Center

Contact: Children's Hospital Pharmacy – (800) 834-7846

List of Items: All medications, spacers, peak flow meters for asthma management, available with prescription and insurance approval, mail and delivery available, specializing in pediatrics.

Contact: Children's Homecare – (800) 669-9749

List of Items: Nebulizers, available with prescription and insurance approval, fees dependent on payer, most insurance accepted.

Imperial Beach Health Center

Contact: Martha Ceballos, Office Manager (619) 429-3733

Description: No Fee for medications in stock (Depending on availability) for patients of school clinic.

La Maestra Family Clinic, Inc.

Contact: Carmelita Preclaro, R.N., Clinic Coordinator (619) 280-4213, Ext. 3034

Naval Medical Center San Diego

Contact: Carey Chopko, R.N. (619) 532-8819

Description: Medications per Naval Hospital formulary; eligibility dependent upon enrollment status.

North County Health Services

Contact: Jaime Carrillo (760) 736-6700

Description: Treatments include bronchodilators and preventative medication depending on severity.

Operation Samahan Health Clinic

Contact: Dr. Annie Hayag (619) 474-2284

Description: All HMOs, Medi-Cal, private insurance accepted. Pulmo-Aid, oximeter testing.

San Diego Unified School District

Contact: RoseMarie Lofgren (858) 627-7580

Description: Asthma management tools, i.e. peak flow meters, spacers, and mentolin MDIS are available through donations of SHIP and/or pharmaceutical companies.

American Lung Association of San Diego and Imperial Counties

Program: San Diego Allies Against Asthma Coalition

Contact: Lung Health Coordinator (619) 297-3901

Description: The coalition consists of over 35 agencies including health care providers, community clinics, hospitals, health plans, school nurses, the county health department, educational organizations, media specialist, and pharmaceutical companies. The mission is to mobilize community resources in order to positively influence the quality of life for children with asthma in San Diego County. Meets monthly.

Asthma Counseling Outcomes in School Associated Clinics

Contact: Steve Martin (619) 725-7475

Description: School NP or Dr. Sandra Christiansen provide information regarding forms and documents adapted from various resources regarding all aspects of asthma counseling.

Children's Hospital and Health Center

Program: Participants in Community Collaborations, coalitions and grants

Contact: Rose Baxter, RN, RCP (800) 669-9749.

Description: Presentations by Board Certified Pediatric Allergists or Pulmonologists, Asthma RN specialist, Asthma PharmD. Specialist, various topics related to asthma, allergy, immunology, and pulmonary disease, Spanish available, fees negotiable or done as community service.

Kaiser Permanente

Program: Pediatric Asthma Task Force

Contact: Michael Mellon, M.D. (858) 573-0299

Description: A collaboration of pediatricians, family practice doctors, allergists, nurses, health educators, pharmacists and respiratory therapists, determining optimal treatment strategies for asthmatic children.

Naval Medical Center San Diego

Contact: Carey Chopko, R.N. at (619) 532-8819.

Description: Professional Education – Periodic training sessions for NMCSO Staff and outlying system providers.

Parent Teacher Association, Ninth District

Contact: Judy Williams, Health Vice President (858) 279-3548

Description: Provides information and education for parents, PTA members about Asthma. Advocates for legislation, at the local, state and national level, that will improve children's health, clean air and environment.

San Diego Unified School District

Description: Collaborations with CHIP, SHIP, HealthLink (Asthma Workgroup), San Diego Allies Against Asthma Coalition, American Lung Association, County Public Health Department.

Contact: RoseMarie Lofgren (858) 627-7580

School Health Innovative Programs (SHIP)

Contact: Nancy Gaffrey, MSN, (619) 681-0661 or (858) 271-8977

Description: School Health Innovative Programs (SHIP) is a collaboration between school districts and managed health care plans. There is no cost to school districts, but the district must have personnel that can work with health plans to develop and share protocols. Aside from districts and health plans, SHIP works together with Healthlink and other agencies to improve academic achievement by improving student health, such as improving the attendance of students with asthma.

YMCA Childcare Resource Service Healthline

Program: YMCA Childcare Resource Service Healthline

Contact: Tracy Ewton or Susan Conrad (800) 908-8883

Description: Families and childcare providers can call for general health information, communicable diseases, chronic diseases, illness prevention, immunizations, insurance information, and referrals.

Languages Spoken: English and Spanish.

Allergy and Asthma Medical Group and Research Center

Program: Allergy and Asthma Medical Group and Research Center (AAMGRC) Asthma Disease Management Program (internal program within the allergy practice)

Contact: Michael Welch, M.D. (858) 292-1144

Description: Enrollment in this program occurs when you are established as a patient at the AAMGRC clinic. It provides comprehensive disease management for children with chronic significant asthma including monitoring of patient lung function, evaluation of the home environment using a home visit, assessment of adherence to the prescribed medication program, contacting and staying in touch with the school to ensure the patient/student is not having school absenteeism or school problems.

Languages Spoken: English and Spanish.

American Lung Association of San Diego and Imperial Counties

Contact: Information and Referral Manager (619) 297-3901

Description: Community asthma and lung disease screenings, various locations. Screenings by properly trained personnel, and accompanied by specific screening surveys, follow up, referral practices and evaluation.

Languages Spoken: English and Spanish (some materials and programs).

Blue Cross of California, State Sponsored Programs

Description: Blue Cross of California Medi-Cal and Healthy Families members can receive diagnosis and treatment for asthma through their Primary Care Physician or through a referral from their Primary Care Physician.

Children's Hospital and Health Center

Program: Children's Hospital Asthma/Allergy/Immunology Clinic (800) 966-5961

Description: All aspects of medical screening, diagnosis, management, and monitoring for pediatric asthma, allergy, immunology, and pulmonology, Board Certified Physician Specialists, pulmonary function testing, allergy testing, immunotherapy, pharmacy consultation, asthma education by asthma RN, pharmacist, and RCP specialists.

Program: Asthma Management Program

Contact: Rose Baxter, RN, RCP (800) 669-9749

Description: Registered Nurse provides specialty home visits for education, assessment of patient and environment, consultations with detailed report to doctors case management, professional education and consultation for program development, home visiting specialist, pharmacy program, medication adherence monitoring, expertise in difficult to manage patients and families. Spanish speaking, other Languages available, fees dependent upon payer and service provided.

Program: Children's Hospital Research/Clinical Trials

Contact: Joan Young, RN, MSN Coordinator (858) 597-48047

Description: Drug research studies for children with asthma, allergies, hay fever, eczema, infectious diseases, etc. Spanish speaking, no fees, patients typically reimbursed for their time and involvement.

Comprehensive Health Center

Program: Comprehensive Health Center Pediatric Dept.

Contact: Arlene Gerodias (619) 231-9300, Ext. 3113

Description: Department will treat patient and coordinate any needed referrals.

Languages Spoken: English, Spanish, and Tagalog.

Family Health Centers of San Diego (Logan Heights Family Health Center)

Program: Pediatrics/Primary Care Services

Contact: Janet Adamian (619) 515-2361

Description: Family Health Centers of San Diego provides treatment services for asthmatic pediatric patients at its Logan Heights Family Health Center.

Languages Spoken: English and Spanish.

HealthSource

Description: A check for lung capacity and general lung health by a Respiratory Technician.

Registration is required. Please call (800) 628-2880.

Cost: \$4/Participant

Imperial Beach Health Center

Contact: Dr. S. Dokich, M.D. (619) 424-4333

Description: Individual case management and referral follow-up for clinic patients.

Languages Spoken: English, Spanish and Serbian.

La Maestra Family Clinic, Inc.

Contact: Carmelita Preclaro, R.N., Clinic Coordinator (619) 280-4213, Ext. 3034

Description: Individual case management and referral follow-up for clinic patients.

Linda Vista Health Care Center

Program: Linda Vista Health Care Center

Contact: (858) 279-0925

Description: Diagnosis and treatment at the clinic as a primary care site.

Languages Spoken: French, Hmong, Laotian, Spanish, Tagalog, and Vietnamese.

Mid-City Community Clinic

Contact: Sarah Villavazo, R.N., Director of Nursing (619) 563-0250, Ext. 2609

Description: Diagnosis and treatment at the clinic as a primary care site.

Naval Medical Center San Diego

Contact: Carey Chopko, R.N. (619) 532-8819

Clinical Coordinator for Pediatric Asthma: Registered Nurse (Pediatrics), Coordinates asthma education and management efforts throughout the Command and outlying clinics.

Languages Spoken: English, Spanish and Tagalog translation available.

North County Health Services

Offices: San Marcos, Oceanside, Encinitas, Ramona, Carlsbad

Contact: Jaime Carrillo (760) 736-6700

Description: Each patient receives 3 and 6 month follow-ups depending on asthma severity.

Languages Spoken: English and Spanish.

Operation Samahan

Offices: National City, Mira Mesa

Contact: Dr. Annie Hayag (619) 474-2284 or Dr. Josephine Lim (858) 578-4220

Description: Asthma case management, Prenatal care

Languages Spoken: English, Laotian, Spanish, and Tagalog.

Palomar Pomerado Health System

HealthSource: A check for lung capacity and general lung health by a Respiratory Technician. Registration is required. Please call (800) 628-2880.

Cost: is \$4/Participant.

San Diego American Indian Health Center

Contact: Georgina Michael, R.N. (619) 234-2158

Description: Free for verified Indian, sliding scale/EAPC for non-Indian.

Languages Spoken: English and Spanish.

San Diego Unified School District

Contact: RoseMarie Lofgren (858) 627-7580

Description: Case management of asthmatic children is a priority for the SDUSD Nursing department. Nursing interventions are currently focused on more efficient case management and reduction of absenteeism. All children with asthma are recorded on an asthma survey by school site, class absenteeism data matched to each student. This data is shared with the site nurse and selected health plans which enables appropriate treatment and intervention by the school nurse and health care providers.

UCSD Clinical Trials Center

Under the direction of Dr. Joe Ramsdell, our research center works with patient volunteers to test the safety and effectiveness of experimental medications or devices treating asthma and other lung diseases. There are new research projects occurring year-round. Those interested in becoming a candidate for a study should call (888) UCSD AIR to ask about a screening appointment.

