

# LGBTQ Champions & Allies

## Kick It California (KIC)

KIC is a free, confidential program. We strive to provide a warm and safe program for LGBTQ clients to quit smoking, vaping and using smokeless tobacco products. This starts with training the coaching staff to support LGBTQ clients seeking tobacco cessation help.

## Staff Training

KIC staff are caring and well prepared. All receive skills training to work with a diverse group of people, including LGBTQ clients. KIC partners with LGBTQ organizations to provide cultural competency training to staff on a bi-annual basis. Champions and Allies also attend 1-2 additional LGBTQ-related trainings each year from other LGBTQ healthcare experts.

## Champions & Allies

Champions are KIC staff who are members of the LGBTQ community. Allies are KIC staff who have voiced a special interest in working with LGBTQ clients. Champions and allies receive extra training on how to help LGBTQ clients quit.



Call for **FREE, CONFIDENTIAL**  
help to quit tobacco!  
**1-800-300-8086**

Join our free texting program.  
Text "Quit Smoking" or "Quit Vaping"  
to **66819**

## Enrollment

KIC staff greet callers and ask questions to assess needs. Questions include gender identity, sexual orientation, and name the client wants to go by. Responses are voluntary and all information is confidential.

## Coaching Calls

KIC offers coaching calls that focus on getting ready to quit, boosting motivation and confidence, building a solid quit plan and skills to stay tobacco free. Trained quit coaches work closely with clients to provide help shown to be effective.

1. McCabe SE, et al. *Sexual Orientation Discrimination and Tobacco Use Disparities in the United States*. *Nicotine Tob Res.* 2019;21(4):523-531
2. Cornelius ME, et al. *Tobacco Product Use Among Adults — United States, 2020*. *MMWR Morb Mortal Wkly Rep.* 2022; 71:397–405.
3. McCabe SE, et al. *Sexual Orientation, Tobacco Use, and Tobacco Cessation Treatment-Seeking: Results From a National U.S. Survey*. *Behav Med.* 2021 Apr-Jun;47(2):120-130..