



A teen Tobacco Prevention Resource Guide from the Youth Empowerment Program: Washington State Department of Health Tobacco Prevention & Control Program; The University of Washington, Teen Futures Media Network; American Cancer Society; and the American Lung Association of Washington

MISSION

To increase the number of youth involved in tobacco prevention efforts across Washington State.

ABOUT THIS GUIDE

Teen Tobacco prevention groups are listed first and are indicated with a ►. If a particular city or county does not have a tobacco prevention group then the tobacco coordinator or a school official for that county is listed.

CONTACT US

We tried to provide the most complete and updated list of groups and contacts for you. However, we may have missed one or two. If so, please contact us and we'll add you. If you find a misprint, be sure to contact us too!

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Funded by The Washington State Department of Health. Made possible through a grant of the American Legacy Foundation.

TEEN TOBACCO PREVENTION RESOURCE GUIDE

ADAMS

Contact: Karen Potts
Adams County Health District
City: Ritzville
Phone: (509) 659-3320

Contact: Marion Relp
American Lung Association of Washington
City: Spokane
Phone: (509) 325-6516

Contact: Kim Pickering
American Cancer Society
City: Spokane
Phone (509) 455-3440

Contact: Tricia Hughs
ESD 101
City: Spokane
Phone: (509) 789-3591

ASOTIN

Contact: Carrie Gurgel
Asotin County Health Department
City: Clarkston
Phone: (509) 758-3344

Contact: Carmel Donohue
Asotin County Health District
City: Clarkston
Phone: (509) 758-3344

Contact: Marion Relp
American Lung Association of Washington
City: Spokane
Phone: (509) 325-6516

Contact: Kim Pickering
American Cancer Society
City: Spokane
Phone (509) 455-3440

Contact: Diane Shepherd
ESD 123
City: Pasco
Phone: (509) 547-8441



TEEN TOBACCO PREVENTION RESOURCE GUIDE

BENTON

► Group Name: SHOUT (Students Helping Others Understand Tobacco)
Tobacco-Free Benton/Franklin Counties
Contact: Corey Wakeley
City: Kennewick
Phone: (509)-374-8742

Contact: Leslie Benoit
American Lung Association of Washington
City: Yakima
Phone: 509-248-4384

Contact: Sandy Wilson
American Cancer Society
City: Kennewick
Phone: (509) 735-5108

Contact: Dawn Johnson
American Heart Association
City: Kennewick

Contact: Diane Shepherd
ESD 123
City: Pasco
Phone: (509) 547-8441

CHELAN

► Group Name: Chelan-Douglas TOGETHER
Contact: Renee Hunter
City: Wenatchee
Phone: (509) 662-7201

Contact: Kay Sparks
Chelan-Douglas Health District
City: Wenatchee
Phone: (509) 886-6484

Contact: Leslie Benoit
American Lung Association of Washington
City: Yakima
Phone: (509) 248-4384

Contact: Kim Pickering
American Cancer Society
City: Spokane
Phone (509) 455-3440



TEEN TOBACCO PREVENTION RESOURCE GUIDE

CHELAN (CONT.)

Contact: Michael Lynch
ESD 171
City: Wenatchee
Phone: (509) 665-2631

CLALLAM

Contact: Rachel Anderson
Clallam County Health & Human Services Department
City: Port Angeles
Phone: (360) 565-2608

Contact: Cheryl McDonald
American Lung Association of Washington
City: Centralia
Phone: (360) 807-0112

Contact: Kristin Schutte
ESD 114
City: Bremerton
Phone: (360) 405-5833

CLARK

► Group Name: BREATHE
Contact: James Kisse
City: Vancouver
Phone: (360) 397-8214

► Group Name: TATU (Teens Against Tobacco Use)
Contact: James Kisse
City: Vancouver
Phone: (360) 397-8214

► Group Name: STAND
Contact: Maureen McDaid-Fraizer
City: Vancouver
School: Alki Middle School
Phone: (360) 313-3200

► Group Name: Dry River Prevention Club
School: Columbia River High School
Contact: Dinah Brosius
City: Vancouver
Phone: (360) 313-3900



TEEN TOBACCO PREVENTION RESOURCE GUIDE

CLARK (CONT.)

