

IT'S TIME Indigenous Tools and Strategies on Tobacco: Interventions, Medicines and Education

An Inuit-specific toolkit for tobacco cessation

Participant Booklet

camh

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



Tungasuvingat Inuit

Congratulations!

Quitting or reducing tobacco use is an important change in your life. **You can quit or reduce your tobacco use.** For many people, the decision to quit or reduce tobacco use is a difficult one. They also don't take advantage of resources that can help them to quit. You have taken these initial steps. Congratulations!



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Note: What is Cessation?

Throughout this booklet, you will see that we have included the word “cessation”. This word means to end or stop. Tobacco cessation refers to quitting, stopping, or cutting down tobacco use.

<p>Qanuqtuurniq ᑭᓄᑦᑐᑦᓂᑦ</p>	<p>Being innovative and resourceful.</p>
<p>Avatittinnik Kamatsiarniq ᐱᓐᓇᓂᑦᓂᑦ ᓄᓂᑦᓂᑦ</p>	<p>Respect and care for the land, animals and the environment.</p>

Thinking about Inuit Qaujimajatuqangit, in what ways do the principles impact your tobacco use?

The Impact of Tobacco Use

As you think about the possibility of quitting or reducing your tobacco use, you may be wondering how tobacco use impacts your body, your family, your community, and the environment.

Check out the following links below which include activities and resources to help you learn more about the impacts of tobacco use.

Tobacco and Your Body

<http://www.nuquits.gov.nu.ca/tobacco-101/tobacco-and-your-body>

Second-hand Smoke

<http://www.nuquits.gov.nu.ca/tobacco-101/second-hand-smoke>

Tobacco and the Environment

<http://www.nuquits.gov.nu.ca/tobacco-101/tobacco-environment>



Tracking Sheets

Date & Time	What am I doing now?	Mood			Rating	# Smoked
	<i>Where, what, with who?</i>	☺	☹	☠	5 4 3 2 1 Must No have need	
Monday 8:00am	Eating breakfast at home with my daughter		√		4	1

Date & Time	What am I doing now?	Mood			Rating	# Smoked
	<i>Where, what, with who?</i>	☺	☹	☹	5 4 3 2 1 Must No have need	

Date & Time	What am I doing now?	Mood			Rating	# Smoked
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Date & Time	What am I doing now?	Mood			Rating	# Smoked
	<i>Where, what, with who?</i>	☺	☹	☹	5 4 3 2 1 Must No have need	

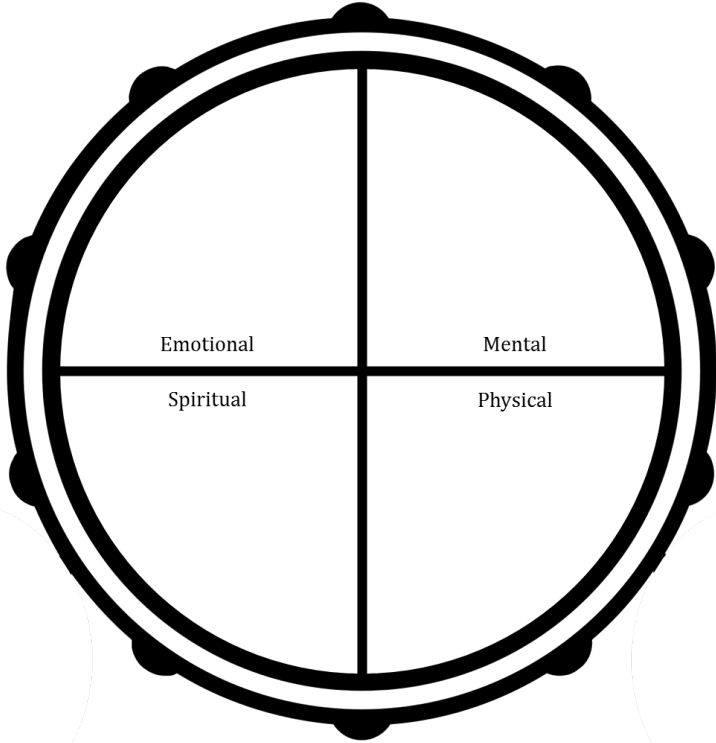
Date & Time	What am I doing now?	Mood			Rating	# Smoked
	<i>Where, what, with who?</i>	☺	☹	☹	5 4 3 2 1 Must No have need	