Vista Community Clinic

Program: Primary Care

Contact: Dorothy Lujan (760) 631-5000, Ext.1133

American Lung Association of San Diego and Imperial Counties

Program: EPA's Indoor Air Quality Tools for Schools Program

Contact: Environmental Health Coordinator (619) 297-3901

Description: This resource includes hands-on materials schools will need to prevent and/or manage existing air quality problems. The kit includes checklists, a step-by-step guide; facts on indoor air pollution sources, symptoms and solutions; training videos. No fee.

Class Title: Open Airways for Schools

Contact: Coordinator, Pediatric Asthma Programs (619) 297-3901

Description: A six-session program for children with asthma in third, fourth, and fifth grades. Trained instructors hold on-campus classes for in-depth discussions on better managing the students' asthma. No fee.

Languages Spoken: English, and Spanish (some materials and programs).

Imperial Beach Health Center

Contact: Dr. S. Dokich, M.D. (619) 424-4333

Fee: No fee for medications in stock (depending on availability) for patients of school clinic.

Linda Vista Health Care Center

Program: School Based Clinic on campus of Twain Jr./Sr. High School on Linda Vista Rd.

Contact: Eileen Timmons, R.N. (858) 279-0925

Mid-City Community Clinic

Program: School Based Clinics: Rosa Parks Elementary, Monroe Clark Jr. High

Contact: Sarah Villavazo, R.N., Director of Nursing (619) 563-0507

Operation Samahan

Program: Child Health and Disability Prevention Program, immunization, teen clinic

Contact: Annie Hayag, MD (619) 474-2284 (National City)

or Josephine Lim, MD (858) 578-4220 (Mira Mesa)

Languages Spoken: English, Laotian, Spanish, and Tagalog.

San Diego Unified School District

Program: San Diego Unified School District-Intervention Services

Contact: RoseMarie Lofgren, Program Manager (858) 627-7580

Description: Nurses actively monitor, observe, treat, refer and provide education to asthmatic students in the school setting; their families are involved in case management and educational components as well.

School Health Innovative Programs (SHIP)

Contact: Nancy Gaffrey, MSN, (619) 681-0661 or (858) 271-8977

List of Items: School districts that are members of SHIP have received asthma-related equipment for their schools at no cost. Albuterol inhalers at school (when students lose or empty their own), peak-flow meters, and spacers have been provided. Students do not have to be members of participating health plans in order to benefit from this equipment.

UCSD Clinical Trials Center

Under the direction of Dr. Joe Ramsdell, our research center works with patient volunteers to test the safety and effectiveness of experimental medications or devices treating asthma and other lung diseases. There are new research projects occurring year-round. Those interested in becoming a candidate for a study should call (888) UCSD AIR to ask about a screening appointment.

UCSD Division of Community Pediatrics and School Health

Program: Healthcare Access Through Schools (HATS) Program

Contact: Elaine Pizzola (619) 681-0647

Description: School-site outreach workers are provided to schools/districts at no cost to help families with asthmatic school children get insurance.

Program: CATCH Program

Contact: B.J. Williston (619) 681-0657

Description: In-services and materials for Phys. Ed. Teachers on matters related to aerobic activity for all students

Program: Medical Consultation

Contact: Howard Taras, M.D. (619) 681-0665

Description: Consultation to districts includes: chronic disease management protocols, assistance with reasonable/affordable Section 504 plans and IEPs related to students with asthma and other conditions.

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Allergy and Asthma Medical Group and Research Center

9610 Granite Ridge Drive, San Diego, CA 92123
(858) 292-1144

Fax: (858) 268-5145

Contact: Michael Welch, M.D.

E-mail: mwelch@pol.net

SCREENING/DIAGNOSIS/TREATMENT/ CASE MANAGEMENT

Allergy and Asthma Medical Group and Research Center (AAMGRC) Asthma Disease Management Program (internal program within the allergy practice)

Contact: Michael Welch, M.D.

Description: Enrollment in this program occurs when you are established as a patient at the AAMGRC clinic. It provides comprehensive disease management for children with chronic significant asthma including monitoring of patient lung function, evaluation of the home environment using a home visit, assessment of adherence to the prescribed medication program, contacting and staying in touch with the school to ensure the patient/student is not having school absenteeism or school problems.

American Lung Association of San Diego and Imperial Counties

2750 Fourth Ave., San Diego, CA 92103
(619) 297-3901

Fax: (619)297-8402

www.lungsandiego.org

Languages Spoken: English, Spanish
(some materials and programs)

CLASSES:

Class Title: Open Airways for Schools

Contact: Coordinator, Pediatric Asthma Programs
(619) 297-3901

Description: A six-session program for children with asthma in third, fourth, and fifth grades. Trained instructors hold on-campus classes for in-depth discussions on better managing the students' asthma. No fee.

Class Title: ABC's of Asthma

Contact: Coordinator, Pediatric Asthma Programs
(619) 297-3901

Description: A workshop for childcare providers and parents. Includes training on asthma management techniques; general asthma education, prevention, and equipment; indoor environment. No fee.

EDUCATIONAL MATERIALS & OUTREACH:

Contact: Information and Referral Manager
(619) 297-3901

Description: Asthma Awareness Campaign – A public awareness campaign featuring an award-winning 30-second television public service announcement, and the Asthma: Get the Facts kit (available in English or Spanish).

CAMPS:

Program: SCAMP Camp

Contact: Coordinator, Pediatric Asthma Programs
(619) 297-3901

Description: A week-long residential summer camping program in the mountains near Julian for children ages 8 to 13 with moderate to severe asthma. Held each year at the end of June.

Cost: Up to \$250 based on a sliding scale.

SUPPORT ORGANIZATIONS & PROFESSIONAL EDUCATION:

Program: San Diego Allies Against Asthma Coalition

Contact: Lung Health Coordinator (619) 297-3901

Description: The coalition consists of over 35 agencies including health care providers, community clinics, hospitals, health plans, school nurses, the county health department, educational organizations, media specialist, and pharmaceutical companies. The mission is to mobilize community resources in order to positively influence the quality of life for children with asthma in San Diego County. Meets monthly.

SCREENING/DIAGNOSIS/TREATMENT/ CASE MANAGEMENT:

Contact: Information and Referral Manager (619) 297-3901

Description: Community asthma and lung disease screenings, various locations. Screenings by properly trained personnel, and accompanied by specific screening surveys, follow up, referral practices and evaluation.

SERVICES TO SCHOOLS:

Program: EPA's Indoor Air Quality Tools for Schools

Contact: Environmental Health Coordinator
(619) 297-3901

Description: This resource includes hands-on materials schools will need to prevent and/or manage existing air quality problems. The kit includes checklists, a step-by-step guide; facts on indoor air pollution sources, symptoms and solutions; training videos. No fee

Asthma Counseling Outcomes in School Associated Clinics

Washington Elementary, 1789 State St., San Diego, CA 92101
(619) 725-7475

Fax: (619) 231-3562

Contact: Steve Martin

E-mail: smartin5@sandi.net

CLASSES:

Class Title: Asthma Counseling Outcomes in School Associated Clinics

Contact: Steve Martin (619) 525-7475

EDUCATIONAL MATERIALS & OUTREACH:

Contact: Steve Martin (619) 725-7475

ASTHMA MEDICATION:

Contact: Steve Martin (619) 725-7475

Description: Forms/documents adapted from various resources regarding all aspects of asthma counseling.

SUPPORT ORGANIZATIONS & PROFESSIONAL EDUCATION:

Contact: Steve Martin (619) 725-7475, School Nurse or Dr. Sandra Christiansen at Scripps Clinic regarding forms/documents adapted from various resources regarding all aspects of asthma counseling.

Blue Cross of California, State Sponsored Programs

9353 Clairemont Mesa Blvd., Suite N San Diego, CA 92123
(858) 522-6302

Fax: 1(888) 404-7023

Contact: Cathy Lurty

E-mail: cathy.lurty@wellpoint.com

Blue Cross of California Medi-Cal and Healthy Families members may call (800) 407-4627 for help in other languages. We also have written information available in many different languages. If a member needs assistance while in a doctor's office, the doctor may call us to arrange for interpreter services.

CLASSES:

Class Title: Varies

Contact: Cathy Lurty (858) 522-6302

Description: Classes located as needed for Blue Cross of California Medi-Cal and HF members. Classes are free of charge to our members.

EDUCATIONAL MATERIALS & OUTREACH:

Program: Blue Cross of California State Sponsored Programs

Contact: Cathy Lurty (858) 522-6302

Description: Educational materials available through Customer Care Center at 1-800-407-4627. Nursing assistance and audio tape library available 24 hours a day at 1-800-224-0336 for Blue Cross of California Medi-Cal and Healthy Families members. Asthma control kits available to Blue Cross of California Medi-Cal and Healthy Families members through their primary care physicians.

SCREENING/DIAGNOSIS/TREATMENT/ CASE MANAGEMENT:

Description: Blue Cross of California Medi-Cal and Healthy Families members can receive diagnosis and treatment for asthma through their Primary Care Physician or through a referral from their Primary Care Physician.

Children's Hospital and Health Center

3020 Children's Way, San Diego 92123
(800) 669-9749 Fax: (858) 495-4956

Contact: Rose Baxter, RN, RCP

E-mail: RBAXTER@CHSD.ORG

CLASSES:

Class Title: One on One classes

Description: Appointments with Registered Nurse, Pharmacist, or RCP, scheduled on an individual basis, usually 30 minutes to 1 hour sessions, fees dependent on payer and education requested.

Class Title: Everything You Wanted to Know about Asthma.

Description: A class for children with asthma and their families.

For schedule, fee information, or to register, call (800) 788-9029.

EDUCATIONAL MATERIALS & OUTREACH:

Contact: Rose Baxter, RN, RCP – (800) 669-9749

Description: Everything You Need to Know about Asthma, in English and Spanish; Asthma Action Plan, in English and Spanish; Peak Flow Diaries, in English and Spanish; Toddler Symptom Diaries, in English and Spanish; Medication information sheets. Presentations by Board Certified Pediatric Allergists or Pulmonologists, Asthma RN specialist, Asthma PharmD. Specialist, various topics related to asthma, allergy, immunology, and pulmonary disease, Spanish avail., fees negotiable or done as community service.

Program: Asthma Management Program

Contact: Rose Baxter, RN, RCP (800) 669-9749

Description: RN specialty home visits for education, assessment of patient and environment, consultations with detailed report to MD, case management, professional education and consultation for program development, home visiting specialist, pharmacy program, medication adherence monitoring, expertise in difficult to manage patients and families, Spanish speaking, other languages available, fees dependent upon payer and service provided.