► Group Name: Skyview Prevention Club
School: Skyview High School
Contact: Dinah Brosius
City: Vancouver
Phone: (360) 313-3900

► TATU (Teens Against Tobacco Use)
Contact: Diana Nulliner
School: Battleground School District
City: Battleground
Phone: (360) 885-6579

► TATU (Teens Against Tobacco Use)
Contact: Annie Voakes
School: Washougal High School
City: Washougal
Phone: (360) 954-3100 x3113

► TATU (Teens Against Tobacco Use)
Contact: Shannon Lwai
School: La Center High School
City: La Center
Phone: (360) 263-1770

► TATU (Teens Against Tobacco Use)
Contact: LaMont Woods
School: Ridgefield High School
City: Ridgefield
Phone: (360) 887-0220

► TATU (Teens Against Tobacco Use)
Contact: Fae Jackson
School: Hudson's Bay High School
City: Vancouver
Phone: (360) 313-4400

► TATU (Teens Against Tobacco Use)
Contact: Glenn Hartman
School: Camas High School
City: Camas
Phone: (360) 817-4441

► TATU (Teens Against Tobacco Use)
Contact: Marty Maharg
School: Fort Vancouver High School
City: Vancouver
Phone: (360) 313-4008



TEEN TOBACCO PREVENTION RESOURCE GUIDE

CLARK (CONT.)

► TATU (Teens Against Tobacco Use)
Contact: Pat Orr
School: Evergreen High School
City: Vancouver
Phone: (360) 604-3701

Contact: Therese Falkner
Southwest Regional Health District
City: Vancouver
Phone: (360) 397-8215

Contact: Cheryl McDonald
American Lung Association of Washington
City: Centralia
Phone: (360) 807-0112

Contact: Erin Wilson
American Cancer Society
City: Portland, Oregon
Phone: (503) 295-6422

Contact: Paul Davis
ESD 112
City: Vancouver
Phone: (360) 750-7500

COLUMBIA

Contact: Vicki Hodgson
Columbia County Public Health District
City: Dayton
Phone: (509) 382-2181

Contact: Cheryl McDonald
American Lung Association of Washington
City: Centralia
Phone: (360) 807-0112

Contact: Marion Relp
American Lung Association of Washington
City: Spokane
Phone: (509) 325-6516

Contact: Sandy Wilson
American Cancer Society
City: Kennewick
Phone: (509) 735-5108



TEEN TOBACCO PREVENTION RESOURCE GUIDE

COLUMBIA (CONT.)

Contact: Catherine Altenon
Columbia County Action Committee
City: Dayton
Phone: (509) 382-2527

Contact: Diane Shepherd
ESD 123
City: Pasco
Phone: (509) 547-8441

COWLITZ

► Group Name: SLAAM (Student Leaders Advocating Anti-Tobacco Messages)
Contact: Shellee Brassard
City: Kelso
Phone: (360) 442-2841

► Group Name: SADD (Students Against Destructive Decisions)
School: Kelso High School/ Kalama High School
Contact: Kara Seaman
Phone: (360) 501-1800

► Group Name: Cowlitz Substance Abuse Coalition
Contact: Shannon Lenhard
City: Kelso
Phone: (360) 577-3041

Contact: Cheryl McDonald
American Lung Association of Washington
City: Centralia
Phone: (360) 807-0112

Contact: Erin Wilson
American Cancer Society
City: Portland, Oregon
Phone: (503) 295-6422

Contact: Paul Davis
ESD 112
City: Vancouver
Phone: (360) 750-7500

DOUGLAS

► Group Name: Chelan-Douglas TOGETHER
Contact: Renee Hunter
City: Wenatchee
Phone: (509) 662-7201



TEEN TOBACCO PREVENTION RESOURCE GUIDE

DOUGLAS (CONT.)

Contact: Kay Sparks
Chelan-Douglas Health District
City: Wenatchee
Phone: (509) 886-6484

Contact: Leslie Benoit
American Lung Association of Washington
City: Yakima
Phone: (509) 248-4384

Contact: Kim Pickering
American Cancer Society
City: Spokane
Phone: (509) 455-3440

Contact: Michael Lynch
ESD 171
City: Wenatchee
Phone: (509) 665-2631

FERRY

Contact: Tricia Hughs
ESD 101
City: Spokane
Phone: (509) 789-3591

FRANKLIN

► Group Name: SHOUT (Students Helping Others Understand Tobacco)
Tobacco-Free Benton/Franklin
Contact: Corey Wakely
Phone: (509)-374-8742

Contact: Leslie Benoit
American Lung Association of Washington
City: Yakima
Phone: (509) 248-4384

Contact: Sandy Wilson
American Cancer Society
City: Kennewick
Phone: (509) 735-5108

Contact: Dawn Johnson
American Heart Association
City: Kennewick
Phone: (509) 582-9001



TEEN TOBACCO PREVENTION RESOURCE GUIDE

FRANKLIN (CONT.)

