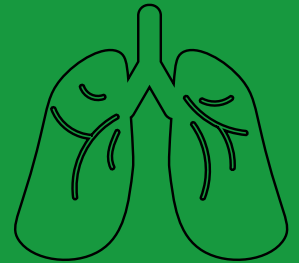


# PROJECT ACTION

## WELCOME BACK TO OUR QUARTERLY NEWSLETTER!

Project ACTION ([Alliances to Combat Tobacco In Organizations Now](#)) is an evidence-based program focused on building tobacco control and treatment capacity in healthcare and community resource centers serving LGBTQIA+ communities across Texas. In this issue, you will find updates on our project partners, our team retreat with consultant Dr. Julie Neisler, a research participation opportunity, new tailored resources to address tobacco use in LGBTQIA+ communities, and more!



### PARTNER UPDATES

This quarter, we joined our partner, [The Montrose Center](#), as they celebrated the outcomes of two years of hard work with another [MD Anderson Cancer Center](#) tobacco control and cancer prevention program, the [Tobacco Cessation Clinic Enhancement Program](#) (TCCEP; led by Project ACTION collaborator, Dr. Jennifer Cofer). Project ACTION will build on the progress made to date, working to strengthen their tobacco-free policy through enhanced signage, and to support their in-house tobacco dependence treatment program as they extend their nicotine replacement therapy offerings from gum and lozenges to include patches.

Additionally, The Montrose Center employee Steven Sosa attended MD Anderson Cancer Center's [Certified Tobacco Treatment Specialist Training Program](#) in January. After attending the week-long intensive training, Steven passed the exam and became The Montrose Center's third in-house tobacco treatment specialist!

**Please join us in congratulating Steven on this accomplishment and stay tuned for more updates on The Montrose Center as they continue to support their clients to quit tobacco.**



**Pictured: Dr. Jennifer Cofer providing a presentation at The Montrose Center's TCCEP wrap-up celebratory meeting on March 14, 2024.**

## TWO ADDITIONAL LGBTQIA+ CENTERS SIGN ON WITH PROJECT ACTION!

We recently partnered with the [Pride Center West Texas](#) - which provides services to LGBTQIA+ communities living in the Permian Basin - as well as the [Thrive Youth Center](#) - which provides shelter, housing, outreach, and resources to LGBTQIA+ youth experiencing homelessness in San Antonio. Keep an eye out for our next newsletter in July to learn more about the great work these centers do!

## PROJECT ACTION TEAM RETREAT

Meet Our Wonderful Consultant, Dr. Julie Neisler!



**Dr. Julie Neisler, PhD** (she/her) provides consultative support to Project ACTION, building on years of LGBTQIA+ related work. Her experience includes leading research and presentations on gender and sexuality demographic items, conducting Safe Zone trainings for Resident Advisors who work to build a sense of community in residential halls on college campuses, and facilitating meetings at her organization's LGBTQIA+ affinity group, Prism, where they build community by talking about their shared experiences and connecting about their lives.

### Retreat Achievements

In January, our team got together with Dr. Neisler and:

- Provided Dr. Neisler with an introduction to Project ACTION and the progress to date.
- Discussed the history of LGBTQIA+ communities, correct terminology to use when addressing individuals, appropriate representation of the community with symbols (e.g., flags), and identity-specific hardships faced by LGBTQIA+ individuals.
- Provided Dr. Neisler our employee tobacco dependence education training (tailored for employees working in settings serving LGBTQIA+ communities) and received feedback.
- Brainstormed with Dr. Neisler additional avenues for recruitment and health promotion materials that could be developed for LGBTQIA+ communities.

