



WELCOME TO OUR

TEACHing Tobacco Newsletter



Vision

A safe, healthy, and substance-free Tehama County.

Mission

To support tobacco-free lifestyles to protect and preserve the health of our community.

Coalition Partners

American Lung Association
California Health Collaborative-Si Se Puede
California Tribal TANF Partnership
Communities Energized for Health
Greenville Rancheria
Lincoln Street School
Tehama County 4 Kids
Tehama County Department of Education
Tehama County District Attorney's Office
Tehama County Health Services Agency
The Sophisticates Show



Our Latest Coalition Project

TOBACCO CESSATION RESOURCE FLYER

TEACH's Cessation subcommittee has been hard at work in developing a tobacco cessation resource flyer. The tobacco cessation resource flyer is to help Tehama County Residents find resources near them to help quit tobacco/nicotine use. We look forward to sharing the flyer soon.



ADVOCACY 101 2-PART TRAINING & WORKSHOP SERIES

Advocacy 101 Training

Monday, October 23, 2023
10:00 am to 11:30 am

Learn the differences between advocacy/education and lobbying, what to expect when engaging elected officials, types of public comment and what to expect when sharing public comment.

Advocacy 101 Workshop

November 2023
Details to come

Practice your own public comments and receive feedback and assistance to sharpen your skills and maximize impact in a timed statement.

Microsoft TEAMS Meeting

[Click here to join the meeting](#)

Meeting ID: 231 211 626 488
Passcode: Wp8wu3

Coalition Partner Projects

Tehama County Health Services Agency-Behavioral Health

September is Suicide Prevention Month, and Behavioral Health was busy with trainings and outreach events. Our last mental health training for the community will be a Youth Mental Health First Aid course on November 20th. Anyone 18 or older is welcome to take this course.

Lastly, there are ongoing virtual trainings for QPR (a 90 minute suicide prevention training) and a Homeless Institute training (which is a library of on-demand videos) that help people understand how to approach people in crisis effectively and kindly.

QPR and Homeless Institute Training Flyer

Communities Energized for Health takes Tobacco Treatment Specialist training

Our coalition members, Nicole Morgan and Caitlyn Zepeda, participated in the Tobacco Treatment Specialist training offered by the University of Massachusetts- Chan Medical School and sponsored by the Smoking Cessation Leadership Center. The training consists of 9 hours of asynchronous learning, followed by an intensive 3-day synchronous training. Nicole and Caitlyn are proud to report that they both passed the exam! There is a new cohort in November.

Check out the informational flyer here

Featured Member

ANDREA MARTIN

Hi, my name is Andrea Martin. I am your TEACH chairwoman. This will be my fifth year being a part of the adult tobacco coalition in Tehama County. I have worked in public education for twenty two years and family advocacy is what I feel most passionate about. I strongly believe in the power people have and what they can provide for their community. Relationships matter most to me and I personally know that if I didn't have an amazing tribe, I wouldn't be where I am today. Being a former smoker, I joined TEACH to show people that even if you have had a rough past, you can contribute to a great future. If you would like to learn more about the tobacco coalition you can always reach out to me at amartin@lincolnstreetschool.org. We would love to have more people join our robust coalition.



Featured Member

AVERY VILCHE

Hello. My name is Avery. I am Inupiaq on my mom's side and Norwegian on my dad's side. I have worked for Tehama County Health Services Agency for over 24 years. I am a Health Educator, and I love my job. I have the privilege of helping our community be safer from suicide through trainings we provide and outreach events we participate in. I also enjoy sharing Native culture with our community and have done so at local high schools and our community center. I am really excited to help bring a huge Native American Cultural Celebration to Tehama County on September 23rd. It is a smoke free event that the Adult Tobacco Coalition is providing signage for. This event was made possible by a \$20,000 grant from Upstate California Creative Corps and from strong support and collaboration with our community partners; Tehama County Arts Council, CIITP, Greenville Rancheria, California Tribal TANF Partnership, NCCDI, and TCHSA. We all look forward to this event being an awesome annual celebration for our community. If you would like to be a part of our planning committee, the Culture Bearers of Tehama County, please reach out to me at: avery.vilche@tchsa.net.