Contact: Diane Shepherd
ESD 123
City: Pasco
Phone: (509) 547-8441

GARFIELD

Contact: Rachel Gwinn
Garfield County Health District
City: Pomeroy
Phone: (509) 843-3412

Contact: Marion Relp
American Lung Association of Washington
City: Spokane
Phone: (509) 325-6516

Contact: Mary Kibbe
American Cancer Society
City: Spokane
Phone: (509) 455-3440

Contact: Diane Shepherd
ESD 123
City: Pasco
Phone: (509) 547-8441

GRANT

Contact: Leslie Benoit
American Lung Association of Washington
City: Yakima
Phone: (509) 248-4384

Contact: Cynthia Swan
ESD 171 – Tobacco Coordinator
City: Moses Lake
Phone: (509) 766-2662

Contact: Mike Lynch
ESD 171
City: Wenatchee
Phone: (509) 665-2610

Contact: Kim Pickering
American Cancer Society
City: Spokane
Phone: (509) 455-3440



GRANT (CONT.)

Contact: Alana Tebow
Grant County Health District
City: Ephrata
Phone: (509) 754-6060

GRAYS HARBOR

Contact: Pat Meldrich
Grays Harbor Health Department
City: Aberdeen
Phone: (360) 532-8665

Contact: Cheryl McDonald
American Lung Association of Washington
City: Centralia
Phone: (360) 807-0112

Contact: Sarah Miller
American Cancer Society
City: Tacoma
Phone: (253) 272-5767

Contact: Rob Vincent
ESD 113
City: Olympia
Phone: (360) 586-4037

ISLAND

Contact: Sandy Aikins
Island County Health Department
City: Coupeville
Phone: (360) 679-7350 x7461

Contact: Lyndie Case
ESD 189
City: Mt. Vernon
Phone: (360) 416-2330

Contact: Kim Burkey
American Lung Association of Washington
City: Seattle
Phone: (206) 441-3277

Contact: Mandy Eberts
American Cancer Society
City: Everett
Phone: (425) 741-8949



JEFFERSON

Contact: Cheryl McDonald
American Lung Association of Washington
City: Centralia
Phone: (360) 807-0112

Contact: Sarah Miller
American Cancer Society
City: Tacoma
Phone: (253) 272-5767

Contact: Kellie Ragan
Jefferson County Health & Human Services
City: Port Townsend
Phone: (360) 385-9400

Contact: Kristin Schutte
ESD 114
City: Bremerton
Phone: (360) 405-5833

KING

► Group Name: Redmond Youth Partnership
Contact: Teresa Nero
City: Redmond
Phone: (425) 556-0421

► East King County Tobacco Youth Coalition
Contact: Jennifer Velotta
City: Seattle
Phone: (206) 722-4222

► West King County Tobacco Youth Coalition
Contact: Jennifer Velotta
City: Seattle
Phone: (206) 722-4222

► Kent Police Game of Life Youth Board/ South King County Tobacco Youth Coalition
Contact: Stacy Judd
City: Kent
Phone: (253-) 856-5883

► Group Name: Kirkland Youth Council
Contact: Regula Schubiger
City: Kirkland
Phone: (425) 803-2830



TEEN TOBACCO PREVENTION RESOURCE GUIDE

KING (CONT.)

Contact: Scott Neal
Public Health Seattle King County
City: Seattle
Phone: (206) 296-7613

Contact: Kim Burkey
American Lung Association of Washington
City: Seattle
Phone: (206) 441-3277

Contact: Mandy Eberts
American Cancer Society
City: Everett
Phone: (425) 741-8949

Contact: Colin James
Public Health Seattle King County
City: Seattle
Phone: (206) 296-7613

KITSAP

► Group Name: S.T.A.N.D. (Stop Tobacco Addiction Now Do It!)
Contact: Shelley Smith-Rose
City: Bremerton
Phone: (360) 337-5235

► Group Name: TATU (Teens Against Tobacco Use)
Contact: Shelley Smith-Rose
City: Bremerton
Phone: (360) 337-5235

► Group Name: Bremerton S.A.D.D. (Students Against Destructive Decisions)
School: North Kitsap High School
Contact: Joanne Salwei
Phone: (360) 598-8531

Contact: Doris Ahrens
North Kitsap High School
City: Poulsbo
Phone: (360) 598-8404

Contact: JoAnn Salwei
North Kitsap High School
City: Poulsbo
Phone: (360) 598-8404

Contact: Melinda Harmon
Kitsap County Health District
City: Bremerton
Phone: (360) 337-5235



TEEN TOBACCO PREVENTION RESOURCE GUIDE

KITSAP (CONT.)