ASTHMA MEDICATION:

Contact: Children's Hospital Pharmacy
(800) 834-7846

List of Items: All medications, spacers, peak flow meters for asthma management, available with prescription and insurance approval, mail and delivery available, specializing in pediatrics.

Contact: Children's Homecare – (800) 669-9749

List of Items: Nebulizers, available with prescription and insurance approval, fees dependent on payer, most insurance accepted.

SUPPORT ORGANIZATIONS & PROFESSIONAL EDUCATION:

Program: Participants in Community Collaborations, coalitions and grants. Presentations by Board Certified Pediatric Allergists or Pulmonologists, Asthma RN specialist, Asthma PharmD. Specialist, various topics related to asthma, allergy, immunology, and pulmonary disease, Spanish avail., fees negotiable or done as community service.

SCREENING/DIAGNOSIS/TREATMENT/ CASE MANAGEMENT:

Program: Children's Hospital Asthma/ Allergy/Immunology Clinic (800) 966-5961

Description: All aspects of medical screening, diagnosis, management, and monitoring for pediatric asthma, allergy, immunology, and pulmonology, Board Certified Physician Specialists, pulmonary function testing, allergy testing, immunotherapy, pharmacy consultation, asthma education by asthma RN, pharmacist, and RCP specialists.

Program: Asthma Management Program

Contact: Rose Baxter, RN, RCP (800) 669-9749

Description: Registered Nurse provides specialty home visits for education, assessment of patient and environment, consultations with detailed report to doctor case management, professional education and consultation for program development, home visiting specialist, pharmacy program, medication adherence monitoring, expertise in difficult to manage patients and families, Spanish speaking, other languages available, fees dependent upon payer and service provided.

Program: Children's Hospital Research/Clinical Trials

Contact: Joan Young, RN, MSN Coordinator
(858) 597-48047

Description: Drug research studies for children with asthma, allergies, hay fever, eczema, infectious diseases, etc. Spanish speaking, no fees, patients typically reimbursed for their time and involvement.

Comprehensive Health Center

3177 Ocean View Blvd., San Diego, CA 92113

(619) 231-9300

Fax: (619) 232-5922

Contact: Ginger Hallerberg

Languages Spoken: English, Spanish and Tagalog.

EDUCATIONAL MATERIALS & OUTREACH:

Contact: Lari Perries (619) 231-9300, Ext. 3101

Description: Pamphlets, Videos- English and Spanish, Individual Health Education for Asthma – English and Spanish.

SCREENING/DIAGNOSIS/TREATMENT/ CASE MANAGEMENT:

Comprehensive Health Center Pediatric Dept.

Contact: Arlene Gerodias (619) 231-9300, Ext. 3113

Description: Department will treat patient and coordinate any needed referrals.

Languages Spoken: English, Spanish, and Tagalog.

Environmental Health Coalition

1717 Kettner Blvd. #100, San Diego, CA 92101

(619) 235-0281

Fax: (619) 235-0281

E-mail: EHC@environmentalhealth.org

EDUCATIONAL MATERIALS & OUTREACH:

Contact: Maria Moya (619) 235-0281

Description: SALTA de Aire. A 3-session class on air quality, health, and community activism in Spanish. Includes basic information on asthma.

Family Health Centers of San Diego (Logan Heights Family Health Center)

1809 National Avenue, San Diego, CA 92113

(619) 234-8171

Fax: (619) 237-1856

Contact: Luis Hernandez

E-mail: luish@lhfhc.com

CLASSES:

Class Title: Asthma Education Classes (Spanish)

Contact: Luis Hernandez (619) 234-8171, Ext.2501

Description: Meets every Wednesday at 5 pm.

EDUCATIONAL MATERIALS & OUTREACH:

Program: Chronic Disease-Related Outreach

Contact: Sylvia Garcabuena, (619) 234-8171, Ext. 2501

Description: Community members trained as peer educators or Promotoras bring chronic disease education, including asthma awareness and prevention/ management to residents of Barrio Logan at health fairs, schools, churches and other public venues.

SCREENING/DIAGNOSIS/TREATMENT/ CASE MANAGEMENT:

Program: Pediatrics/Primary Care Services

Contact: Janet Adamian (619) 515-2361

Description: Family Health Centers of San Diego provides treatment services for asthmatic pediatric patients at its Logan Heights Family Health Center. Services are provided in both English and Spanish.

HealthSource

15255 Innovation Dr., San Diego, CA 92128
 (800) 628-2880
Fax: (858) 675-5588
Contact: Tammy Chung

SCREENING/DIAGNOSIS/TREATMENT/ CASE MANAGEMENT:

A check for lung capacity and general lung health by a Respiratory Technician. Registration is required. Please call (800) 628-2880.
Cost: \$4/Participant

Imperial Beach Health Center

600 Palm Ave., Suite 108, Imperial Beach, CA 91933
 (619) 429-3733
Fax: (619) 429-6457
Contact: Martha Ceballos, Office Manager
Languages Spoken: English, Spanish, and Serbian.

EDUCATIONAL MATERIALS & OUTREACH:

Program: Reach Out to Families Center-School Clinic
Contact: Dr. S. Dokich, M.D. (619) 424-4333
Description: No fee for students in South Bay School District, who do not have medical insurance

ASTHMA MEDICATION:

No Fee for medications in stock (depending on availability) for patients of school clinic.

SERVICES TO SCHOOLS:

No Fee for medications in stock (depending on availability) for patients of school clinic.

Kaiser Permanente

Otay Mesa, El Cajon, La Mesa, San Diego, and Clairemont Mesa 10990 San Diego Mission Rd., San Diego, CA 92108
 (619) 641-4185
Fax: (619) 641-4195
Contact: Connie Zaragoza
E-mail: connie.zaragoza@kp.org

CLASSES:

Offers asthma education classes for Kaiser members: Wee Wheezers (for parents of children with asthma under 5 years old), Child Asthma (for children ages 5 to 15 and their parents), and Adult Asthma for adults with asthma. Call (619) 641-4194 to enroll in these classes.

Class Title: Wee Wheezers

Contact: Connie Zaragoza, MPH

Description: A two session program each 2 hours long for parents with children with asthma under the age of 5 years.

Trained Instructor, Pharmacist, and Allergist teach comprehensive asthma management for young children. For Kaiser members, their families and care takers, all welcome. Target: Children age 5 and under.

Class Title: Child Asthma

Contact: Connie Zaragoza, MPH

Description: A four session program each two hours long. The program teaches comprehensive asthma management for children 5 years and older. The classes are developmentally appropriate for children. They are designed to educate and empower children and parents to learn to control asthma. A trained instructor, pharmacist, and allergist teach the program. The classes are for Kaiser members, their families and care takers, all welcome. Target: Parents attend the first two classes, and children 5 to 10 attend the third session, children 11+ attend the fourth session.

Kaiser Permanente (continued)**Class Title:** Adult Asthma**Contact:** Connie Zaragoza, MPH**Description:** A two session program each 2 hours long all ages over age 15 with asthma. Trained instructor, Pharmacist, and Allergist teach comprehensive asthma management for adults. For Kaiser Members and their families.**Target:** Adults.**EDUCATIONAL MATERIALS & OUTREACH:****Program:** Risk Stratification Survey**Contact:** Michael Schatz, M.D. (858) 573-0299**Description:** Outreach from the Kaiser allergy department to Kaiser Permanente primary care physicians, identifying high-risk

asthma patients based on selected criteria and outreach to Kaiser's high-risk asthma patients encouraging them to attend asthma classes and see their doctors.

SUPPORT ORGANIZATIONS & PROFESSIONAL EDUCATION:**Program:** Pediatric Asthma Task Force**Contact:** Michael Mellon, M.D. (858) 573-0299**Description:** A collaboration of pediatricians, family practice doctors, allergists, nurses, health educators, pharmacists and respiratory therapists, determining optimal treatment strategies for asthmatic children.**La Maestra Family Clinic, Inc.**

4185 Fairmount Avenue, San Diego, CA 92105

(619) 584-1612, Ext. 3019

Fax: (619) 281-6738**Contact:** Alejandrina Areizaga, Program Management Coordinator**E-mail:** aleareizaga@lamaestra.org**Languages Spoken:** English, Spanish, Somali, Sudanese, Vietnamese, Tagalog, Laotian, Iraqi, Nuer, Trigrinia, Arabic, Chaldean, and Kurdish.**CLASSES:**

Health Education for asthma patients and parents of asthma patients. Sessions held one-on-one and in groups.

ASTHMA MEDICATION:**Contact:** Carmelita Preclaro, R.N., Clinic Coordinator (619) 280-4213, Ext. 3034**SCREENING/DIAGNOSIS/TREATMENT/CASE MANAGEMENT:****Contact:** Carmelita Preclaro, R.N., Clinic Coordinator (619) 280-4213, Ext. 3034**Description:** Individual case management and referral follow-up for clinic patients.**Linda Vista Health Care Center**

6973 Linda Vista Rd., San Diego, CA 92111

(858) 279-0925

Fax: (858) 279-2119**E-mail:** NelsonK@LVHCC.com**Languages Spoken:** French, Hmong, Laotian, Spanish, Tagalog, and Vietnamese.**CLASSES:****Class Title:** Individual Health Education with parents/patients.**Contact:** Eileen Timmons, R.N.**EDUCATIONAL MATERIALS & OUTREACH:****Contact:** Eileen Timmons, R.N.**Description:** Booklets, Video tapes, provided by drug companies.**SCREENING/DIAGNOSIS/TREATMENT/CASE MANAGEMENT:****Program:** Linda Vista Health Care Center**Contact:** (858) 279-0925**Description:** Diagnosis and treatment at the clinic as a primary care site.**SERVICES TO SCHOOLS:**

School Based Clinic on campus of Twain Jr./Sr. High School on Linda Vista Rd.

Mid-City Community Clinic

4290 Polk Ave., San Diego, CA 92105
(619) 563-0507

EDUCATIONAL MATERIALS & OUTREACH:

Contact: Sarah Villavazo, R.N., Director of Nursing
(619) 563-0250

SCREENING/DIAGNOSIS/TREATMENT/ CASE MANAGEMENT:

Contact: Sarah Villavazo, R.N., Director of Nursing
(619) 563-0250

Description: Diagnosis and treatment at the clinic as a primary care site.