List of Cessation Apps

Name	Link
My Change Plan	Google Play: https://play.google.com/store/apps/details?id=com.camh.my_change_plan&hl=en_CA&gl=US&pli=1 Apple Store: https://apps.apple.com/ca/app/mychangeplan/id1405709545
LIVESTRONG: My Quit Coach	https://itunes.apple.com/us/app/livestrong-myquit-coach-dare-to-quit-smoking/id383122255?mt=8
Quit Smoking	https://play.google.com/store/apps/details?id=com.azati.quit&hl=en
Quit Now!	https://play.google.com/store/apps/details?id=com.azati.quit&hl=en
Butt Out	https://play.google.com/store/apps/details?id=com.ellisapps.buttout&hl=en
Smoke Free	https://itunes.apple.com/ca/app/smoke-free-quit-smoking-now-and-stop-for-good/id577767592?mt=8

Exploring Readiness

Shade the areas you would like to work on to feel confident about quitting or reducing your tobacco use.



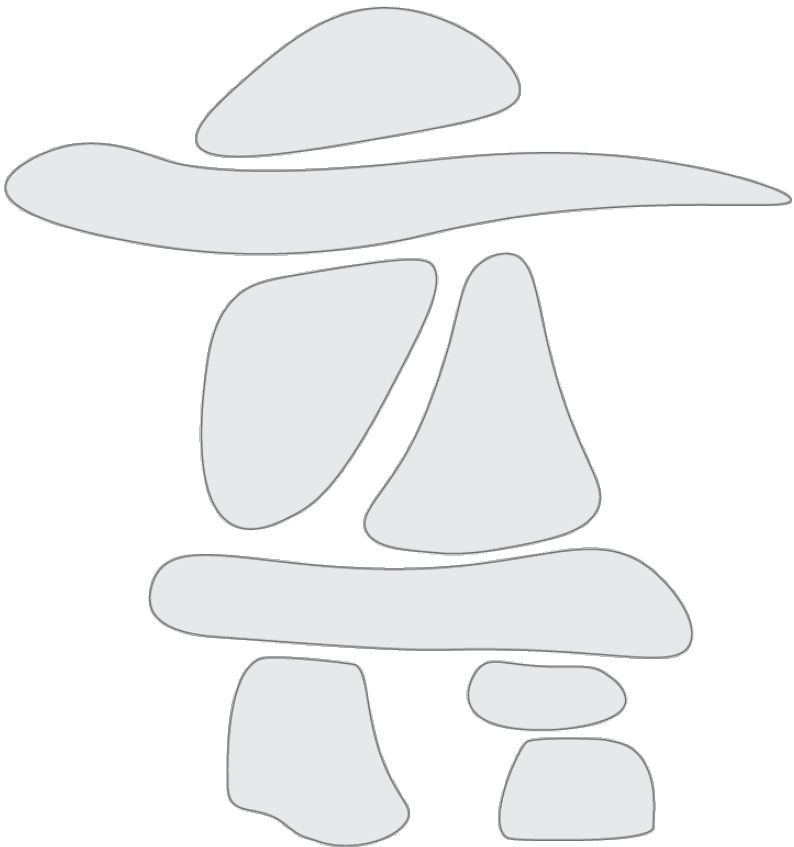
Strengths, Weaknesses, Opportunities, Challenges (SWOC) Analysis

Write down your strengths, weaknesses, opportunities, and challenges as they relate to quitting or reducing your tobacco use.