Contact: Kim Burkey
American Lung Association of Washington
City: Seattle
Phone: (206) 441-3277

Contact: Sarah Miller
American Cancer Society
City: Tacoma
Phone: (253) 272-5767

Contact: Kristin Schutte
ESD 114
City: Bremerton
Phone: (360) 405-5833

KITTITAS

Contact: Sandy Wilson
American Cancer Society
City: Kennewick
Phone: (509) 737-9702

Contact: Leslie Benoit
American Lung Association of Washington
City: Yakima
Phone: (509)248-4384

Contact: Ann Riley
Kittitas County Health Department
City: Ellensburg
Phone: (509) 962-7003

Contact: Sarah Bedsaul
Kittitas County Health Department
City: Ellensburg
Phone: (509) 962-7680



KLICKITAT

► Group Name: Goldendale High School Awareness Boosters
Klickitat County Health Department
Contact: Stacy Doss
City: White Salmon
Phone: (509) 493-6243

Contact: Leslie Benoit
American Lung Association of Washington
City: Yakima
Phone: 509-248-4384

TEEN TOBACCO PREVENTION RESOURCE GUIDE

KLICKITAT (CONT.)

Contact: Mary Kibbe
American Cancer Society
City: Spokane
Phone: (509) 455-3440

Contact: Susan Martin
ESD 105
City: Yakima
Phone: (509) 575-2885

LEWIS

Contact: Carl Erickson
Lewis County Social Services
City: Chehalis
Phone: (360) 740-1489

Contact: Sarah Miller
American Cancer Society
City: Tacoma
Phone: (253) 272-5767

Contact: Cheryl McDonald
American Lung Association of Washington
City: Centralia
Phone: (360) 807-0112

Contact: Rob Vincent
ESD 113
City: Olympia
Phone: (360) 586-4037

LINCOLN

Contact: Susan Boyk
Lincoln County Health Department
City: Davenport
Phone: (509) 725-1001

Contact: Marion Relp
American Lung Association of Washington
City: Spokane
Phone: (509) 325-6516

Contact: Mary Kibbe
American Cancer Society
City: Spokane
Phone: (509) 455-3440



TEEN TOBACCO PREVENTION RESOURCE GUIDE

LINCOLN (CONT.)

Contact: Tricia Hughs
ESD 101
City: Spokane
Phone: (509) 789-3591

MASON

Contact: Mary Dussol
Mason County Health Department
City: Shelton
Phone: (360) 427-9670

Contact: Sarah Miller
American Cancer Society
City: Tacoma
Phone: (253) 272-5767

Contact: Cheryl McDonald
American Lung Association of Washington
City: Centralia
Phone: (360) 807-0112

Contact: Rob Vincent
ESD 113
City: Olympia
Phone: (360) 586-4037

OKANOGAN

► Group Name: Oroville Prevention Team
Contact: Ramie Hansen
City: Orville
Phone: (509) 476-3332

Contact: Charlene Cardoza
ESD 171 - Tobacco Coordinator
City: Brewster
Phone: (509) 689-3440

Contact: Leslie Benoit
American Lung Association of Washington
City: Yakima
Phone: 509-248-4384

Contact: Kim Pickering
American Cancer Society
City: Spokane
Phone (509) 455-3440



TEEN TOBACCO PREVENTION RESOURCE GUIDE

OKANOGAN (CONT.)

Contact: Madge Vandervort
Okanogan County Health District
City: Okanogan
Phone: (509) 422-7156

Contact: Mike Lynch
ESD 171
City: Wenatchee
Phone: (509) 665-2610

PACIFIC

Contact: Cheryl McDonald
American Lung Association of Washington
City: Centralia
Phone: (360) 807-0112

Contact: Kathy Spoor
Pacific County Health & Human Services
City: South Bend
Phone: (360) 875-9343

Contact: Sarah Miller
American Cancer Society
City: Tacoma
Phone: (253) 272-5767

Contact: Rob Vincent
ESD 113
City: Olympia
Phone: (360) 586-4037



PEND OREILLE

►Group Name: Teens Against Tobacco Use (TATU)
School: Newport High
Contact: Harvey Burman
Phone: (509) 447-0656 x1512

Contact: Marion Relp
American Lung Association of Washington
City: Spokane
Phone: (509) 325-6516

Contact: Mary Kibbe
American Cancer Society
City: Spokane
Phone: (509) 455-3440

TEEN TOBACCO PREVENTION RESOURCE GUIDE

PEND OREILLE (CONT.)

Contact: Tricia Hughs
ESD 101
City: Spokane
Phone: (509) 789-3591

Contact: Angie Jones
Northeast Tri-County Health District
City: Colville
Phone: (509) 684-5048

Contact: Darlene Zacherle
Colville Confederated Tribes
City: Nespelem
Phone: (509) 634-2938

PIERCE

►Group Name: Pierce County LITE
Contact: George Hermosillo
City: Tacoma
Phone: (253) 798-7664

Contact: Cheryl McDonald
American Lung Association of Washington
City: Centralia
Phone: (360) 807-0112

Contact: Sarah Miller
American Cancer Society
City: Tacoma
Phone: (253) 272-5767

SKAGIT

►Group Name: H.E.A.T.
Contact: Carol Hawk
City: Mount Vernon
Phone: (360) 856-7383

Contact: Kim Burkey
American Lung Association of Washington
City: Seattle
Phone: (206) 441-3277

Contact: Mandy Eberts
American Cancer Society
City: Everett
Phone: (425) 741-8949



TEEN TOBACCO PREVENTION RESOURCE GUIDE

SKAGIT (CONT.)