SERVICES TO SCHOOLS:

School Based Clinics: Rosa Parks Elementary, Monroe Clark Jr. High

Naval Medical Center San Diego

Pediatric Asthma/Pediatric Sub Clinic
34800 Bob Wilson Dr., 2 East, San Diego, CA 92134
(619) 532-8819

Fax: (619) 532-9582

Contact: Carey Chopko, R.N.

E-mail: cchopko@hotmail.com

Languages Spoken: English (Spanish and Tagalog translation available).

CLASSES:

Class Title: Pediatric Asthma Education for Parents and Children

Contact: LTJG Carey Chopko
(619) 532-8819

Description: Children (ages 4 and up) are taught about asthma by a registered nurse, while parents listen to a lecture by a Pediatrician regarding management of their child's asthma. The class is offered once a month at the Naval Medical Center and is free to beneficiaries.

EDUCATIONAL MATERIALS & OUTREACH:

"Asthma Road Show": Asthma class for parents and children at local military housing facilities. Free to beneficiaries.

ASTHMA MEDICATION:

Medications per Naval Hospital formulary; eligibility dependent upon enrollment status.

SUPPORT ORGANIZATIONS & PROFESSIONAL EDUCATION:

Professional Education: Periodic training sessions for NMCS Staff and outlying system providers.

SCREENING/DIAGNOSIS/TREATMENT/ CASE MANAGEMENT:

Clinical Coordinator for Pediatric Asthma: Registered Nurse (Pediatrics), Coordinates asthma education and management efforts throughout the Command and outlying clinics.

North County Health Services

San Marcos, Oceanside, Encinitas, Ramona, Carlsbad
150 Valpreda Rd., San Marcos, CA 92069
(760) 736-6700

Fax: (760) 736-6782

Contact: Jaime Carrillo

E-mail: jcarill@nchs-health.org

Languages Spoken: English and Spanish.

CLASSES:

NCHS Health Educators and Health Promotion are trained on the Open Airways For Schools curriculum, a program of the American Lung Association. Nurses and health educators provide one-on-one asthma education. No Fee.

EDUCATIONAL MATERIALS & OUTREACH:

NCHS Health Promotion staff distributes asthma education and resources brochures. Each patient receives one-on-one health education on triggers, medications, spacers, etc. and views an educational asthma video.

ASTHMA MEDICATION:

Treatments include bronchodilators and preventative medication depending on severity.

SCREENING/DIAGNOSIS/TREATMENT/ CASE MANAGEMENT:

Each patient receives 3 and 6 month follow-ups depending on asthma severity.

Operation Samahan Health Clinic

National City
2743 Highland Ave, National City, CA 91950
(619) 474-2284 Fax: (619) 474-3919
Contact: Annie Hayag, MD
Languages Spoken: English, Spanish, Tagalog, and Laotian.

Mira Mesa
10737 Camino Ruiz,
Ste. 100, San Diego 92126
(858) 578-4417
Contact: Josephine Lim, MD
Languages Spoken: English, Laotian, Spanish, and Tagalog.

EDUCATIONAL MATERIALS & OUTREACH:

Contact: Fe Seligman (National City),
Mark Baca (Mira Mesa)
Description: Healthy Families applications, teen clinic.

ASTHMA MEDICATION:

Contact: Dr. Annie Hayag
Description: All HMOs, Medi-Cal, private insurance accepted.
Pulmo-Aid, oximeter testing.

SCREENING/DIAGNOSIS/TREATMENT/ CASE MANAGEMENT:

Asthma case management, Prenatal care.

SERVICES OFFERED TO K-12 SCHOOLS

Child Health and Disability Prevention Program,
immunization, teen clinic.

Pacific Pulmonary Services

1045 Linda Vista Dr., #103, San Marcos, CA 92069
(877) 764-1846
Fax: (760) 736-4996
Contact: Kevin McQueen
E-mail: QueenB5@Netscape.net

CLASSES:

Adult or Pediatric Asthma Programs
Contact: Kevin McQueen 1(877) 764-1846
Description: 2 and 1/2 hours. Asthma Education, Causes,
Effects, Treatments, Reparatory medications, MDIs,
Nebulizers, Peak Flow Meters, Environmental Controls.
Fee: \$15.00 pp,
No Charge to BBC Clubs, North County.

Palomar Pomerado Health System

Palomar Medical Center
555 East Valley Parkway,
Escondido, CA 92025
For general information call (760) 739-3000
Pomerado Hospital
15615 Pomerado Road
Poway CA 92064
For general information call (858) 613-4000.

SCREENING/DIAGNOSIS/TREATMENT/ CASE MANAGEMENT:

HealthSource: A check for lung capacity and
general lung health by a Respiratory Technician. Registration
is required. Please call (800) 628-2880.
Cost: \$4/Participant

Parent Teacher Association, Ninth District

6401 Linda Vista Rd., Annex A
San Diego, CA 92111
(858) 268-8077 Fax: (858) 268-8017
E-mail: phoebe@sdcoe.k12.ca.us

EDUCATIONAL MATERIALS & OUTREACH:

National PTA pamphlets and those from allied agencies.

SUPPORT ORGANIZATIONS & PROFESSIONAL EDUCATION:

Contact: Judy Williams, Health Vice President (858) 279-3548

Description: Provides information and education for parents, PTA members about Asthma. Advocates for legislation, at the local, state and national level, that will improve children's health, clean air and environment.

San Diego American Indian Health Center

2630 1st Ave. San Diego, CA 92103
(619) 234-0572 Fax: (619) 234-0505
English and Spanish

EDUCATIONAL MATERIALS & OUTREACH:

Contact: Ramona James-Colton
(619) 234-2158

SCREENING/DIAGNOSIS/TREATMENT/ CASE MANAGEMENT:

Contact: Georgina Michael, R.N.
(619) 234-2158

Description: English and Spanish spoken. Free for verified Indian, sliding scale/EAPC for non-Indian.

San Diego Unified School District

Intervention Services Department
2351 Cardinal Lane, Annex B
San Diego, 92123
(858) 627-7580 Fax: (858) 627-7444
Contact: RoseMarie Lofgren
E-mail: rlofgren@mail.sandi.net
Languages Spoken: English, some bilingual (Spanish) nurses.

CLASSES:

Open airways provided at approximately 25 schools annually depending on need for resources. School nurses may organize asthma education for parents or groups of students at their assigned sites.

EDUCATIONAL MATERIALS & OUTREACH:

Nurses refer parents of students with asthma to education programs at hospitals, community clinics, HMOs or other community-based organizations.

CAMPS:

"6th Grade Camp." All 6th grade students, including those with asthma attend Camp Palomar. Twenty-four hour nursing coverage is provided by nebulization and emergency care if needed. This camp is free and part of the SDUSD integration program. School nurses also work with students and parents regarding attendance at Scamp Camp.

ASTHMA MEDICATION:

Asthma management tools, i.e. peak flow meters, spacers, and mentolin MDIS are available through donations of SHIP and/or pharmaceutical companies.

San Diego Unified School District (continued)

SUPPORT ORGANIZATIONS & PROFESSIONAL EDUCATION:

CHIP, SHIP, HealthLink (Asthma Workgroup), San Diego Allies Against Asthma Coalition, American Lung Association, County Public Health Department.

SCREENING/DIAGNOSIS/TREATMENT/ CASE MANAGEMENT:

Case management of asthmatic children is a priority for the SDUSD Nursing department. Nursing interventions are currently focused on more efficient case management and reduction of absenteeism. All children with asthma are recorded on an asthma survey by school site, class absenteeism data matched to each student. This data is shared with the site nurse

and selected health plans which enables appropriate treatment and intervention by the school nurse and health care providers.

SERVICES TO SCHOOLS:

Program: San Diego Unified School District-Intervention Services Department

Contact: RoseMarie Lofgren, Program Manager (858) 627-7580

Description: Nurses actively monitor, observe, treat, refer and provide education to asthmatic students in the school setting; their families are involved in case management and educational components as well.

Scripps Health

(800) 727-4777

CLASSES:

Provides an asthma education class geared toward adolescents (12+) and adults. Offered at five sites - La Jolla,

Rancho Bernardo, Rancho San Diego, San Diego. Free to the public; call (858) 554-8835 for dates, times and to register.

Sharp Center for Health Promotion

(800) 82-SHARP

CLASSES:

Offers asthma education classes for adults and children at three locations: Sharp Memorial Hospital, Sharp Grossmont Medical Center, and Sharp Chula Vista Medical Center. Classes offered once a month; location rotates. Free to the general public. Call 1-800-82-SHARP for dates, times and to register.

Class Title: Asthma Management For Adults

Description: This program is for adults who want to learn to monitor and control asthma. Topics include triggers and warning signs, self-monitoring tools and medications, and the importance of relaxation, diet and exercise in learning to live well with asthma. \$20 per person - 1 Session. To enroll in this class please call 1-800-82-SHARP (1-800-827-4277).

DAY AND LOCATION:

- Tues., Sharp Chula Vista Medical Center
Date/Time: 09/04/2001, 6:00 PM - 8:00 PM
- Tues., Sharp Conference Ctr.-Mary Birch Campus
Date/Time: 10/02/2001, 6:00 PM - 8:00 PM
- Tues., Sharp Grossmont Brier Patch Campus
Date/Time: 11/06/2001, 6:00 PM - 8:00 PM
- Tues., Sharp Chula Vista Medical Center
Date/Time: 12/04/2001, 6:00 PM - 8:00 PM

Sharp Center for Health Promotion (continued)

ASTHMA MANAGEMENT FOR CHILDREN

Description: In one activity-oriented session children, aged 6 to 12, attend this asthma education program with one or both of their parents. In this session children learn to apply a decision-making process to manage their asthma and to work with their parents as a team to control and live well with asthma. \$20 per person. 1 session. To enroll in this class please call 1-800-82-SHARP (1-800-827-4277).