Spotlight On

TEHAMA COUNTY HEALTH SERVICES AGENCY- BEHAVIORAL HEALTH

September is Suicide Prevention Month, and Behavioral Health had their annual Suicide Awareness Walk on 9/8/2023 at 6pm in Los Molinos, Corning and Red Bluff. Total attendance was around 80. The shirts for the event were designed by a very talented Red Bluff High School student, Eleanor Bliss. The walks were all smoke and vape free. We provided in person trainings for the community: Adult Mental Health First Aid and Applied Suicide Intervention Skills Training.

We wrapped up our month with a Native American Cultural Celebration in Corning, a large-scale event with dancing and drumming, storytelling and various demonstrations where Native Americans shared their culture. This event was made possible by a grant from the Upstate California Creative Corps and lots of assistance from community partners and social and health service organizations. This event was also smoke free.



September 08, 2023



September 23, 2023

September is Suicide Prevention Month

Suicide Data: California

Suicide is a public health problem and leading cause of death in the United States. Suicide can also be prevented – more investment in suicide prevention, education, and research will prevent the untimely deaths of thousands of Americans each year. Unless otherwise noted, this fact sheet reports 2020 data from the CDC, the most current verified data available at time of publication (March 2022).



14th leading cause of death in California

3rd leading
cause of death for ages 10-24

2nd leading
cause of death for ages 25-34

6th leading
cause of death for ages 35-44

8th leading
cause of death for ages 45-54

9th leading
cause of death for ages 55-64

18th leading
cause of death for ages 65+

Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
California	4,144	9.98	44
Nationally	45,979	13.48	

See full list of citations at afsp.org/statistics.

afsp.org/statistics



76.65% of communities did not have enough mental health providers to serve residents in 2021, according to federal guidelines.

Almost **five times** as many people died by suicide in 2019 than in alcohol related motor vehicle accidents.

The total deaths to suicide reflected a total of **80,707 years** of potential life lost (YPLL) before age 65.

45% of firearm deaths were suicides.

37% of all suicides were by firearms.

In 2021:

- The U.S. had one death by suicide about every 11 minutes.
- For people aged 10–14 and 25–34 years, suicide was the second-leading cause of death.
- Suicide rates increased significantly among non-Hispanic Black & American Indian and Alaska Native people.
- Nearly 900,000 youth aged 12-17 and 1.7 million adults attempted suicide.

Out of 58 counties, Tehama County ranks 12th for highest rate of suicides during 2019–2021.

For more information and resources, click [here](#)

YOU MATTER

Text. Call. Chat.

988 SUICIDE & CRISIS LIFELINE

Tobacco in the News

"Vape never left my hand": MMA fighter, 20, shares disturbing images of lung damage caused by vaping

20-year-old fitness fanatic and aspiring MMA fighter from New Hampshire recently shared his harrowing vaping experience of losing part of his lung due to chronic use of e-cigarettes.

Sean Tobin, who had been heavily using e-cigarettes since his teenage years, revealed the frightening consequences of his addiction as he urged others to take heed.

Despite being young and seemingly healthy, Tobin's vaping habit led to the deterioration of his lung. He candidly admitted that his vape "never left his hand" for years, becoming a habitual part of his daily routine.

Surgeons removed a portion of Tobin's lung and stapled it back together, eventually anchoring it to his chest wall to prevent further collapse



Read the full article [here](#)



**WE WANT
TO HEAR
FROM YOU**

This survey is

- for people 18 and over
- will take about 15 minutes to finish
- is completely voluntary and anonymous.

The life you've built is worth protecting
www.tehamacountyhealthservices.net/emergency-preparedness/

Sign up for Tehama Alert




Prepare for disasters to create a lasting legacy for you and your family

visit ready.gov/plan

**Prepare an emergency kit
Need Help?
Call 530-527-8491**

Take this FREE survey



Take this FREE Disaster Preparedness Survey



This survey is conducted by Tehama County Public Health

Tehama County has a history of wildfires, and all Californians need to be prepared for earthquakes, power interruptions, flooding, and extreme weather. Some disasters require quick evacuation and others to shelter in place. The goal of the survey is to understand the level of preparedness of Tehama County residents for disasters or emergencies.



**QUEREMOS
ESCUCHAR DE
USTED**

Esta encuesta es

para mayores de 18 años tardará unos 15 minutos en completarse

- es totalmente voluntaria y anónima.