Contact: Lyndie Case
ESD 189
City: Mt. Vernon
Phone: (360) 416-2330

SKAMANIA

► Group Name: Stevenson High School Natural Helpers
School: Stevenson High School
Contact: Heather Hoffberger
City: Stevenson
Phone: (509) 427-5631

► Group Name: TATU (Teens Against Tobacco Use)
Contact: James Kissee
City: Vancouver
Phone: (360) 397-8214

Contact: Cheryl McDonald
American Lung Association of Washington
City: Centralia
Phone: (360) 807-0112

Contact: Erin Wilson
American Cancer Society
City: Portland, Oregon
Phone: (503) 395-6422

Contact: Paul Davis
ESD 112
City: Vancouver
Phone: (360) 750-7500



SNOHOMISH

Contact: Eloise Gray
Snohomish Health District
City: Everett
Phone: (425) 339-5230

Contact: Kim Burkey
American Lung Association of Washington
City: Seattle
Phone: (206) 441-3277

Contact: Mandy Eberts
American Cancer Society
City: Everett
Phone: (425) 741-8949

TEEN TOBACCO PREVENTION RESOURCE GUIDE

SNOHOMISH (CONT.)

Contact: Lyndie Case
ESD 189
City: Mt. Vernon
Phone: (360) 416-2330

Contact: Cheryl Combest
Snohomish Health District
City: Everett
Phone: (425) 339-8680

Contact: Mandi George
Snohomish Health District
City: Everett
Phone: (425) 339-5279

Contact: Patrice Van Duine
Edmonds School District
City: Lynnwood
Phone: (425) 670-7311

SPOKANE

► Group Name: STAT (Spokane Teens Against Tobacco)
Contact: Travis Terry
Spokane Regional Health District
City: Spokane
Phone: (509) 324-1504

► Group Name: STAT (Spokane Teens Against Tobacco)
Contact: Jennifer Polello
Spokane Regional Health District
City: Spokane
Phone: (509) 324-1553

► Group Name: S.A.D.D (Students Against Destructive Decisions)
Contact: Chrissy Riddle
City: Spokane
Phone: (509) 228-5178

Contact: Marion Relp
American Lung Association of Washington
City: Spokane
Phone: (509) 325-6516

Contact: Kim Pickering
American Cancer Society
City: Spokane
Phone: (509) 455-3440



TEEN TOBACCO PREVENTION RESOURCE GUIDE

SPOKANE (CONT.)

Contact: Tricia Hughs
ESD 101
City: Spokane
Phone: (509) 789-3591

STEVENS

Contact: Marion Relph
American Lung Association of Washington
City: Spokane
Phone: (509) 325-6516

Contact: Kim Pickering
American Cancer Society
City: Spokane
Phone (509) 455-3440

Contact: Tricia Hughs
ESD 101
City: Spokane
Phone: (509) 789-3591

Contact: Darlene Zacherle
Colville Confederated Tribes
City: Nespelem
Phone: (509) 634-2938

Contact: Angie Jones
Northeast Tri-County Health District
City: Colville
Phone: (509) 684-5048

THURSTON

►Group Name: SPLAT!/Tobacco Free Thurston County (Students Protesting Lies About Tobacco)

Contact: Heather Siemers
City: Lacey
Phone: (360) 493-2230 x19

Contact: Cheryl McDonald
American Lung Association of Washington
City: Centralia
Phone: (360) 807-0112

Contact: Sarah Miller
American Cancer Society
City: Tacoma
Phone: (253) 272-5767



TEEN TOBACCO PREVENTION RESOURCE GUIDE

THURSTON (CONT.)