DAY AND LOCATION:

Tues., Sharp Chula Vista Medical Center

Date/Time: 09/04/2001, 4:00 PM - 6:00 PM

Tues., Sharp Conference Ctr.-Mary Birch Campus

Date/Time: 10/02/2001, 4:00 PM - 6:00 PM

Tues., Sharp Grossmont Brier Patch Campus

Date/Time: 11/06/2001, 4:00 PM - 6:00 PM

Tues., Sharp Chula Vista Medical Center

Date/Time: 12/04/2001, 4:00 PM - 6:00 PM

ASTHMA EDUCATION – NORTH COUNTY /COASTAL

Description: Adult and Child programs available to teach you how to reduce the frequency and severity of asthma episodes and how to self-manage your condition. Covers signs and symptoms, triggers, medications, inhalers, peak-flow meters, and balancing living with asthma with work, school and daily life. Offered bi-monthly. FEE: \$5 materials fee (One charge per family). No charge to Sharp Choice members. Call 1-800-82-SHARP (1-800-827-4277) for dates and times.

School Health Innovative Programs (SHIP)

2251 San Diego Ave., Suite B-150, San Diego, CA 92110

(619) 681-0661 or (858) 271-8977

Fax: (619) 681-0666

Nancy Gaffrey

EDUCATIONAL MATERIALS & OUTREACH ACTIVITIES:

Contact: (619) 681-0661 or (858) 271-8977

Description: This is a collaborative between health plans and school districts, designed to increase communication between children's school and their health providers.

SERVICES TO SCHOOLS:

Contact: (619) 681-0661 or (858) 271-8977

List of Items: School districts that are members of SHIP have received asthma-related equipment for their schools at no cost. Albuterol inhalers at school (for when students' lose or empty

their own), peak-flow meters, and spacers have been provided. Students do not have to be members of participating health plans in order to benefit from this equipment. SHIP or 'School Health Innovative Programs' is a collaboration between school districts and managed health care plans. There is no cost to school districts, but the district must have personnel that can work with health plans to develop and share protocols. Aside from districts and health plans, SHIP works together with Healthlink and other agencies to improve academic achievement by improving student health, such as improving the attendance of students with asthma.

Tri-City Medical Center and Sharp Mission Park Medical

Tri-City Medical Center, 4002 Vista Way,
Oceanside, CA 92056
(760) 940-3055 or 806-5860

CLASSES:

A two-session Asthma Self Management class for adults is held every six weeks in Oceanside and Vista. For dates, times and to register call Tri-City Medical Center at (760) 940-3055 or Sharp Mission Park Medical Group at (760) 806-5860.

UCSD Clinical Trials Center

200 W Arbor Dr., Room 4-260, San Diego, 92103
(888) UCSD AIR, (888) 827-3247
Fax: (619) 543-7831

SCREENING/DIAGNOSIS/TREATMENT/ CASE MANAGEMENT/CLINICAL TRIALS:

Under the direction of Dr. Joe Ramsdell, our research center works with patient volunteers to test the safety and effectiveness of experimental medications or devices treating asthma and other lung diseases. There are new research projects occurring year-round. Those interested in becoming a candidate for a study should call (888) UCSD AIR to ask about a screening appointment.

UCSD Division of Community Pediatrics and School Health

9500 Gilman Drive, La Jolla, CA 92093-0927
(619) 681-0665
Fax: (619) 681-0666
Howard Taras
E-mail: htaras@ucsd.edu
Languages Spoken: English, French,
and Spanish

EDUCATIONAL MATERIALS & OUTREACH:

For schools with students with asthma: Information on getting health insurance (HATS Program) and information for physical education teachers on aerobic activity ("CATCH" Program).

Contact: Howard Taras, M.D.
(619) 681-0665

SERVICES TO SCHOOLS:

Program: Healthcare Access Through Schools (HATS)

Contact: Elaine Pizzola (619) 681-0647

Description: School-site outreach workers are provided to schools/districts at no cost to help families with asthmatic school children get insurance.

Program: CATCH Program

Description: In-services and materials for Phys. Ed. Teachers on matters related to aerobic activity for all students.

Contact: B.J. Williston (619) 681-0657

Program: Medical Consultation

Description: Consultation to districts includes: chronic disease management protocols, assistance with reasonable /affordable Section 504 plans and IEPs related to students with asthma and other conditions.

Contact: Howard Taras, M.D.
(619) 681-0665

SUPPORT ORGANIZATIONS:

This Division supports community health; It is composed of research-pediatricians, psychologists, nutritionists, physical education specialists, health educators, bio-statisticians; nurse practitioners, and social scientists.

Contact: Howard Taras, M.D.
(619) 681-0665

Vista Community Clinic

1000 Vale Terrace, Vista, CA 92084
 (760) 631-5000, Ext. 4
 Fax: (760) 726-2730
 E-mail: barbara@vistacommunityclinic.org

EDUCATIONAL MATERIALS & OUTREACH:

Program: Health Promotion Center
Contact: Fernando Sanudo (760) 631-5000, Ext.1290

SCREENING/DIAGNOSIS/TREATMENT/ CASE MANAGEMENT:

Program: Primary Care
Contact: Dorothy Lujan (760) 631-5000, Ext.1133

YMCA Childcare Resource Service Healthline

3333 Camino Del Rio S., # 400
 San Diego, CA 92108
 (800) 908-8883 Fax: (619) 521-3050
 Susan Conrad RN or Tracy L. Ewton RN
 E-mail: sconrad@ymcacrs.org
Languages Spoken: English and Spanish.

CLASSES:

Class Title: Asthma Awareness in Preschools

Contact: Tracy Ewton or Susan Conrad
 (800) 908-8883

Description: A two-hour presentation on the basic understanding of asthma, including the respiratory system. For childcare providers in San Diego County.

Languages Spoken: English and Spanish.

EDUCATIONAL MATERIALS & OUTREACH:

Contact: Tracy Ewton or Susan Conrad 1-800-908-8883

Description: Handouts on asthma information, KPBS "A is for Asthma" video/presentation and KPBS "Sesame Street Goes to the Doctor."

Languages Spoken: English and Spanish.

SUPPORT ORGANIZATIONS &

PROFESSIONAL EDUCATION:

Program: YMCA Childcare Resource Service Healthline

Contact: Tracy Ewton or Susan Conrad (800) 908-8883

Description: Families and childcare providers can call for general health information, communicable diseases, chronic diseases, illness prevention, immunizations, insurance information, and referrals.

Languages Spoken: English and Spanish.

Community Clinics Offering Medical Services

COMPREHENSIVE HEALTH CENTER

Comprehensive Health Center
1855 First Avenue, Suite 300 A San Diego, CA 92101
(619) 235-4211

Comprehensive Health Center
Early Intervention Program
1855 First Avenue, Suite 103 San Diego, CA 92101
(619) 235-4211

Comprehensive Health Center
3177 Ocean View Blvd San Diego, CA 92113
(619) 231-9300

Comprehensive Health Center
286 S. Euclid Avenue, Suite 302 San Diego, CA 92114
(619) 527-7330

EAST COUNTY COMMUNITY CLINICS

East County Community Health Center
855 East Madison Avenue El Cajon, CA 92020
(619) 440-2751

El Capitan Family Health Center
10039 Vine Street Lakeside, CA 92040
(619) 390-9975

La Mesa Community Health Services
7339 El Cajon Blvd Suite I La Mesa, CA 91941
(619) 668-6280

ESCONDIDO COMMUNITY HEALTH CENTER

Escondido Community Health Center
460 North Elm Street Escondido, CA 92025
(760) 737-2000

Escondido Community Health Center
401 East Valley Parkway Escondido, CA 92025
Appointment Line (760) 737-2008 Dental Department (760) 737-2018
Center for Women's Health
(760) 737-2020

Escondido Community Health Center (Adult Care)
141 North Fig Street Escondido, CA 92025
(760) 737-7896

Temecula Family Health Center
41002 County Center Drive #310 Temecula, CA 92591
(909) 600-6300

Mountain Valley Health Center
16650 Highway 76 Pauma Valley, CA 92061
(760) 742-9919

Community Clinics Offering Medical Services (continued)**FAMILY HEALTH CENTERS OF SAN DIEGO****Family Health Center**

1809 National Avenue San Diego, CA 92113
(619) 234-8171

Beach Area Family Health Center

3705 Mission Blvd San Diego, CA 92109
(858) 488-0644

Chase Avenue Family Health Center

1111 West Chase Avenue El Cajon, CA 92020
(619) 593-3131

Downtown Family Health Center

1145 Broadway San Diego, CA 92101
(619) 233-3055

Grossmont Spring Valley Family Center

8788 Jamacha Road Spring Valley, CA 91977
(619) 667-6737

Hillcrest Dental Clinic

2850 Sixth Avenue, #205 San Diego, CA 92103
(619) 683-7595

Logan Heights Family Counseling Center

2204 National Avenue San Diego, CA 92113
(619) 685-1650

Logan Heights Family Health Center

1809 National Avenue San Diego, CA 92113
(619) 234-8171

KidCare Express Mobile Medical Unit

1643 Logan Avenue San Diego, CA 92113
(619) 895-8121

North Park Family Health Center Ciaccio Memorial Clinic

3544 30th Street San Diego, CA 92104
(619) 683-7555

Sherman Heights Family Health Center

450 24th Street San Diego, CA 92102
(619) 230-0474

Teen Health Center

1643 Logan Avenue San Diego, CA 92113
(619) 239-0268

Imperial Beach Health Center

600 Palm Avenue #108 Imperial Beach, CA 91933
(619) 429-5387

Community Clinics Offering Medical Services (continued)**INDIAN HEALTH COUNCIL**

Rincon
100 Golsh Road & Highway S-6 Pauma Valley, CA 92061
(760) 749-1410

Santa Ysabel
P.O. Box 10 Santa Ysabel, CA 92070
(760) 789-9061

LA MAESTRA FAMILY CLINIC, INC.

