THE COMPADRES CONNECTION

JANUARY - MARCH 2021 · ISSUE 3 · VOLUME 2

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CERRITOS COLLEGE ADOPTS A 100% SMOKE AND TOBACCO-FREE POLICY

by Lisbeth Garcia, Community Engagement Coordinator, Los Angeles County Office of Education

The Compadres for Tobacco-Free Los Angeles County program is happy to announce the adoption of a 100% smoke and tobacco-free campus policy including the use of electronic smoking devices by Cerritos College. It could not have been made possible without the initial efforts of the Falcon Fresh Air Peer Advocates (FFAPAs) Student Coalition and the support of the Student Health Services Department at Cerritos College. A special thank you goes out to The Superintendent/President and Associate Dean of Student Health & Wellness, for being champions for student health.

In 2018 the Student Health & Wellness Center of Cerritos College received funding from the California Department of Justice Tobacco Grant Program that provided funds to create leadership opportunities to students by developing a peer advocate program, known as the Falcon Fresh Air Peer Advocates. This student coalition fosters leaders that provide awareness, education, and respectfully encourage compliance of the Cerritos College smoke-free policy. Advocates demonstrate leadership,

professionalism, and compassion through engagement activities and a desire to promote and celebrate a fresh air campus.

The FFAPAs and the Compadres staff worked hard throughout the years by creating and participating in on-campus events, collecting public opinion surveys, educating students, faculty and staff at tabling events, conducting presentations in classrooms and for the Inter-Club Council. With the passing of a 100% smoke and tobacco-free policy, the FFAPAs are now promoting a campaign slogan and signage contest to promote the policy and to get campus students involved in the new policy implementation. Students have not yet returned to campus and participate in courses exclusively online due to statewide orders that closed college campuses to prevent the spread of COVID-19. The Compadres and FFAPA students are creating new innovative ideas to promote a tobacco-free lifestyle on campus using popular social media platforms and collaborating with other drug prevention non-profit organizations to engage the college community.

Congratulations to Cerritos College on their efforts in making the campus community healthier for all. We look forward to continuing working together in the next phase of implementation.

STUDENT RESOURCES:

Smoke and Vape Quitting Text Messaging Support

This is Quitting

- The first-ever text-to-quit-vaping service developed
- Incorporates messages from other young people who have attempted to, or successfully quit, e-cigarettes

Text 'DITCHJUUL' to 88709
www.thisisquitting.com

SmokefreeTXT

- Free text messaging programs
- Give 24/7 encouragement and advice
- Tips for becoming smokefree and being healthier

Text 'QUIT' to 47848
www.smokefree.gov

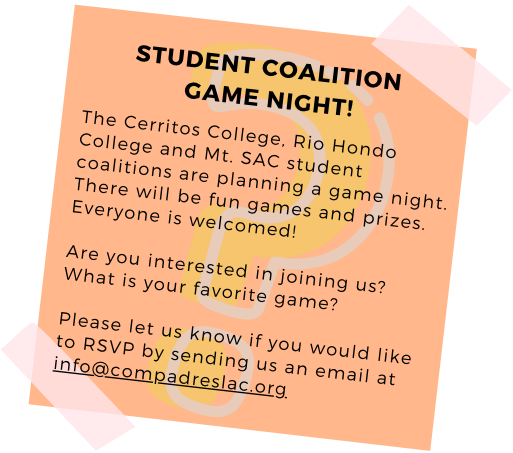
FALCON FRESH AIR PEER ADVOCATES ANOUNCE THE SMOKE-FREE POLICY ON INSTAGRAM LIVE

by Lisbeth Garcia, Community Engagement Coordinator, Los Angeles County Office of Education

After the passage of the Cerritos College 100% Smoke and Tobacco-Free Campus Policy including electronic smoking devices, the Falcon Fresh Air Peer Advocates (FFAPAs) decided the students needed to know of the recent change.

In collaboration with the Compadres team, the students hosted an Instagram Live event where they answered the most common questions and concerns about adopting the new policy. Kimberly and Austin did a great job of answering the questions and promoting their student coalition.

To view the event click here.



COMMUNITY CONNECTIONS

THE LATINO PREVENTION PROJECT (LPP)

by LPP Staff

A PROJECT OF
THE CALIFORNIA HISPANIC COMMISSION ON
ALCOHOL AND DRUG ABUSE, INC.

The Latino Prevention Project (LPP) is an Alcohol and Other Drug (AOD) prevention project of the California Hispanic Commission on Alcohol and Drug Abuse, INC. (CHCADA). LPP is contracted by the Los Angeles County Department of Public Health, Substance Abuse Prevention and Control (SAPC). Our focus is to provide AOD services to the communities of East Los Angeles and the City of Montebello through proactive measures in order to strengthen these communities. LPP has three prevention programs that focus on providing services to different populations - Environmental Prevention Services (EPS), Comprehensive Prevention Services (CPS), and Adolescent Prevention Services (APS).

The EPS program collaborates with local community stakeholders, businesses, decision-makers, and community residents to increase environmental protective factors to reduce access and availability of AOD among youth and young adults. In collaboration with local community stakeholders and parent workgroup, Families United to Uphold Responsible Ordinances (FUTURO), EPS was able to successfully place 33 English and 33 Spanish updated 'no smoking no vaping' signs at 8 East Los Angeles parks.

The CPS program implements evidence-based prevention services in school settings to youth and adults and offers after school leadership opportunities to youth ages 14 to 21. The program sustains continued active involvement and collaboration of local community residents and others knowledgeable of the local community substance use-related issues. As part of their safe medication disposal project and to promote the bi-annual National Drug Take Back event, youth created social media content that demonstrated safe and unsafe medication disposal practices.

