

N SMOKE FREE SIGNALS NEWSLETTER

This is a free notification service that provides the latest on commercial and traditional tobacco news, events, topics and successes.

Friday, October 14, 2022



MISSION AND CORE VALUES

TO PROVIDE COMMERCIAL TOBACCO SECONDHAND SMOKE AWARENESS AND RESOURCES TO NEW MEXICO TRIBAL COMMUNITIES, IMPROVING HEALTH OUTCOMES

WELCOME TO OUR BIWEEKLY NEWSLETTER

Smoke Free Signals would like to welcome you to our October biweekly newsletter. We strive to provide content about secondhand smoke prevention and free resources that will support your smoke-free and vape-free initiatives.

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Increasing Cessation in Tribal Communities

Did you know that many tribal community members want to quit using commercial tobacco, but have little success? Unfortunately, many tribal members have little success in quitting commercial tobacco due to numerous reasons. These challenges include: geographical location, technology limitations, communication barriers, relationships with healthcare professionals, being underinsured or uninsured, and access to adequate cessation services. In efforts to support tobacco cessation, it's essential for Tribal Leaders and Tribal Health Services to use culturally tailored protocols and approaches to promote a commercial tobacco-free lifestyle. These tailored steps include: **promoting health systems change by integrating treatment into routine clinical care, improving insurance coverage for evidence-based cessation treatment, and connecting tribal members to state tobacco quitlines.**

ADAPTING THE 5 A's IN NATIVE HEALTH SYSTEMS

ASK about commercial tobacco use

- Identify appropriate communication styles, such as formal or informal.
- Be respectful in how you ask and be mindful of cultural and social norms.

ADVISE to quit

- Learn about commercial tobacco use in the community, so you can educate others on the dangers of commercial tobacco.
- Understand how traditional tobacco is used in the community. Talk to an elder or community member to learn about traditional tobacco use.

ASSESS readiness to quit

- Use motivational interviewing to learn about clients' values, beliefs, and reasons for quitting.

ASSIST the quit attempt

- Draw on the patient's values like personal strength, family support, traditional practices, or community involvement.
- Think about existing cessation resources in your community and how you can help your clients access them.

ARRANGE follow-up

- Confirm contact information and identify best way to follow-up with clients, such as texting.

For more information visit:

<https://www.cdc.gov/tobacco/stateandcommunity/guides/pdfs/native-communities-508.pdf>

Tribal Program Highlight

Coalition to Stop Violence Against Native Women

Smoke Free Signals would like to recognize and highlight the outstanding initiatives of the [Coalition to Stop Violence Against Native Women \(CSVANW\)](#). The organization's primary mission is to stop violence against Indigenous women and children by advocating for social change in tribal communities. The organization was founded in 1966 by three Indigenous women, Peggy Bird (Kewa), Darlene Correa (Laguna Pueblo), and Genne James (Navajo Nation). Through different initiatives, the organization strives to provide support to advocates working in domestic violence, sexual assault, dating violence, stalking and sex trafficking in New Mexico tribal communities.



CSVANW focuses on providing policy support, conducting outreach, technical assistance, raising awareness, ensuring that tribal communities are represented in different capacities, and collaborating with other tribal programs and organizations. As a movement, CSVANW works to mobilize different communities to end violence and allow them to grow as a healthier community.

CSVANW has four main areas of focus:



Training



Technical Assistance



Policy Advocacy



Support

The approach CSVANW takes is informed by one fundamental value: work to engage tribal communities and community solutions organically through developing meaningful and authentic partnerships and relationships based on respect.

In recognition of October being Domestic Violence Awareness Month, CSVANW is hosting the “I Will Run For Them Hybrid 5K” to honor the resilience, strength, and spirit of Indigenous relatives that are impacted by domestic violence. This year’s event will include an in-person and virtual event. In addition, the FREE 5K event will include an opening prayer, speakers, announcements, and a group stretching session before the run/walk/jog/move. [CLICK HERE](#) to register.