4185 Fairmount Avenue San Diego, CA 92105
(619) 280-4213

LINDA VISTA HEALTH CARE CENTER

6973 Linda Vista Road San Diego, CA 92111
(858) 279-0925

MID-CITY COMMUNITY CLINIC

4290 Polk Avenue San Diego, CA 92105
(619) 563-0250

SOUTHERN HEALTH SERVICES

Mountain Empire Family Medicine
31115 Highway 94 Campo, CA 91906
(619) 478-5311

High Desert Family Medicine
44460 Old Highway 80 P.O. Box 188 Jacumba, CA 91934
(619) 766-4071

Pine Valley Family Medicine
28876 Old Highway 80 Pine Valley, CA 91962
(619) 473-7696

NORTH COUNTY HEALTH SERVICES

North County Health Services
150 Valpreda Road San Marcos, CA 92069
(760) 736-6700

North County Health Services/Carlsbad Family Medicine
3050 Madison Ave. Carlsbad, CA 92008
(760) 720-7766

North County Health Services/San Marcos Health Center
150 Valpreda Road San Marcos, CA 92069
(760) 736-6700

North County Health Services/ Mission Mesa Women's Health
2210 Mesa Drive, Suite 5 Oceanside, CA 92054
(760) 757-5841

North County Health Services/ Mission Mesa Pediatrics
2210 Mesa Drive, Suite 12 Oceanside, CA 92054
(760) 966-3306

Community Clinics Offering Medical Services (continued)**NORTH COUNTY HEALTH SERVICES (continued)****North County Health Services/ Encinitas Health Center**

629 Second Street Encinitas, CA 92024
(760) 753-7842

North County Health Services/Encinitas Women's Health

332 Santa Fe Drive, Suite 150 Encinitas, CA 92024
(760) 943-9994

North County Health Services/ Oceanside Health Center

408 Cassidy Street Oceanside, CA 92054
(760) 757-4566

North County Health Services/Ramona Health Center

217 East Earlham Ramona, CA 92065
(760) 789-1223

OPERATION SAMAHAN**National City**

2743 Highland Avenue National City, CA 91950
(619) 474-2284

Mira Mesa

10737 Camino Ruiz #100 San Diego, CA 92126
(858) 578-4220

SAN DIEGO AMERICAN INDIAN HEALTH CENTER**San Diego American Indian Health Center**

2630 First Avenue San Diego, CA 92103
(619) 234-2158

San Diego American Indian Health Center HIV Case Management Program & Mental Health Services

2602 First Ave, Suite 100 San Diego, CA 92103
(619) 234-0648

San Diego American Indian Health Center (North Park)

3807 Granada Street San Diego CA 92104
(619) 298-9090

SAN YSIDRO HEALTH CENTER**San Ysidro Health Center**

4004 Beyer Blvd. San Ysidro, CA 92173
(619) 428-4463

Chula Vista Family Clinic

865 Third Avenue, Suite 133 Chula Vista, CA 91911
(619) 498-6200

National City Family Clinic

1136 "D" Avenue National City, CA 91950
(619) 336-2300

San Diego Mental Health

1568 6th Avenue San Diego, CA 92101
(619) 235-2600

Community Clinics Offering Medical Services (continued)**SAN YSIDRO HEALTH CENTER (continued)**

San Ysidro Mental Health
4032 West Beyer Blvd San Ysidro, CA 92173
(619) 428-5561

Scripps Otay Family Health
1637 Third Avenue Chula Vista, CA 91911
(619) 425-1780

SOUTHERN INDIAN HEALTH COUNCIL

Southern Indian Health Council
4058 Willows Road Alpine, CA 91901
(619) 445-1188

Southern Indian Health Council
36190 Church Road Campo, CA 91906
(619) 478-2225

Sycuan Medical/Dental Clinic
5442 Dehesa Road El Cajon, CA 92019
(619) 445-0707

VISTA COMMUNITY CLINIC

Vista Community Clinic
1000 Vale Terrace Vista, CA 92084
Appointment Line (760) 631-5220
(760) 631-5000

Vista Community Clinic West
517 North Horne Street Oceanside, CA 92054
(760) 631-5009

Tri-City Community Health Center
161 Thunder Drive #212 Vista, CA 92083
(760) 631-5030

Vista Community Clinic – Pier View
818 Pier View Way Oceanside, CA 92054
(760) 631-5250

Health Insurance Resources

SAN DIEGO KIDS HEALTH ASSURANCE NETWORK:

The San Diego Kids Health Assurance Network (SD-KHAN) was established by the Board of Supervisors as a strategy to expand access to healthcare services for children in San Diego County. This program is an outreach and referral program that links uninsured children and youth from low-income families with no-cost to low-cost medical and dental care. SD-KHAN staff a centralized telephone information and referral line and do targeted outreach at schools, child care centers, Head Start locations, Points of Service/Health Care providers, Community/Civic groups, and WIC/Food bank sites. In addition, SD-KHAN is reaching out to the faith community and

small business employers to reach families. Outreach activities include booths/presentations at school open houses and community health fairs; distributing flyers and brochures at schools, churches, community clinics, pharmacies, hospitals, and community organizations; publishing information in newspapers/newsletters; television spots; and training community members to be SD-KHAN Ambassadors to represent SD-KHAN by giving presentations. Please call (800) 675-2229 for more information about no-cost and low-cost health coverage.

SCHOOL HEALTH INNOVATIVE PROGRAMS (SHIP)

SHIP is a collaborative partnership of schools and health plans in San Diego. The partnership offers a list of health plan liaisons to school nurses, who may use the list for assistance in providing medical care for their students.

Current SHIP Health Plan Liaisons are:

Blue Cross

Member Services (800) 407-4627
Robin Johnson, RN: (858) 571-8167
Fax: (858) 404-7023
Pager: (800) 800-9724

Community Health Group

Member Services (800) 224-7766
Ray Pallasigue (619) 498-6569
Fax: (619) 498-3811
Community & Preventive Health Analyst

Health Net

Member Services (800) 675-6110
Rogelio Lopez: (619) 521-4916
Fax: (619) 281-3339
Sr. Public Health Program Administrator

Kaiser Permanente

Member Services (800) 464-4000
Kathy Dundovich (619) 641-4321
Fax: (619) 641-4325

Sharp Health Plan

Member Services (858) 637-6500
Vickey Jones (858) 637-6508
Fax: (858) 637-6508
Customer Service Supervisor

UCSD Health Plan

Member Services (800) 688-6161
Analyn Dolopo, R.N.: (619) 220-5037
Fax: (619) 299-2176 (619) 688-0534

Universal Care

Member Services (800) 635-6668
John Polston, D.O. (800) 635-6668, Ext.5830
Fax: (562) 981-5804



East County

Alvarado Health Connections

Cancer Resource Center
6699 Alvarado Road, Suite 2112
San Diego, CA 92120
1-888-522-2623

For persons 13 years of age and older
\$25 donation for a six week course
(refundable upon completion)

Positive Choice

Kaiser Permanente
7060 Clairemont Mesa Boulevard
San Diego, CA 92111
(858) 573-0093
\$160 members, \$200 non-members

Second Breath

Grossmont Hospital Wellness Center
9000 Wakarusa
La Mesa, CA 91942
(858) 627-5340
Small group classes
Call for fees, times and locations
Teens are welcome

Southern Indian Health Council

4058 Willows Road, Alpine, CA 91901
(619) 445-1188
Provides one-on-one counseling
No fees
Teens are welcome
For Native Americans only

North County

Camp Pendleton Tobacco Avoidance Program

Camp Pendleton, CA 92055-5191
(760) 725-0755

For eligible military and beneficiaries; will see teens on an individual basis
No charge

Second Breath

Sharp Center for Health Promotion
Sharp Mission Park Medical Clinic
2120 Thibodo Road, Ste. 200, Vista, CA 92083
(760) 806-5860
Small group classes
Call for fees, times and locations/teens are welcome

Smoke Stoppers

Palomar Pomerado Health System
1260 B Auto Parkway, Escondido, CA 92029
1-800-628-2880
\$115-\$125 for seven sessions (\$50 for materials only); If you don't quit, you can take the class again at no cost.

South Bay

Smoking Cessation

Paradise Valley Hospital
Center for Health Promotion
2400 East 4th Street, National City, CA 91950
(619) 470-4346
\$25 for a six-week course
Call for location and to register
Teens are welcome

Second Breath

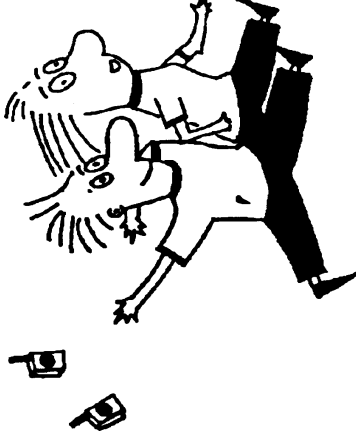
Sharp Center for Health Promotion
3571 Corporate Court, Suite D,
San Diego, CA 92123
(858) 627-5340
Small group classes
Call for fees, times and locations
Teens are welcome

Prepared by

County of San Diego
Health and Human Services Agency
Tobacco Control Resource Program
P.O. Box 85222 • San Diego, CA 92186-5222
1-800-660-7537

This brochure was made possible by funds received from the Tobacco Tax Protection Act of 1988 - Proposition 99 under Grant Number 89-97926 with the California Department of Health Services, Tobacco Control Section.

Tobacco Cessation Programs in San Diego County



Want help to give up tobacco?



Need help?

This brochure is a partial listing of tobacco cessation programs in San Diego County.

The cost and times of programs may change without notice. Many programs are conducted in more than one location.

The County of San Diego, Health and Human Services Agency does not endorse or recommend any programs listed. Investigate your choice carefully. Call before attending any program.

For referrals to various programs throughout the county, or for telephone counseling, call the California Smokers' Helpline

English: 1-800-NO BUTTS
Español: 1-800-45 NO FUME
Mandarin & Cantonese: 1-800-400-0866
Vietnamese: 1-800-778-8440
Korean: 1-800-556-5564
Hearing impaired: 1-800-933-4833
Teens 1-800-NO BUTTS
Chew/Dip 1-800-844-CHEW
No charge

Countywide

American Lung Association

2750 Fourth Avenue, San Diego, CA 92103
(619) 297-3901
Provides the *Freedom from Smoking* information packet at no charge, its workbook for \$10, and the *In-Control* video program for \$125
Call for information

Smoke Faders

San Diego State University
5564 Hardy Avenue, San Diego, CA 92182
(619) 594-7883
Classes open to all
Call for further information
(Also holds tobacco cessation classes for people in recovery from other addictions)
Teens are welcome

County of San Diego

Health and Human Services Agency

1-800-660-7537
Self-help materials and referrals to cessation programs; No charge

Naval Hospital, San Diego

Health Promotion
34800 Bob Wilson Drive, San Diego, CA 92134-5000
(619) 532-6577
For eligible military and beneficiaries only
Call for eligibility; No charge

Nicotine Anonymous Information Line

(619) 682-7092
Open to everyone; call for further information

Nicotine Recovery Institute

106 Thorn Street, San Diego, CA 92103
Countywide locations
(619) 277-2772
Provides teen programs
\$400, Call for information

Positive Choice

Kaiser Permanente
7035 Convoy Court, San Diego, CA 92111
(858) 573-0090
For persons 18 years of age and older
\$160 members, \$200 non-members

Second Breath

Sharp Center for Health Promotion
3571 Corporate Court, Bldg. E, Suite D
San Diego, CA 92123
(858) 627-5340
Small group classes
Call for fees, times and locations
Teens are welcome

Smokenders

Classes and self-study materials
P.O. Box 22664, San Diego, CA 92192
(858) 455-5321
\$325 for a six-week course (payments O.K.)
\$129 for self-study materials
Call for times and locations
Teens are welcome

Smoking Release Associates

P.O. Box 864, Del Mar, CA 92014
(760) 631-8222
Personalized, comprehensive smoking cessation programs for individuals, couples and groups
They come to your home or office
Call for fees.