The APS program provides prevention-based services to at-risk youth between the ages of 12 and 17. Youth are provided with in-school educational sessions as well as alternative after school activities, including advocacy projects and recreational activities. Youth led a Vaping PSA advocacy project that allowed students to educate their peers on the dangers of vaping. It was aired on the radio station 101.5 FM in January 2021. **Click here** to listen to the Vaping PSA created by the Youth Coalition.

The LPP is an active member of the LA County Service Planning Area (SPA) 7 South East Community Alliance (SECA) Coalition. The SECA Coalition strives to engage communities in addressing AOD use/misuse to develop tools and resources to educate and empower youth and adults. Most recently, the SECA Coalition hosted a virtual Loteria Game that was custom made by the coalition members. The game served as a tool to educate youth and young adults about the effects of cannabis, while also empowering them to make smart decisions, ultimately leading them to be cannabis-free. It is LPP's goal to extend services and support to underserved communities in East Los Angeles and Montebello, but is not limited to the greater region of SPA 7. LPP aims to INNOVATE, EDUCATE, and MOBILIZE the community to empower them to be drug-free and advocate for a healthy environment for future generations.

Follow Us!

Instagram:**@LPP_CHCADA**, Facebook:@LPP.CHCADA, YouTube: **Latino Prevention Project**

DANGERS OF MENTHOL FLAVORING TOBACCO PRODUCTS FACTSHEET

by Elise Wallis, MPHAmerican Lung Association

The American Lung Association Compadres Team has been working on developing a factsheet that educates and provides information to young adults on the dangers of using menthol flavoring and menthol tobacco products.

In December, the Team held a focus group with 7 Hispanic/Latinx youth to consumer test a new factsheet on the dangers of menthol tobacco products. The feedback from the youth was very helpful and will allow the Team to make improvements to the factsheet before it goes to print.

The factsheet will be edited based on the focus group feedback and translated in Spanish. It is anticipated to be available for distribution sometime this Spring.

If you would like a copy of the factsheet once it is release please contact Elise Wallis at Elise.Wallis@Lung.org

COMMUNITY RESOURCES

COVERED CALIFORNIA HEALTH INSURANCE ENROLLMENT EXTENDED TO MAY 15TH, 2021

With Medi-Cal or Covered California Health Insurance, Tobacco Cessation Pharmacetical products are provided at no cost through your health coverage. Read about the Biden Administration's Executive Order regarding Health Coverage extension. Contact Compadres Health Outreach Program for Tobacco Cessation education for staff or clients.

GET CONNECTED! AFFORDABLE HOME INTERNET SERVICES

EveryoneOn is working with Los Angeles County Office of Education and the California Emerging Technology Foundation to provide families with the best low-cost internet service and computer offers. EveryoneOn encourages social service agencies to direct families, in particular low-income families to locator tool: www.everyoneon.org/find-offers to find low-cost internet service programs in their area.

Need more information, Contact the Compadres Health Outreach Program. Download flyer here.

CLICK ON THE LINKS FOR MORE CESSATION RESOURCES:

CALIFORNIA SMOKERS' HELPLINE 1-800-NO-BUTTS

California tobacco cessation coverage

Free nicotine patches 2-week starter kit

Medi-Cal and Covered Ca income guidelines

WORD SEARCH

Enter your completed word search to win a prize!
Send completions to **info@compadreslac.org**

W	T	O	Y	Y	Z	W	L	Q	M	B	F	D	V	N
J	E	R	R	R	P	N	W	U	Y	V	B	E	U	Z
Y	I	B	Q	Q	Z	M	A	D	F	H	S	E	R	F
A	J	R	P	L	A	Y	I	N	G	R	A	Y	C	G
R	Z	I	G	N	I	P	R	I	H	C	O	H	O	E
P	B	G	S	R	P	H	L	Y	G	L	E	L	N	F
X	D	H	V	G	E	U	B	N	S	E	Y	E	O	L
O	Q	T	E	B	F	L	I	L	R	S	R	M	M	C
G	Y	U	R	E	P	R	A	F	O	G	A	K	D	Q
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E	K	A	K	P	C	L	B	T	I	M	M	V	G	B
S	E	L	S	H	R	A	I	L	B	N	Y	I	K	Z
P	I	N	J	K	M	C	T	Z	D	A	G	D	N	Z
E	I	G	I	E	A	B	A	R	E	F	O	O	T	G
S	U	N	N	Y	K	M	A	S	Q	C	B	Y	F	B

WORDS THAT REMIND YOU OF SPRING

1. AIRY
2. BAREFOOT
3. BLOOMING
4. BRIGHT
5. CHEERFUL
6. CHIRPING
7. COLORFUL
8. PEACEFUL
9. PLAYING
10. RELAXING
11. ENERGETIC
12. FRESH
13. GRASSY
14. INSPIRING
15. SUNNY

A Bittersweet Farewell

Compadres sends a bittersweet farewell and a congratulations for her retirement to our project's senior accountant Fanny Wong. Fanny worked for LACOE over 22 1/2 years and has been an important part of our project for the past 3 years.

Congratulations Fanny for all your hard work and dedication to our project. We enjoyed having you as part of our team. We hope you enjoy a wonderful retirement!!!

Welcome New Coalition Member

Welcome Ann Tran to the Mt. SAC Fresh Air Student Coalition. Ann is currently working towards her teaching credential and her goal is to become a high school biology teacher.

"I joined this coalition to contribute to improving not only campus health, but public health overall. Being a part of this coalition gives me the opportunity to advocate for clean, fresh air and to encourage others to join this movement as well!"