

IT'S TIME

Indigenous Tools and Strategies on Tobacco: Interventions, Medicines and Education

An Inuit-specific toolkit for tobacco cessation

Helper's Condensed Guide

camh

Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale



Tungasuvvingat Inuit

Session 1: Tobacco Use from Past to Present (Pages 14 – 21 in Helper’s Guide)

Opening and Welcome (10 minutes)

Lead the group in an opening prayer or welcome participants to the session. If an Elder has been invited to participate, they may want to open the session.

Creating Group Guidelines (15 minutes)

Goal: Establish format and procedures (i.e., opening and closing protocols, guidelines)

- *Looking to Our Values:* Using Inuit Qaujimagatuqangit as a guide, collaboratively discuss guidelines for the sessions.
- *Preparing for Our Journey:* Ask the participants to fill their qamutik/komatik (sled) with items they would like to bring with them on their journey through the sessions (e.g., openness, respect for one another, etc.). Ask the participants to leave behind the items they would not like to bring with them on their journey through the sessions (e.g., judgement, breaking confidentiality, etc.).

Getting to Know You (15 minutes)

Goal: Group member introductions and emphasize role of group support for a common goal

- *Sharing Your Tobacco Story:* Invite participants to introduce themselves (e.g., name, where they are from, why they joined the group, or anything else they would like to share) and share with the group their tobacco story.
- *Choose an Icebreaker:* Refer to *Helper’s Resources* for a list of icebreaker activities.

Impact of Tobacco (20 minutes)

Goal: History and impact of tobacco in Inuit communities

- *Sharing the History and Impact of Tobacco Use:* Invite an Elder or community member to share the history and impacts of tobacco on Inuit.

The Tobacco Reduction or Cessation Journey (20 minutes)

Goal: Sharing more about tobacco use and quitting

- *What does a Tobacco Cessation or Reduction Journey Look Like?:* Invite an Elder or community member who has quit or reduced their tobacco use to share what their experience was like.

Keeping Track of Your Journey (5 minutes)

Goal: Introduce importance of tracking a tobacco cessation or reduction journey

- *Reviewing Tracking Sheets:* Give each participant a copy of the *Tracking Sheets* or ask them to turn to page 6 in their participant booklet. Review with participants the rationale behind tracking their tobacco use.
- *There’s an app for that!:* Give each participant a copy of the *List of Apps* or ask them to turn to page 11 in their participant booklet. Review with participants the rationale behind tracking their tobacco use.

Wrap-up and Closing (5 minutes)

As part of the closing, reiterate the opening words of welcome. Thank the group for having the courage to participate. End with a closing prayer (if applicable) or other good wishes.

Session 2: Exploring Your Tobacco Reduction or Cessation Journey (Pages 22– 33 in Helper’s Guide)

Opening and Welcome (10 minutes)

Lead the group in an opening prayer or welcome participants to the session. If an Elder has been invited to participate, they may want to open the session. Lead the group in an icebreaker (refer to *Helper’s Resources*).

Review from Session 1 (10 minutes)

Revisit group guidelines and review the experience of tracking.

Exploring Your Journey (20 minutes)

Goal: Introduce the cognitive behavioral framework for assisting a tobacco cessation or reduction journey

- *Exploring Readiness:* Give each participant a copy of the *Exploring Readiness* handout or ask them to turn to page 12 in their participant booklet. Ask participants to shade the areas of health and well-being that they would need to address in order to feel confident in reducing or quitting tobacco use. Debrief.
- *Exploring Change:* Give each participant a copy of the *SWOC Analysis* handout or ask them to turn to page 13 in their participant booklet. Ask participants to write down their strengths, weaknesses, opportunities, and challenges as they relate to tobacco reduction and cessation. Debrief.
- *How much is Tobacco Use Costing Me?:* Ask the group a general question about how much they think they spend on tobacco per year. Have a brief discussion about how they came to that figure. Then ask each participant to calculate how much they spend on tobacco in a year. Debrief.

Triggers and Coping Strategies (20 minutes)

Goal: Identify triggers for smoking and discuss coping strategies

- *Balancing Health and Well-being:* Give each participant a copy of the *Balancing Health and Well-being* handout or ask them to turn to page 14 in their participant booklet. Ask participants to write down their triggers to using tobacco and then identify a coping strategy for each. Debrief.
- *Piecing the Puzzle Together:* Ask participants to form groups of three. Give each group a full set of the puzzle pieces so they can put their puzzle together. As they work on the puzzle, ask them to talk about the triggers listed on each of the puzzle pieces and discuss coping strategies for each. Debrief.

Making a Change (25 minutes)

Goal: Set first behavioral goal in preparation for tobacco cessation or reduction journey

- *Supporting Change:* As a group, discuss ways to support change at the individual, family and community level.
- *Starting the Journey:* Give each participant a copy of the *Making a Change* handout or ask them to turn to page 20 in their participant booklet. Ask participants to set a behavioral goal in preparation for the tobacco use reduction or cessation. Debrief.

