

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, April 15, 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 April 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 Nicotine Use and Stress

3 Upcoming Opportunities

4 Upcoming Events

5 **FREE RESOURCES!**

Nicotine Use and Stress

Did you know that many young adults are unaware that nicotine use can increase feelings of stress, anxiety, and depression? According to a [Truth Initiative Survey](#), 4 in 5 young people started vaping to relieve the feeling of stress. When young adults start vaping, they begin to feel “good,” but in reality, they are experiencing the “feel good” chemical called dopamine. As a person continues to vape, they may want to feel the sense of pleasure and relaxation when dopamine is stimulated. This temporary feeling will not last long and within a few hours the effect of nicotine wears off and the person wants to vape again.

These nicotine withdrawals are dangerous and can lead to an endless cycle of vaping to “relieve” stress, anxiety, and depression. It’s essential to understand the danger of nicotine cravings and finding healthier ways to relieve stress.

READY TO QUIT?

Mobile Phone *

123.456.7890

Join

Are you ready to quit vaping? Get the support you need by joining This Is Quitting and text **DITCHJUUL** to **88709** or enter your phone number by clicking [HERE](#). Remember you are not alone.

For more information visit:

https://truthinitiative.org/research-resources/emerging-tobacco-products/young-people-share-how-nicotine-use-affected-their?utm_source=Truth+Initiative+Mailing+List&utm_campaign=31496495f9-Newsletter_2022_04_07&utm_medium=email&utm_term=0_c91fd8a5c5-31496495f9-86535916

Upcoming Opportunities



Become a Truth Ambassador!

Truth Initiative is looking for 10 leaders to join the team to make an impact by taking on commercial tobacco. By engaging on a local level, the ambassadors will not only take on tobacco and vaping, but will also address mental health, social justice, and the environment! This year-long, paid-leadership program will allow ambassadors to engage one-on-one sessions, organize small local events, promote Truth campaigns, and uplift previous leaders' work. [CLICK HERE](#) to take action and apply today!

JOHNS HOPKINS CENTER FOR AMERICAN INDIAN HEALTH

2022
SEEKING INDIGENOUS CHANGE AGENTS

EARN A MASTERS IN PUBLIC HEALTH FOR FREE AT JOHNS HOPKINS BLOOMBERG SCHOOL OF PUBLIC HEALTH

NO GRE REQUIRED

Five Focus Areas:

- Addiction and Overdose
- Environmental Challenges
- Obesity and the Food System
- Adolescent Health
- Violence

The Bloomberg Fellows Program

Are you ready to earn your Masters in Public Health? The John Hopkins Bloomberg School of Public Health is seeking Indigenous Scholars to apply and be considered to earn their degree for FREE! The Bloomberg School of Public Health is offering scholars to join the front lines of social change in the following focus areas: addiction and overdose, environmental changes, obesity and the food system, adolescent health, and violence. The application opens August 2022. [CLICK HERE](#) for more information.

Upcoming Events



2022 NMACTION Annual Conference - April 27-28, 2022

The New Mexico Allied Council on Tobacco is hosting a FREE virtual conference with the theme of “Rejuvenation: Shame-Free Nicotine Prevention in Our Communities.” The two-day will contain workshops, activities, and networking opportunities. This year’s tracks include: Hispanic/Latino Priority Population; Health Equity in Commercial Tobacco Prevention/Control; and Policy and Advocacy in Public Health.

[CLICK HERE](#) to register.

National Tribal Tobacco Conference: Reclaiming and Restoring Traditional Tobacco in Today’s World - May 16-17, 2022



The National Tribal Tobacco Conference will take place in-person and virtually at the University of Minnesota in Minneapolis, MN. This conference will address the traditional uses of tobacco and commercial tobacco impact in American Indian and Alaska Native (AI/AN) communities across the United States. Additionally, the conference will emphasize AI/AN persons returning to a healthy relationship with tobacco, the importance of creating health equity, and provide an opportunity for networking and collaboration. [CLICK HERE](#) to register.

Nicotine Dependence Treatment Continuing Education & Certification Program - July 19, 20, & 21 or September 13, 14, & 15



The Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC) and Indian Health Service Health Albuquerque Area Promotion Disease Prevention invites you to be part of the Basic Tobacco Intervention Skills Certification for Native Communities (BTIS) 2022 VIRTUAL Training! The training session will allow to distinguish between the use of traditional and commercial tobacco in Native American communities and emphasize evidence-based techniques to increase rates of successful interventions resulting in the cessation of commercial tobacco use. [CLICK HERE](#) to register.

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.

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!**

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