

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 1, 2021



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.

HIGHLIGHTS

2 Vaping: Young Adults and Wellbeing

3 Community Health Leadership Program

3 Basic Tobacco Intervention Skills Certification for Native Communities
VIRTUAL Training

4 **FREE RESOURCES!**

Vaping: Young Adults and Wellbeing

During the COVID-19 pandemic many young adults experienced different forms of depression and anxiety. Base on a Truth Initiative survey, 93% of individuals who vape experienced vaping negatively affecting their lives because it made them feel more stressed, depressed, or anxious. According to many studies, nicotine exposure can impact the brain, which can result in numerous physical and mental health issues. With many young adults using or trying e-cigarettes for the first time, it puts them more at risks for nicotine addiction.

Youth and young adults are vulnerable to early use of nicotine products, due to targeted marketing, peer pressure, and trauma. In most cases, individuals with mental health and substance use challenges, want to quit using commercial tobacco products.

[Truth Initiative](#) offers [This Is Quitting](#), a free and anonymous text messaging program, for youth and young adults trying to quit vaping. For more information, [CLICK HERE](#).

READY TO QUIT?

Mobile Phone *

Join

Vaping and Mental Health Facts:

- ◇ Current e-cigarette users are more than twice as likely to have a diagnosis of depression than individuals who don't vape.
- ◇ E-cigarette users who vape at heigher frequency are associated with higher depressive symptoms.
- ◇ Nicotine use is significantly associated with higher levels of ADHD symptoms.

For more information visit:

<https://truthinitiative.org/research-resources/emerging-tobacco-products/youth-vaping-mental-health-and-importance-quitteing-qa>

Community Health Leadership Program

Smoke Free Signals extended the application period for its annual Community Health Leadership Program. Earn \$2,500 to support secondhand smoke protections and education in your community. This unique program has flexible time requirements, and very minimal reporting. We want to make it easy for you to focus on the important work at hand – not on paperwork!

Apply now at:

<https://www.smokefreesignals.com/chlp>

DEADLINE TO APPLY: October 31, 2021

BENEFITS

- ◇ Earn money towards milestones achieved
- ◇ Gain community health advocacy skills
- ◇ Letters of Recommendations
- ◇ Flexible Hours and Light Reporting
- ◇ Opportunity to help your Native community and/or organization.

ELIGIBILITY

- ◇ Interest with working in commercial tobacco prevention
- ◇ Excellent communication
- ◇ Knowledgeable about tribal or organization's community and policy protocols.

Basic Tobacco Intervention Skills Certification for Native Communities VIRTUAL Training

Tuesday, November 30 - Thursday, December 2, 2021 from 1:30 PM - 4:00 PM (MT)

This Tobacco Intervention training is culturally tailored to distinguish between the use of traditional and commercial tobacco in Native American communities and emphasize evidence-based techniques to increase the rates of successful interventions resulting in the cessation of commercial tobacco use. Click [here](#) to register and learn more.

Evidence-based interventions that encourage *quitting* and prevent youth smoking continue to be *underutilized*.
- a Report of the Surgeon General, 2014

Be A Lifesaver!

Program: **Basic Tobacco Intervention Skills Certification for Native Communities**

Date: **Nov. 30, Dec. 1 & 2, 2021**

Time: **1:30 pm - 4:00 pm (MT), Each day**

Location: **Virtual Training**

Instructors: **Janna Vallo, Theresa Clay, Reiko Yazzie**

To register: **<http://db.aastec.net/sttc/reg.html>**

For information contact: **Reiko Yazzie at 505.228.3514 or ryazzie@aaihb.org**

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



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.

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

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