Condado Este

Alvarado Health Connections

Cancer Resource Center
6699 Alvarado Road, Suite 2112
San Diego, CA 92120
1-888-522-2623
Para personas de 13 años o más
Una donación de \$25 para un curso de seis semanas (reembolso al terminar)

Positive Choice

Kaiser Permanente
7060 Clairemont Mesa Boulevard
San Diego, CA 92111
(858) 573-0093
\$160 para miembros, \$200 para otros

Second Breath

Grossmont Hospital Wellness Center
5555 Grossmont Center
La Mesa, CA 91942
(619) 644-4250
Clases de grupos pequeños
Llame para precios, horas y lugares
Los jóvenes son bienvenidos

Southern Indian Health Council

4058 Willows Road, Alpine, CA 91901
(619) 445-1188
Proporciona consejería personal
No hay costos
Los jóvenes son bienvenidos
Sólo para gente indígena

Condado Norte

Camp Pendleton Tobacco Avoidance Program

Camp Pendleton, CA 92055-5191
(760) 725-0755
Para militares y sus beneficiarios elegibles;
Jóvenes son atendidos individualmente
No hay costo

Second Breath

Sharp Center for Health Promotion
Sharp Mission Park Medical Clinic
2120 Thibodo Road, Ste. 200, Vista, CA 92083
(760) 806-5860
Clases de grupos pequeños
Llame para precios, horas y lugares
Los jóvenes son bienvenidos

Smoke Stoppers

Palomar Pomerado Health System
1260 B Auto Parkway, Escondido, CA 92029
1-800-628-2880
\$115-\$125 para siete clases (\$50 sólo para materiales); Si Ud. no deja de fumar, puede tomar la clase otra vez sin costo.

Condado Sur

Smoking Cessation

Paradise Valley Hospital
Center for Health Promotion
2400 East 4th Street, National City, CA 91950
(619) 470-4346
\$25 para un curso de seis semanas
Llame para la localidad y para inscribirse
Los jóvenes son bienvenidos

Second Breath

Sharp Center for Health Promotion
3571 Corporate Court, Suite D,
San Diego, CA 92123
(858) 627-5340
Clases de grupos pequeños
Llame para precios, horas y localidades
Los jóvenes son bienvenidos

Preparado por

Condado de San Diego
Agencia de Servicios Humanos y de Salud
**Programa de Recursos para
el Control del Tabaco**

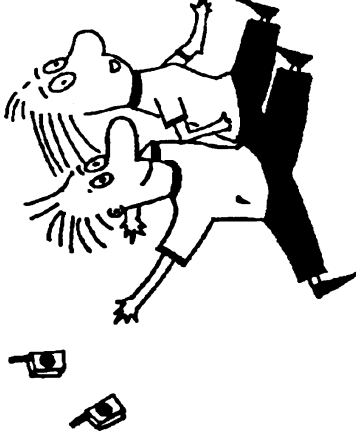
P.O. Box 85222 • San Diego, CA 92186-5222
1-800-660-7537

Este folleto fue hecho posible por fondos recibidos del Decreto de la Protección de Impuestos del Tabaco de 1988 - Proposición 99 bajo el Número de Otorgamiento de Fondos 89-97926 con el Departamento de Servicios de Salud de California, Sección del Control del Tabaco.



Condado de San Diego

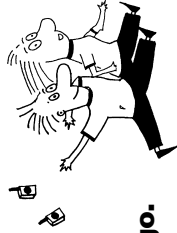
Programas de Como Dejar de Fumar en el Condado de San Diego



¿Ud. quiere ayuda para dejar el tabaco?

¿Necesita ayuda?

Este folleto es una lista parcial de los programas de como dejar de fumar en el Condado de San Diego. El costo y horas de programas pueden cambiar sin notificación. Muchos de los programas son conducidos en diferentes lugares.



La Agencia de Servicios Humanos y de Salud del Condado de San Diego no apoya ni recomienda cualquier programa en la lista. Usted escoja el programa con cuidado. Llame antes de asistir a cualquier programa.

Para una referencia a varios programas por todo el condado, o para consejería por teléfono, llame a la Línea de Ayuda para Fumadores de California

Español: 1-800-45 NO FUME
Inglés: 1-800-NO BUTTS
Chino: 1-800-400-0866
Vietnamita: 1-800-778-8440
Coreano: 1-800-556-5564
Personas que no pueden oír:
1-800-933-4833
Jóvenes: 1-800 NO BUTTS
Tabaco para masticar: 1-800-844-CHEW
No hay costo

Por Todo el Condado

American Lung Association

2750 Fourth Avenue, San Diego, CA 92103
(619) 297-3901
Provee información sobre el programa *Freedom from Smoking* sin costo, el libro de tareas del programa para \$10, y el video del programa *In-Control* para \$125
Llame para información

County of San Diego

Health and Human Services Agency

1-800-660-7537
Materiales para ayudarse a si mismo y referencias para programas de dejar de fumar; No hay costo

Naval Hospital, San Diego

Health Promotion
34800 Bob Wilson Dr., San Diego, CA 92134-5000
(619) 532-6577
Sólo para militares y sus beneficiarios eligibles
Llame para determinar si es eligible
No hay costo

Nicotine Anonymous Information Line

(619) 682-7092
Abierto para todos; llame para más información

Nicotine Recovery Institute

106 Thorn Street, San Diego, CA 92103
Ubicaciones por todo el condado
(619) 277-2772
Programas para los jóvenes
\$400, Llame para información

Positive Choice

Kaiser Permanente
7035 Convooy Court, San Diego, CA 92111
(858) 573-0090
Para personas de 18 años o más
\$160 para miembros, \$200 para otros

Second Breath

Sharp Center for Health Promotion
3571 Corporate Court, Bldg. E, Suite D
San Diego, CA 92123
(858) 627-5340
Clases de grupos pequeños
Llame para precios, horas y lugares
Los jóvenes son bienvenidos

Smoke Faders

San Diego State University
5564 Harcy Avenue, San Diego, CA 92182
(619) 594-7883
Clases abiertas para todos
Llame para más información
(También proporciona clases de como dejar de fumar para personas en el proceso de dejar su adicción a las drogas)
Los jóvenes son bienvenidos

Smoke No More

Scripps Clinic Wellness Center
10666 N. Torrey Pines Road, FC-2
La Jolla, CA 92037
(858) 554-8835
Abierto a todos
\$150 para una clase de cuatro semanas
Llame para horas y lugares
Los jóvenes son bienvenidos

Smoke Stoppers of San Diego

3699 Park Blvd., San Diego, CA 92103
(619) 296-8700
\$198 para un programa de una semana
Deja de fumar o Ud. no paga nada
Garantía por toda la vida - si regresa, no hay costo para la clase
Los jóvenes son bienvenidos

Smokenders

Clases y materials para estudiar en casa
P.O. Box 22664, San Diego, CA 92192
(858) 455-5321
\$325 para un curso de seis semanas (sistema de pagos)
\$129 para materiales para estudiar en casa
Llame para horas y lugares
Jóvenes son bienvenidos

Smoking Release Associates

P.O. Box 864, Del Mar, CA 92014
(760) 631-8222
Programas de dejar de fumar
personalizados y comprensivos para individuos, parejas y grupos
Vienen a su casa u oficina
Llame para precios

Environmental Control Resources

American Lung Association

For information and referral on environmental control, chemical irritants, asbestos, carbon monoxide, allergies & asthma, second-hand smoke, wood burning, mold, pollen, dust and cockroaches in homes, offices, and schools.

(800) LUNG-USA

www.lungsandiego.org

County of San Diego, Environmental Health Services

For general information only—no inspections

(619) 338-2222

County of San Diego, Vector Control

To control rodents, sewer cockroaches, and mosquitos

(858) 694-2888

County Office of Education, Risk Management

To report indoor and outdoor environmental concerns on County school sites outside San Diego.

(858) 569-5320

Environmental Health Coalition

For information, referral, and to request information, cutting-edge analysis and practical and effective solutions to fight toxic pollution, protect public health and promote environmental justice. (619) 235-0281

www.environmentalhealth.org

San Diego Air Pollution Control District

For up-to-date air quality information and forecasts

(858) 650-4707. If you have an air pollution complaint

(858) 650-4550

www.sdapcd.co.san-diego.ca.us/

San Diego City Housing Code Compliance

Complaint Intake Line (619)236-5500

San Diego City Schools, Risk Management

To report indoor and outdoor environmental concerns on San Diego City school sites.

(858) 627-7350

US EPA (Environmental Protection Agency) –

Air Quality Information Clearinghouse

(800) 438-4318

www.epa.gov/iaq

Language Interpretation

AT&T Language Line (800) 874-9426

Agencies can call the number to establish an account to receive an access code. Rates vary based on the language requested, time of day, day of the week, and length of the call. Any language is available. People are on call at AT&T to do the translation. Billing is sent to the client monthly based on use. Sample charges are: Vietnamese – 12 min. \$37.20, Spanish – 34 min. \$85.00.

Other Resources

Books

Books

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The American Lung Association's Family Guide to Asthma and Allergies

The American Lung Association Asthma Advisory Group with Norman H. Edelman, M.D.

Little, Brown and Company, 1997. Shows adults and families how to manage asthma and allergies and lead an active, healthy life. Provides information on treatment options and medications.

Allergy Environment Guidebook, 1989

Bachman, Judy L, PhD.