Wrap-up and Closing (5 minutes)

As part of the closing, reiterate the opening words of welcome. Thank the group for having the courage to participate. End with a closing prayer (if applicable) or other good wishes.

Session 3: Preparing for the Tobacco Cessation or Reduction Journey (Pages 34 – 44 in Helper’s Guide)

Opening and Welcome (10 minutes)

Lead the group in an opening prayer or welcome participants to the session. If an Elder has been invited to participate, they may want to open the session. Lead the group in an icebreaker (refer to *Helper’s Resources*).

Review from Session 2 (15 minutes)

Revisit group guidelines, review the behavioral goals set in the last session, and review tracking sheets.

Supporting Tobacco Cessation or Reduction (Part 1) (20 minutes or longer)

Goal: Introduce tobacco cessation or reduction strategies (psychosocial)

- *Culturally-specific Ways to Support Tobacco Cessation or Reduction:* Offer a traditional art-, land- or sea-based activity (refer to *Helper’s Resources*). Discussions around tobacco use reduction or cessation can also be integrated throughout.
- *Western-based Approaches to Support Tobacco Cessation or Reduction:* Offer western-based approaches to health and wellness (refer to *Helper’s Resources*). Discussions around tobacco use reduction or cessation can also be integrated throughout.
- *Traditional Ways to Address Stress:* Invite an Elder or community member to share teachings around the traditional ways Inuit handled stress or supported relaxation before tobacco products were introduced to them.

Supporting Tobacco Cessation or Reduction (Part 2) (20 minutes)

Goal: Introduce tobacco cessation or reduction strategies (pharmacological)

- *Discussing Medications for Tobacco Cessation:* Invite a prescriber to share information about medications for tobacco cessation and reduction.
- *True or False – Learning More about Tobacco Cessation Medication:* Give each participant a copy of the *True or False – Learning More about Tobacco Cessation Medication* handout or ask them to turn to page 29 in their participant booklet. Complete the quiz as a group. Write down each of the responses on flip chart. Debrief responses.

Revisiting the Journey (20 minutes)

Goal: Developing/enhancing cessation or reduction journey

- *Supporting Change:* Discuss with participants how quitting may impact other areas of life (e.g., substance use, mental health, physical activity, nutrition, etc.). Generate a list of areas participants would like to be mindful of and identify strategies or resources participants can turn to in order to feel supported.
- *Revisiting Your Journey:* Give each participant a copy of the *Making a Change (Part 2)* handout or ask them to turn to page 36 in their participant booklet. Ask participants to set a revised behavioral goal in preparation for the tobacco use reduction or cessation.

Wrap-up and Closing (5 minutes)

As part of the closing, reiterate the opening words of welcome. Thank the group for having the courage to participate. End with a closing prayer (if applicable) or other good wishes.

Session 4: The Journey to Healing (Part 1) (Pages 45 – 52 in Helper’s Guide)

Opening and Welcome (10 minutes)

Lead the group in an opening prayer or welcome participants to the session. If an Elder has been invited to participate, they may want to open the session. Lead the group in an icebreaker (refer to *Helper’s Resources*). Review guidelines from Session 1.

Sharing Your Experiences (30 minutes)

Goal: Discuss quit attempt experiences

- *How Quitting or Reducing Made Me Feel:* Spend some time exploring behavioral goals set during the previous session. On a piece of flip chart paper, draw an iceberg. Below the surface of the water write the following key words: emotional, mental, spiritual. Above the water write the following key word: physical. Ask participants to share how they felt making a quit or reduction attempt using the four core areas of health as a guide. Debrief.
- *Withdrawal from Quitting or Reducing:* Give each participant a copy of the *Withdrawal Symptoms* handout or ask them to turn to page 37 in their participant booklet. As a group, discuss the withdrawal symptoms listed and ask participants to add other withdrawal symptoms that are missing. As a group, come up with potential coping strategies. Debrief

Revisiting Coping Strategies (25 minutes or longer)

Goal: Staying on the journey - develop/implement coping strategies

- *Culturally-specific Ways to Support Tobacco Cessation or Reduction:* Offer a traditional art-, land- or sea-based activity (refer to *Helper’s Resources*) as a coping strategy.
- *Western-based Approaches to Support Tobacco Cessation or Reduction:* Offer western-based approaches to health and wellness (refer to *Helper’s Resources*) as a coping strategy.
- *Revisiting Coping Strategies:* Revisit coping strategies identified in the second and third session. Provide copies of the *Coping Strategies* handout or ask participants to turn to page 15 in their participant booklets. Ask participants if they have used any of these coping strategies or identified additional coping strategies. Provide copies of the *Resources to Supporting Quitting or Reducing Tobacco Use* handout or ask participants to turn to page 31 in their participant booklets. Ask participants if they have used any of these resources and ask them to share their experiences with them.