Vale la pena proteger la vida que has construido
www.tehamacountyhealthservices.net/emergency-preparedness/

Suscríbete a Alerta Tehama




Prepárese para los desastres para así crear un legado que perdure para usted y su familia

visita listo.gov/plan

**Prepara Un Kit de emergencia
¿Necesitas ayuda? 530-527-8491**

Tome esta encuesta GRATIS



Realice esta encuesta GRATUITA sobre preparación para desastres



Esta encuesta es realizada por Salud Pública del Condado de Tehama

El condado de Tehama tiene un historial de incendios forestales, y todos los californianos deben estar preparados para terremotos, cortes de electricidad, inundaciones y condiciones meteorológicas extremas. Algunas catástrofes exigen una evacuación rápida y otras el refugio en el lugar. El objetivo de la encuesta es conocer el nivel de preparación de los residentes del condado de Tehama ante catástrofes o emergencias.

Want to Quit Smoking/Vaping?



SERVICE CHANNELS:

📞 1-800-300-8086 (ENG)

1-800-600-8191 (ESP)

🌐 [HTTPS://WWW.KICKITCA.ORG](https://www.kickitca.org)

💬 [HTTP://KICKITCA.ORG/CHAT](http://kickitca.org/chat)

✉️ TEXT "QUIT SMOKING" OR "QUIT VAPING" TO 66819

📱 QUIT SMOKING & QUIT VAPING MOBILE APPS

TOBACCO CESSATION SERVICES IN TEHAMA COUNTY

Tehama County Department of Education-
Tobacco Use Prevention Education (TUPE)

- Youth Group Cessation Classes
 - N-O-T: Not On Tobacco

For more information or referral call (530) 527-5811 and ask to speak with Yuliana

Greenville Rancheria

- Second Wind Tobacco Cessation Program

Ask your doctor for a referral to speak with Greenville Rancheria Tribal Health Center (530) 528-8600.

Coming Up

OCTOBER

Group Triple P Teen
October 2, 2023 (Every Monday for 6 weeks)
6:00 pm to 8:00 pm
Cornerstone Church
13585 CA-36, Red Bluff

EVENT FLYER

Candlelight Walk 2023
October 4, 2023
7:00pm
Old Courthouse Lawn-
Downtown Red Bluff

EVENT FLYER

Domestic Violence Awareness Day
October 19, 2023
All Day-Wear Purple

EVENT FLYER

Domestic Violence Awareness Day-SIP Coffee Bar Fundraiser
October 19, 2023
6:00 am - 5:00 pm
905 Walnut Street,
Red Bluff

EVENT FLYER

Celebrate! National Hispanic Heritage Month
October 15, 2023
2:00 pm - 6:00 pm
Downtown Redding
Market St.

EVENT FLYER

Red Ribbon Week Poster and Essay Contest
Entries due by
October 16, 2023
by 5:00 pm

EVENT FLYER

Red Ribbon Week Kick-Off Kids & Cops Carnival
October 23, 2023
2:30 pm to 4:30 pm
1620 Solano St., Corning

EVENT FLYER

Got Parents? SEL Strategies to Engage Families and Caregivers Beyond the Carpool
October 25, 2023
9am-11am
105 Hoag St., Corning
OR
1pm-3pm
1135 Lincoln St., Red Bluff

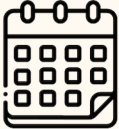
EVENT FLYER

Get Involved Today!

Email: TobaccoEducationProgram@tchsa.net

Call: (530) 527-6824

Meeting Information



Monthly on the
fourth Monday



10:00 am to 11:30 am



Microsoft Teams
or
Shasta Room at
1860 Walnut St. Bldg. D
Red Bluff, CA 96080

Recruitment



Cessation



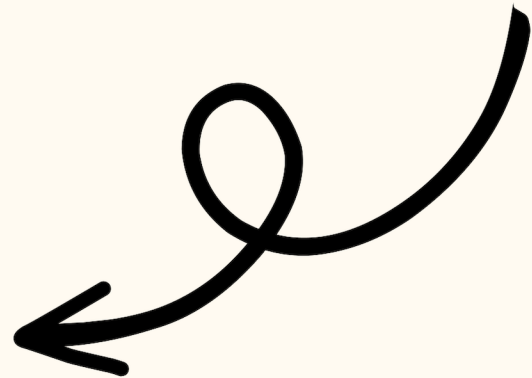
Media



Policy



Join a Subcommittee!



New Member Packet

Click [here](#) for a copy of our new member packet
which includes our:

- Membership Agreement
- Coalition Bylaws
- Brochure (coming soon)