**Thank you, Dr. Neisler, for ensuring Project ACTION best meets the needs of LGBTQIA+ communities. We are grateful for your support!**

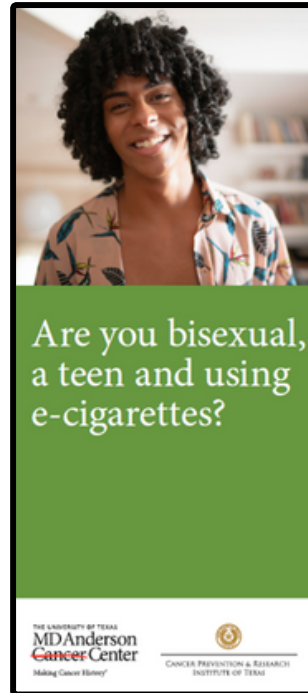
**Pictured: The Project ACTION team discussing identity-specific hardships faced by LGBTQIA+ communities with Dr. Julie Neisler during the team's retreat on January 11, 2024.**



# CHECK OUT OUR NEW SUITE OF RESOURCES ON OUR WEBSITE!

## Patient Education Materials

We recently created a new suite of posters in English and Spanish, now available on our LGBTQIA+ [resources webpage](#)! These posters (selected ones pictured below) are tailored to the community, and can be printed for use in community settings, doctor's offices, or anywhere where LGBTQIA+ people are served to remind people about the dangers of tobacco use and to provide resources to help them quit. Additionally, we have developed patient education brochures on the effects of tobacco for transgender folx and vaping among bisexual youth (covers pictured to the right) which will be added to our website soon. We are in the process of developing more brochures covering additional health topics like how tobacco use affects individuals living with HIV. Stay tuned for more resources in the coming months!



## NEW WEBINAR AVAILABLE: “MENTHOL AND LGBTQI+ COMMUNITIES: TIPS FROM A FORMER SMOKER®”

The [National LGBT Cancer Network](#) recently hosted a webinar titled “[Menthol and LGBTQI+ Communities: Tips from A Former Smoker®](#)” in which they discuss the [Centers for Disease Control and Prevention](#) first-ever federally funded national tobacco education campaign, [Tips From Former Smokers \(Tips\)®](#). Tips® publicized testimonials from over 45 individuals from diverse backgrounds who talk about living with the serious long-term health effects from smoking and secondhand smoke exposure. In this webinar, hear from [Angie P.](#), a member of the LGBTQIA+ community and participant in Tips®, about how she was impacted by her smoking and importantly, how she was able to quit!



## UT AUSTIN RESEARCHERS ARE SEEKING ADULTS WHO SMOKE DAILY AND WANT TO QUIT FOR A PAID RESEARCH STUDY

Researchers at [The University of Texas at Austin](#) are partnering with adults who smoke cigarettes daily, are motivated to quit, and want to take part in a paid research study to see how exercise can help. This study is currently being conducted in San Antonio and includes a 4-month [YMCA](#) membership and personal fitness trainer. **Interested?** Find out if you qualify by scanning the QR code to the right, calling 512-961-6384, or emailing the research team at [ahblstep3@gmail.com](mailto:ahblstep3@gmail.com).

### SMOKING & EXERCISE RESEARCH STUDY

Researchers at UT Austin are partnering with individuals who smoke regularly and want to quit to evaluate how exercise can help. Join our compensated study today!

**FAST FACTS**

- Smoke Cigarettes Daily
- Motivated to Quit
- 18 Years and Older

- Compensation Provided
- Conducted in San Antonio
- 4-Month YMCA Membership & Personal Fitness Trainer Included

See if you Qualify!

Fill out this brief survey:

## WANT TO STAY INFORMED ABOUT FREE TRAINING OPPORTUNITIES? PROJECT ACTION HAS YOU COVERED!

Our team compiles and shares information twice a month about tobacco-related trainings being offered virtually from across the nation that often offer free continuing or medical education credits (i.e., CEUs/CMEs). If you or someone you know would like to be added to our distribution list, please do not hesitate to reach out to us at [TakingTexasTobaccoFree@gmail.com](mailto:TakingTexasTobaccoFree@gmail.com) or [click here](#) for a pre-populated email template.

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