Quitting smoking is not an easy task. The Tobacco Cessation Program at Stanford Health Care focuses on providing the latest comprehensive, individualized, evidence-based treatment to help patients quit smoking or tobacco. The Program is covered by most insurance plans (except MediCal) and includes:

- One-on-one meeting to build motivation and develop an individualized treatment plan
- Group behavioral therapy
- Mindfulness skills coaching
- Support and education
- Streamlined referral for nicotine replacement therapy and medications

**Director:** Matthew Kendra, PhD  
**Location:** Stanford University School of Medicine  
401 Quarry Road  
Stanford, CA

**For information call:** 650-498-9111  
Select option 2 to join

**Providers – Refer a patient in EPIC:**  
- Open **Order Entry**  
- Type "Smoking" or "Tobacco"  
- Select **Smoking** (Referral to Psychiatry)  
- Select the button: **Psychiatry-Tobacco Cessation Program**  
- Sign and close