Order from: Graphics Press, 606 S. 6th St., Klamath Falls, OR 97601. (800) 241-3441. A practical guide to help the allergic person create an allergen-free environment. Extensive mold, pollen and dust information; sections on home remodeling and decorating. (out of print, limited quantities)

The Asthma Sourcebook, 1998

Francis, V., M.D.

Order from NTC Contemporary Publishing, 2020 Avenue of the Stars, Suite 300, Los Angeles, CA 90067. (800) 323-4900, Extension 147. Comprehensive and straightforward guidebook containing recent advances in medicine, alternative medicine, and lists of other resources.

Asthma Guide for People of All Ages, 1999

Plaut, Thomas F., M.D.

Order from: Pedipress, Inc., 125 Red Gate Lane, Amherst, MA 01002. (800) 611-6081. Comprehensive, accurate, and current guide for people who want to understand and control their asthma. Includes complete discussion of the basics of asthma and the medicines used to treat it. Addresses asthma issues faced in the school, the family and in travel.

Children with Asthma: A Manual for Parents, 1998

Plaut, Thomas F., M.D.

Order from: Pedipress, Inc., 125 Red Gate Lane, Amherst, MA 01002. (800) 611-6081. A comprehensive, easy-to-understand book about the basics of asthma, emphasizing the importance of parent education. Contains sections on infants, children and teenagers. Has informative first-person stories parents can relate to.

Guide to Your Child's Allergies and Asthma, 2000

Welch, Michael J., M.D.

Sponsored and produced by the American Academy of Pediatrics (AAP). Obtained by writing to Villard Books at www.villard.com, the AAP at www.aap.org. Also found in most bookstores. A comprehensive book written by the foremost authority on children's health, the American Academy of Pediatrics, as a vital guide and resource for parents who want answers and information about their children's allergies and asthma.

Magazines

Allergy & Asthma Health

Signature Publications, P.O. Box 29729, Dallas, TX 75229-0729.
Published quarterly, subscriptions \$12.95/year. Call (800) 878-4403 to subscribe. Official publication of Allergy Asthma Network/Mothers of Asthmatics, Inc. Wide range of informative articles about allergy and asthma care.

Asthma: Strategies for Taking Control

Lifelong Publications, 55 Chapel Street, Newton, MA 02158. Published bi-monthly, subscriptions: \$19.95/year. Call (800) 527-3284 to subscribe. An informative, consumer friendly magazine about optimal asthma management. Also provides summaries of the latest research on asthma and allergies, including an American Lung Association page. A limited number of free copies are available by calling the local Lung Association office 1-800-LUNG-USA.

Coping with Allergies & Asthma

Media America, Inc., PO Box 6882268, Franklin, Tennessee 37068-2268. Bi-monthly publication. To order, call (615) 791-3859. \$17 for one year (6 issues) and \$31 for 2 years (12 issues). Addresses many allergy and asthma problems. It also offers a section entitled LAB LANGUAGE, a glossary that teaches the reader about medical terms used for allergies/asthma.

National Asthma Organizations

Allergy and Asthma Network–Mothers of Asthmatics, Inc. (AAN-MA)

3554 Chain Bridge Road, Suite 210, Fairfax, VA 22030. (800) 878-4403, (703) 385-4403. Dedicated to providing a link between the home, school, physician, and pharmaceutical industry in order to help families cope with asthma. Publishes the MA Report, a monthly newsletter full of useful information and advice for parents of asthmatics. Also publishes other educational materials. Membership is \$25 per year. www.aanma.org

American Academy of Allergy Asthma and Immunology (AAAAI)

611 E. Wells Street Milwaukee, WI 53202.

(800) 882-ASTHMA, (414) 272-6071(publication orders).

The largest national medical society representing allergists, immunologists, and related allied health professionals. It maintains a speakers' bureau and produces a variety of patient education materials. Pediatric Asthma: Promoting Best Practice Guide for Managing Asthma in Children can be ordered from this site.

www.aaaai.org

American College of Allergy Asthma and Immunology (ACAAI).

85 West Algonquin Road, Suite 550 Arlington Heights, IL 60005.

(800) 842-7777, (708) 427-1200. Represents practicing allergists, educators, researchers, and clinical immunologists and offers patient education materials and a list of board-certified allergists.

www.allergy.mcg.edu

American Lung Association (ALA)/American Thoracic Society (ATS).

1740 Broadway New York, NY 10019.

(800) LUNG-USA. Offers asthma education services through its national network of more than 200 local and state offices. They provide publications, support groups and community-based and school asthma programs and camps. The ATS is the medical section of the ALA and provides clinically oriented information for practitioners.

www.lungusa.org

Asthma & Allergy Foundation of America (AAFA).

1717 Massachusetts Avenue, Suite 305, Washington, DC.

(800) 7-ASTHMA. A nonprofit organization which sponsors continuing education and has a newsletter, audio-visuals and educational pamphlets available to the public. The AAFA maintains a clearinghouse of educational materials for patients, as well as training programs for allied health professionals. A free packet of information may be obtained by calling the number above. Membership is \$25 per year.

www.aafa.org

Food Allergy Network

4744 Holly Avenue, Fairfax, VA 22030-5647. (800) 929-4040, (703) 691-3179.

A non-profit organization offering information and educational materials on food allergies. Call for free resource list. Publishes the "Food Allergy Newsletter" (Membership \$25.00/yr).

www.foodallergy.org

National Asthma Organizations (continued)**Medic Alert**

(800) 432-5378. Membership service (\$15/yr; first year \$35) provides engraved necklaces and bracelets for emergency medical information (medical conditions, allergies, medications, special needs), plus linkage to a 24 hr. emergency Hotline providing computerized personal medical information.

www.medicalert.org

National Heart, Lung, and Blood Institute (NHLBI)

National Asthma Education Program. P.O. Box 30105, Bethesda, MD 20824-0105. Call the NHLBI Info Center at (301) 251-1222 to order materials.

A program of the National Institutes of Health which developed Standards for the Diagnosis and Management of Asthma and supports the dissemination of these guidelines to health care providers. Also provides extensive free information to the public.

www.nhlbi.nih.gov

National Jewish Center for Immunology and Respiratory Medicine

1400 Jackson Street Denver, CO 80206. (800) 344-5864, (303) 388-4461.

This nonsectarian medical center offers patient education materials and provides an information service called the "Lung Line." The "Lung Line" is staffed from 8:00 a.m. to 5:00 p.m. (Mountain Time) by registered nurses specializing in respiratory and immune system disorders. Also operates residential treatment programs for persons with severe lung disease and sponsors research.

www.njc.org

Internet Sites

Asthma.about.com

Features daily updates on research, extensive links to asthma and related conditions, asthma essentials and how-to's.

www.asthma.about.com

Asthma Information Center

One of the largest resources for asthma on the net. It is intended for professional as well as for patients and parents of children with asthma. This site also provides many links to asthma research and favorite sites for patients. Multi-language capabilities including Spanish.

www.mdnet.de/asthma

Intelihealth

Consumer friendly health information; team with Harvard School of Medicine to review content. Offers reviews of latest medical research and a personal asthma diary/tracking tool.

www.intelihealth.com

The Foundation for Better Healthcare

A general information web site with facts, frequently asked questions, and links to other asthma resources.

www.fbhc.org/Patients/BetterHealth/Asthma/home.html

JAMA Asthma Information Center

A collection of resources for physicians, other healthcare professionals, and the general public. Includes top stories and in-depth special reports, searchable library, and the education and support center.

www.ama-assn.org/special/asthma

Mediconsult

Asthma Medical Information. A medical web site oriented towards patients. Includes medical information, educational materials, drug information and much more.

www.mediconsult.com/asthma

SchoolAsthmaAllergy.com

A valuable resource which provides accurate, current and useful tools and information to empower today's school nurse as she/he manages the student with asthma and allergies at school.

www.schoolasthmaallergy.com

National Asthma and Allergy Product Resources

These catalogs offer a variety of environmental control products (e.g. mattress and pillow encasings, air cleaners), respiratory equipment and supplies, books, and more. Call the toll-free numbers below for a free copy of their catalogs. Many of these products are also available locally—shop around.

Allergy Clean Environments

(800) 882-4110

www.allergyclean.com

Allergy Control Network

1(877) 566-3786

www.stopallergy.com

Allergy Control Products

(800) 422-DUST

www.allergycontrol.com

Allergy Free

(800) 967-9197

www.allergy-free.com

AllergyPlus.Com

1(888) 786-6660

www.allergyplus.com

Allergy and Asthma Technology

(800) 621-5545

ww.allergyasthmatech.com

Allerx

(800) 447-1100

www.allerx.com

Allergy Supply Company

(800) 323-6744

www.allergysupply.com

Gazoontite.com

1(888) 4MY-NOSE

www.gazoontite.com

Mission: Allergy

1(877)-NOALLERGY

www.missionallergy.com

National Allergy Supply

(800) 522-1448

www.nationalallergysupply.com

San Diego County Asthma Resource Directory Revision Form

Thank you for using the Asthma Resource Directory. In order to keep the information in this directory up to date, please let us know if any contact information or services are listed incorrectly. Send this form or a copy of the page(s) with errors to:

ASTHMA RESOURCE DIRECTORY
 American Lung Association of San Diego and Imperial Counties
 2750 Fourth Avenue San Diego, CA 92103
 (800) LUNG-USA
 Fax: (619) 297-8402
 info@lungsandiego.org
 (Subject: Asthma Resource Directory Revision)

Please correct the error on the following page number(s): _____

My organization's information has changed. Please update

My organization is not currently listed, but please include it in future editions.

Name of Agency: _____

Office/Location (if applicable): _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

Contact: _____

E-mail: _____ Website: _____

Languages: _____

	Organizations	Classes	Educational Materials & Outreach	Camps	Asthma Medication	Support Organizations & Professional Education	Screening/ Diagnosis/ Treatment/ Case Management	Services to K-12 Schools
Service:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Program Name: _____

Contact: _____

Phone: _____ Fax: _____

Description: _____

	Organizations	Classes	Educational Materials & Outreach	Camps	Asthma Medication	Support Organizations & Professional Education	Screening/ Diagnosis/ Treatment/ Case Management	Services to K-12 Schools
Service:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Program Name: _____

Contact: _____

Phone: _____ Fax: _____

Description: _____