Thinking about Tobacco Use (20 minutes)

Goal: Discuss thoughts on tobacco use

- *Thoughts on Tobacco Use (Part 1):* On a piece of flip chart paper, draw a drum (qilaujjaq) and divide it into four quadrants. In each of the quadrants, write the following key words: emotional, mental, spiritual, and physical. Ask participants to share potential thoughts they may have when considering to use tobacco using the four core areas of health as a guide. Debrief.

Wrap-up and Closing (5 minutes)

As part of the closing, reiterate the opening words of welcome. Thank the group for having the courage to participate. End with a closing prayer (if applicable) or other good wishes.

Session 5: The Journey to Healing (Part 2) (Pages 54 – 62 in Helper’s Guide)

Opening and Welcome (10 minutes)

Lead the group in an opening prayer or welcome participants to the session. If an Elder has been invited to participate, they may want to open the session. Lead the group in an icebreaker (refer to *Helper’s Resources*). Review guidelines from Session 1.

Review from Session 4 (15 minutes)

Revisit group guidelines, review the behavioral goals set in the last session, and review tracking sheets.

Coping with Difficult Situations (20 minutes or longer)

Goal: Identify high risk situations/triggers and review coping strategies

- *Weaving our Supports:* Ask one participant to share a high risk situation or trigger they may have experienced or think they will experience while holding a ball of yarn. Ask a second participant to identify a potential coping strategy. Ask the first participant to pass the ball of yarn to the second participant (while still holding on to the piece of the string). Continue passing the yarn back and forth to create a weaving of coping strategies. Debrief.
- *Culturally-specific Ways to Cope with Triggers:* Offer a traditional art-, land- or sea-based activity (refer to *Helper’s Resources*). Discussions around high risk situations/triggers can also be integrated throughout.
- *Western-based Approaches to Cope with Triggers:* Offer western-based approaches to health and wellness (refer to *Helper’s Resources*). Discussions around high risk situations/triggers can also be integrated throughout.

Coping with Thoughts (20 minutes)

Goal: Introduce strategies to cope with thoughts

- *Thoughts on Tobacco Use (Part 2):* Take the completed drum (qilaujjaq) from the previous session’s activity called *Thoughts on Tobacco Use* and post it for all participants to see. Ask participants to share strategies to counter the thoughts they had discussed during the previous session. Debrief.
- *Challenging Counter Thoughts:* Have each participant identify a counter thought they may have when deciding whether or not to use tobacco. Go through each thought as a group and work through the questions in the Automatic Thought Record (refer to *Helper’s Resources*).

Planning for the Journey (20 minutes)

Goal: Discuss ways to continue on the journey

- *Sharing a Tobacco or Reducing Journey:* Invite an Elder or community member who has quit or reduced their tobacco use to share what their experience was like.
- *Developing a Wholistic Plan:* Provide copies of the *Developing a Wholistic Plan* handout or ask participants to turn to page 38 in their participant booklets. Ask participants to fill out the plan which considers areas beyond tobacco use and to incorporate support at the individual, family, and community level. Debrief.

Wrap-up and Closing (5 minutes)

As part of the closing, reiterate the opening words of welcome. Thank the group for having the courage to participate. End with a closing prayer (if applicable) or other good wishes.

Session 6: Continuing on the Journey (Pages 64– 69 in *Helper's Guide*)

Opening and Welcome (10 minutes)

Lead the group in an opening prayer or welcome participants to the session. If an Elder has been invited to participate, they may want to open the session. Lead the group in an icebreaker (refer to *Helper's Resources*). Review guidelines from Session 1.

Your Journey (25 minutes)

Goal: Reviewing tobacco reduction or cessation journeys

- *Sharing Your Journey:* Spend some time exploring goals set by participants over the duration of the sessions. On a piece of flip chart paper, draw an iceberg. Below the surface of the water write the following key words: emotional, mental, spiritual. Above the water write the following key word: physical. Ask participants to share their cessation or reduction journey thus far focusing on their strengths and the positive impact of changes using the four core areas of health as a guide. Debrief.

Your Next Steps (10 minutes)

Goal: Planning next steps of the journey

- *Planning Next Steps:* As a group, review and discuss the plans that have been made throughout the sessions in regards to strategies, supports, and resources for tobacco cessation or reduction. Write down their responses on flip chart paper. Ask the group if they foresee any challenges or have concerns with their plans. Invite participants to provide feedback and make adjustments as necessary.

Our Celebration (45 minutes)

Goal: Celebrating courage

- *A Celebration of Courage:* Host a celebration, feast, or ceremony to celebrate participants. If participants have not quit or reduced, they will still be celebrated for attending and continuing on the journey. You may consider inviting participant's family, friends, and community members to the celebration to discuss how they can help to support participants once the sessions are finished. At the ceremony, present each of the participants with a certificate acknowledging their achievements over the course of the sessions. If appropriate, you may also want to offer a gift of acknowledgment. You may consider inviting an Elder or community member to attend, share teachings, acknowledge their support, and hand out the certificates and gifts to participants.

Wrap-up and Closing (5 minutes)

As part of the closing, reiterate the opening words of welcome. Thank the group for having the courage to participate. End with a closing prayer (if applicable) or other good wishes.