Contact: Diana Johnson
Thurston County Health Department
City: Olympia
Phone: (360) 786-5581

Contact: Rob Vincent
ESD 113
City: Olympia
Phone: (360) 586-4037

WAHKIAKUM

►Group Name: TOWN (Tobacco's Own Worst Nightmare)

Contact: Linda Hartung
City: Cathlamet
Phone: (360) 795-8630

Contact: Cheryl McDonald
American Lung Association of Washington
City: Centralia
Phone: (360) 807-0112

Contact: Erin Wilson
American Cancer Society
City: Portland, Oregon
Phone: (503) 295-6422

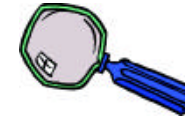
Contact: Paul Davis
ESD 112
City: Vancouver
Phone: (360) 750-7500

WALLA WALLA

Contact: Susann Bassham
Walla Walla Health Department
City: Walla Walla
Phone: (509) 527-3290

Contact: Caroline Padilla
Walla Walla Health Department
City: Walla Walla
Phone: (509) 527-3290

Contact: Marion Relph
American Lung Association of Washington
City: Spokane
Phone: (509) 325-6516



TEEN TOBACCO PREVENTION RESOURCE GUIDE

WALLA WALLA (CONT.)

Contact: Sandy Wilson
American Cancer Society
City: Kennewick
Phone: (509) 735-5108

Contact: Diane Shepherd
ESD 123
City: Pasco
Phone: (509) 547-8441

Contact: Stan Ledington
Walla Walla General Hospital
City: Walla Walla
Phone: (509) 527-8193

WHATCOM

► Group Name: SWAT (Students of Whatcom Against Tobacco)
Contact: Alyssa Hammer
City: Bellingham
Phone: (360) 676-6829

Contact: Kim Burkey
American Lung Association of Washington
City: Seattle
Phone: (206) 441-3277

Contact: Mandy Eberts
American Cancer Society
City: Everett
Phone: (425) 741-8949

Contact: Lyndie Case
ESD 189
City: Mt. Vernon
Phone: (360) 416-2330

WHITMAN

Contact: Tricia Hughs
ESD 101
City: Spokane
Phone: (509) 789-3591

Contact: Marion Relp
American Lung Association of Washington
City: Spokane
Phone: (509) 325-6516



TEEN TOBACCO PREVENTION RESOURCE GUIDE

WHITMAN (CONT.)

Contact: Kim Pickering
American Cancer Society
City: Spokane
Phone: (509) 455-3440

Contact: Jackie Klossner
Whitman County Public Health
City: Colfax
Phone: (509) 397-6280

YAKIMA

► Group Name: Yakima Substance Abuse Coalition
Contact: Steve Magallan
City: Yakima
Phone: (509) 575-6114

► Group Name: Youth Program Coalition
Contact: Carlos Maya
City: Sunnyside
Phone: (509) 837-2275

► Group Name: Migrant Youth
Contact: David Rodriguez
City: Sunnyside
Phone: (509) 836-7500

Contact: Leslie Benoit
American Lung Association of Washington
City: Yakima
Phone: (509) 248-4384

Contact: Sandy Wilson
American Cancer Society
City: Kennewick
Phone: (509) 735-5108

Contact: Susan Martin
ESD 105
City: Yakima
Phone: (509) 575-2885



**WASHINGTON STATE TOBACCO PREVENTION
TRIBAL CONTACTS**

Chehalis
Contact: John Mackey
City: Oakville
Phone: (360) 273-5595

Colville Confederated Tribes
Contact: Darlene Zacherle
City: Nespelam
Phone: (509) 634-2938

Jamestown S'Kallam Tribe
Contact: Kim Kettel
City: Sequim
Phone: (360) 681-3417

Lower Elwha Klallam Tribe
Contact: Sue Hynes
City: Port Angeles
Phone: (360) 452-8471

Lummi Nation
Contact: Kathy Charles
City: Bellingham
Phone: (360) 384-0464

Makah Tribe
Contact: Andrew Winck
City: Neah Bay
Phone: (360) 645-3297

Noosak Tribe
Contact: Judith Leyva
City: Deming
Phone: (360) 592-4081

Port Gamble S'Klallam Tribe
Contact: Chris Zipperer
City: Kingston
Phone: (360) 297-6265

Puyallup Tribe
Contact: Nancy McKindsey
City: Tacoma
Phone: (253) 593-0232



**WASHINGTON STATE TOBACCO PREVENTION
TRIBAL CONTACTS (CONT.)**

Quileute Tribe
Contact: Sharon Penn
City: La Push
Phone: (360) 374-4306

Quinault Tribe
Contact: Anrew Awoniya
City: Taholah
Phone: (360) 856-7383

Samish Tribe
Contact: Susan Dunthorne
City: Anacortes
Phone: (360) 293-6416

Sauk Suiattle Tribe
Contact: Norma Joseph
City: Darrington
Phone: (360) 436-1124

Shoalwater Bay Tribe
Contact: Marcia Crane
City: Tokeland
Phone: (800) 633-5218

Skokomish Tribe
Contact: Marcia Crane
City: Shelton
Phone: (360) 426-7788

Snoqualmie Tribe
Contact: Marie Ramirez
City: Carnation
Phone: (425) 222-6900

Spokane Tribe
Contact: Julie Havens
City: Wellpinit
Phone: (509) 258-7502

Squaxin Island Tribe
Contact: Michelle Wiley
City: Shelton
Phone: (360) 701-1596



WASHINGTON STATE TOBACCO PREVENTION TRIBAL CONTACTS (CONT.)