OCTOBER 22 & 23, 2022



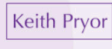
COALITION to STOP
VIOLENCE AGAINST
NATIVE WOMEN

I WILL RUN FOR THEM HYBRID 5K



#IWILLRUNFORTHEM
#DYAM2022
#HONORINGCYCLEBREAKERS

Sponsors:



Upcoming Opportunities

A purple poster for an Indigenous Panel on Traditional Values. On the left is a stylized illustration of a Native American woman in a red top and grey skirt. The text on the poster includes: "OCTOBER 2022 DOMESTIC VIOLENCE AWARENESS MONTH", "COALITION to STOP VIOLENCE AGAINST NATIVE WOMEN", "INDIGENOUS PANEL on TRADITIONAL VALUES", "Wednesday, October 26, 2022", "VIRTUAL | 10AM - 12:30PM (MT)", "More information coming soon!", "SAVE --THE-- DATE", "HONORING CYCLE BREAKERS", and a yellow footer with "#DVAM2022 | #HonoringCycleBreakers | #BreakTheSilence".

OCTOBER 2022
DOMESTIC VIOLENCE AWARENESS MONTH

COALITION to STOP
VIOLENCE AGAINST
NATIVE WOMEN

INDIGENOUS PANEL
on **TRADITIONAL VALUES**

Wednesday, October 26, 2022
VIRTUAL | 10AM - 12:30PM (MT)

More information coming soon!

SAVE --THE--
DATE

HONORING
CYCLE
BREAKERS

#DVAM2022 | #HonoringCycleBreakers | #BreakTheSilence

In recognition of October being Domestic Violence Awareness Month, the Coalition to Stop Violence Against Native Women is hosting the Indigenous Panel on Traditional Values. This panel will discuss on the importance of wellbeing and the essential use of traditional Indigenous values to heal. This VIRTUAL event will take place on Wednesday, October 26, 2022. [CLICK HERE](#) to register.

Truth Initiative: 2022 Impact Scholarship

DEADLINE: 11:59 PM EDT, November 15, 2022



The Impact Scholarship is a \$5,000 award for individuals who are taking action on mental health, social justice, the environment, and the intersectionality between commercial tobacco and nicotine. The scholarship is for people who are passionate about the issues facing young adults today. Submit your application to Truth Initiative before November 15th, 2022.

[CLICK HERE](#) to apply now.

FREE Resources

FREE Window Decals

Everyone shares the same air. Why not share the Smoke-Free and Vape-Free cause with others! Keep your home and vehicle safe by letting others know that your home and vehicle are Smoke-Free and Vape-Free. Request your **FREE** window decal at [**SmokeFreeSignals@gmail.com**](mailto:SmokeFreeSignals@gmail.com)



**This is a
Smoke-Free and
Vape-Free Vehicle**



**This is a
Smoke-Free and
Vape-Free Home**

Smoke Free Signals Education Videos

The Smoke Free Signals Secondhand Smoke and Tobacco Education Video Series is available on the Smoke Free Signals website. The videos can be shared with students, friends, and family, and community members. If you would like to request a USB-drive of all Secondhand Smoke and Tobacco Education videos, please email [**SmokeFreeSignals@gmail.com**](mailto:SmokeFreeSignals@gmail.com).

To watch Smoke Free Signals' Education Video visit:
<https://www.smokefreesignals.com/education-videos>

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Stay active with Smoke Free Signals by following us on our Social Media platform! We keep our page current with the latest news, activities, and initiatives. We also share prevention tips and facts about the dangers of secondhand smoke. Stay up-to-date with Smoke Free Signals TODAY and follow us on Facebook **@Smoke Free Signals!**

If you would like to unsubscribe from the Smoke Free Signals' biweekly newsletter, please email [**JConcho@keresnm.com**](mailto:JConcho@keresnm.com) to be removed from the listserv directory.

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