Stellagumish Tribe
Contact: Tom Ashley
City: Arlington
Phone: (360) 435-9338

Suquamish Tribe
Contact: Linda Holt
City: Suquamish
Phone: (360) 394-5286

Swinomish Tribe
Contact: Barbara James
City: LaConner
Phone: (360) 466-7202

Upper Skagit Tribe
Contact: Jessica Ingram
City: Sedro Woolley
Phone: (360) 856-3570

Yakima Tribe
Contact: Joyce Redhunder
City: Toppenish
Phone: (509) 865-5121



DON'T SEE A TOBACCO PREVENTION GROUP LISTED IN YOUR AREA? FOLLOW THESE SIMPLE STEPS TO START YOUR OWN GROUP

- **Decide what you are concerned about**
 - Brainstorm what it is that you want to accomplish. For example, are you concerned about kids being exposed to second hand smoke? Or are you concerned about retailers in your community selling cigarettes to minors?
- **Think about the ideal solution for your problem**
 - Once you know what you want to accomplish, it's important to know how to go about achieving it. Decide on some action steps.
- **List some obstacles you might think might stand in your way**
 - Examples might include lack of funding, encountering people who aren't interested in your concern, or uncertainty about achieving your goals.
- **Start recruiting members for your group.**
 - Choose an adult partner
 - Find other like-minded people who share your concern
 - Develop a flyer or poster that is teen-friendly to help with recruitment.
 - Recruit members from schools, churches, community groups, etc.
- **Getting organized & focused**
 - Decide on a name for your group
 - Develop a mission statement for your group
- **Your first official meeting**
 - Develop an agenda
 - Set a time, date, and a location to meet
 - Develop a contact list of everyone in your group
 - Come up with the basics (Define what it is you are going to do, things you want to accomplish, possible activities to help you accomplish your goals, etc.)
- **Skills & Training**
 - Determine individual strengths and areas that need work
 - Spend time developing your group as a team -- get to know each other!
 - Get training from other members of the group or adults in your community
- **Start doing things**
 - Yes, this means work, but it will be fun and will bring one step closer to reaching the goals of the group.
 - Get some press – be sure your group gets recognized for their work in the community.
- **Reward yourself!**
 - Make sure your group makes time to recognize its success and victories. This will keep momentum going...and going...and going...

TOBACCO PREVENTION WEB RESOURCES

WASHINGTON STATE

AMERICAN CANCER SOCIETY (<http://www.cancer.org>)

The American Cancer Society (ACS) is a nationwide community-based volunteer health organization that engages youth through its Speak Out! Youth Initiative project. The Speak Out! Youth Initiative provides youth, and the adults who support them, with training and opportunities to influence real-world issues that make a difference in saving lives. Speak Out! Youth help kick tobacco to the curb through a variety of leadership opportunities.

**AMERICAN LUNG ASSOCIATION OF WASHINGTON (<http://alaw.org>)**

The American Lung Association of Washington fights lung disease in all its forms, with special emphasis on asthma, tobacco control and environmental health. ALA also works with youth on Teens Against Tobacco Use (TATU), a peer-teaching tobacco prevention program aimed at youth and Not On Tobacco (N-O-T), a smoking cessation program for teens.

OUTRAGE AVENUE (<http://www.outrageavenue.com/>)

Take a ride and explore the Washington State Department of Health's youth tobacco prevention Web site. While there, watch Unfiltered, the Web-based reality show, that brings together five tobacco-using teens from across Washington state for an adventure filled weekend in Seattle. The catch? They have to kick their tobacco habits cold turkey.

TEEN HEALTH AND THE MEDIA (<http://www.teenhealthandthemedial.org>)

Teen Futures Media Network at the University of Washington and the Washington State Department of Health have joined forces to provide excellent resources for teens that focus on teen health issues, particularly in the context of media. For example, teens visiting the site learn how the tobacco industry targets them through advertising and sports sponsorship, as well as how they can make their own media messages about violence prevention and abstinence.

TOBACCO FREE BENTON-FRANKLIN COUNTIES (<http://www.tobacco-free.net/>)

Visit the Tobacco Free Benton-Franklin Counties Web site to find out what is happening concerning tobacco prevention in Benton and Franklin counties. Also, visitors can meet the staff and youth can learn how to join SHOUT (Students Helping Others Understand Tobacco), a teen tobacco prevention group.

TOBACCO FREE SKAGIT (<http://www.tobaccofreeskagit.org/>)

While visiting this informative Web site, you will learn about upcoming tobacco prevention/cessation events happening in Skagit County, as well as the names and locations of smoke-free restaurants in the area. Be sure to visit the youth-developed HEAT section of the Web site to learn about the local youth tobacco prevention coalition.

WASHINGTON STATE DEPARTMENT OF HEALTH (<http://www.doh.wa.gov/tobacco>)

The Washington State Department of Health was formed in 1989 as Washington State's agency responsible for preserving public health. The agency carries this mission out through monitoring health care costs, maintaining minimal standards for quality health care delivery, and planning activities related to the health of its citizens.

NATIONAL

ADBUSTERS/MEDIA FOUNDATION (<http://www.adbusters.org>)

Located in Vancouver BC, Canada, Adbusters is concerned about the erosion of our physical and cultural environments by commercial forces. They publish Adbusters magazine, which examines the impact of media on society. Their anti-ads and uncommercials have become famous.

ADFLIP (<http://www.adflip.com>)

The Adflip Web site provides a huge database of advertisements dating back to the 1940s. Advertisements can be printed. There is a large selection of current and early tobacco advertisements.

AMERICAN LEGACY FOUNDATION (<http://www.americanlegacy.org>)

The American Legacy Foundation is a national, independent health organization established by the 1998 tobacco settlement to challenge tobacco use in the United States. Legacy initiated a tobacco prevention program aimed at youth known as TRUTH.

JOE CHEMO (<http://www.jochemo.org>)

A fun, yet informative Web site featuring everyone's favorite tobacco prevention character, Joe Chemo. At this Web site you will can get statistics about the Joe Camel advertising campaign, take an online survey to test your tobacco IQ, and send a Joe Chemo E-Card to your friends and family.

JEFFREY WIGAND PH.D. – THE INSIDER (<http://www.jeffreywigand.com/insider/>)

The 1999 film, The Insider, documents Dr. Jeffrey Wigand's experiences as a former tobacco company researcher who made headlines after he exposed the corruption of his former employer. This site offers audio and video clips of Dr. Wigand's interviews and gives information regarding his new profession, educating kids about the dangers of tobacco.

INFAC T (<http://www.infact.org>)

Started in 1971, Infact is a national grassroots organization. Infact is best known for its successful Nestle and GE Boycott Campaigns, and its new film Making a Killing, a documentary showcasing how tobacco giant Philip Morris has conspired to hook children on tobacco and keep governments from protecting public health on an international level.

SMOKE FREE MOVIES (<http://smokefreemovies.ucsf.edu/>)

This Web site offers information about smoking in movies, listing of actors who smoke in movies, and secret documents revealing actors who received payment for smoking in movies.

THE SIMPSON SMOKING ARCHIVE (<http://www.snpp.com/guides/smoking.simpsons.html>)

An up-to-date listing of Simpson episodes that contained smoking or smoking references.

NATIONAL CENTER FOR TOBACCO FREE KIDS (<http://www.tobaccofreekids.org/>)

This non-government-based initiative has a section dedicated to tobacco marketing and kids. It also contains links and information about all the current issues in the fight against tobacco. Don't forget to order their free Kick Butts Day activity guide as it is full of tobacco activism ideas for kids.



TEEN TOBACCO PREVENTION RESOURCE GUIDE

NEW MEXICO MEDIA LITERACY PROJECT (NMMLP) (<http://www.medialiteracyusa.org/>)

This grassroots, non-profit organization has been recognized nationally for its work in media literacy, particularly in tobacco prevention. The site contains a list of available resources, including two CD-ROMs and curriculum materials, as well as deconstruction examples and other free information.

SLAM! (<http://www.slammusic.com>)

This 15-minute video presents the compelling story of a courageous woman who stood up to the tobacco industry by creating an anti-tobacco music movement.

STAY FREE MAGAZINE (<http://www.stayfreemagazine.org>)

Stayfree is both an online and print magazine that uncovers and critiques the ubiquity of advertising in our culture. The magazine frequently features critiques of the tobacco industry.

TOBACCO BBS (<http://www.tobacco.org/>)

Tobacco BBS is a free resource center focusing on tobacco and smoking issues, including issues concerning youth. The site features comprehensive tobacco news, information, and alerts on tobacco control issues.

TRUTH CAMPAIGN (<http://www.thetruth.com>)

This campaign, started in Florida and funded by the American Legacy Foundation, seeks to reduce teen smoking through powerful advertisements and youth involvement. Designed to be appealing to youth, it contains information about tobacco companies and ways that students can take action.

Did we forget your Web site? Or do you know of one that we should add? Let us know!

Email: thmedia@u.washington.edu