Strengths	Weaknesses
<i>Example: I have quit using other substances</i>	<i>Example: I smoke to cope with stress</i>
Opportunities	Challenges
<i>Example: My partner quit smoking</i>	<i>Example: I smoke with my friends</i>

Balancing Health and Well-being

Write down your triggers to using tobacco and identify a coping strategy for each inside the inuksuk. An example could be: *My partner smokes inside the house. I will ask them if they can smoke outside.*



Coping Strategies

Things I Can Do	Things That Can Help	Coping with Feelings
Visit an Elder and offer to be a helper	Talk to an Elder about Inuit Qaujimajatuqangit	Talk to an Elder
Go out on the land	Think kind thoughts about yourself	Read books or websites on self-growth or recovery
Go hunting or fishing	Remember the positive things about using healthy coping strategies	Ask yourself what you are feeling (go through a checklist of your common “feeling triggers” –am I lonely, sad, anxious, scared)
Sit by the water	Remember the negative consequences of using problematic coping strategies	Give yourself permission to feel emotions (don’t judge your feelings)
Avoid people or places that trigger problematic coping strategies (i.e. tobacco use, drinking, drug use, self-harm)	Tell yourself that feelings, even difficult feelings, are normal	
Phone someone for support		

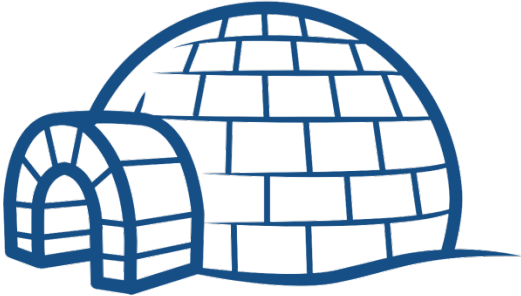
Things I Can Do	Things That Can Help	Coping with Feelings
Identify and avoid high-risk situations	Distract yourself by thinking about something else	Express your feelings (cry, smile, etc.,)
Take a “buddy” when going to a risky place /situation	Recognize when you are making self-defeating statements	Ask for support
Leave risky situations, or limit how long you stay	Plan ahead for any risky situations	Talk to someone about your feelings
Go for a walk or hike	Think about your future goals and how to achieve them.	Find a creative outlet for feelings (music, drawing, painting, poetry etc.,)
Go get ice/ fresh water for drinking	Remind yourself that you only have to worry about what you have control over today	Get a journal and write to yourself
Read a book	Remind yourself that you are in the present and the past cannot hurt you now	Take time to soothe / nurture yourself
Sew, crochet or knit		

Things I Can Do	Things That Can Help	Coping with Feelings
<p>Exercise or do something physical</p> <p>Fix sleds or qajaq/ kayaks</p> <p>Play Inuit games</p> <p>Stand tall and feel your body's strength</p> <p>Remind yourself that you are a strong person.</p> <p>Hold onto something to ground yourself (e.g., chair you are sitting in, key ring, picture etc.)</p>	<p>Make a commitment to yourself and remind yourself of it</p> <p>Think that you are in charge of whatever decisions you make about your safety</p> <p>Tell yourself that you are doing well so far and don't want to interfere with the progress</p> <p>Monitor your use and urges to use problematic coping strategies</p> <p>Post a copy of Inuit Qaujimagatuqangit where you can review it each day</p>	<p>Praise yourself for the progress you have made</p> <p>Use affirmations</p> <p>Light candles to help you to focus on your thoughts and feelings</p> <p>Write a letter to someone about how you are feeling (it is better to not send the letter, keep it, burn it, bury it, flush it)</p> <p>Get a punching bag, or hit a pillow or bed, scream into a pillow</p>

Things I Can Do	Things That Can Help	Coping with Feelings
<p>Clean or do housework</p> <p>Do volunteer work</p> <p>Try meditation or deep breathing</p> <p>Practice saying no with both your voice and body language</p> <p>Stay in contact with supportive people</p> <p>Take care of yourself if you are hungry, thirsty or tired</p>	<p>Think about the times in your life where you have felt good about yourself - try to get in touch with the feelings of strength that went along with those events</p> <p>When a negative belief about yourself pops into your head, try to remember where it really came from—who originally planted those beliefs? Think about challenging them with other information that you know about yourself, which proves the beliefs to be false.</p>	<p>Throw rocks in the water</p> <p>Talk to a pet / spend time with animals</p> <p>Go to a spiritual place (anyplace you define as spiritual)</p> <p>Create a safe or sacred place in your home</p> <p>Be kind to yourself</p>

Things I Can Do	Things That Can Help	Coping with Feelings
<p>Keep a visual reminder of the negative consequences of your problematic coping strategies (e.g., photos)</p> <p>Keep visual reminders or written lists of the positive effects of the changes you've made.</p> <p>Reward yourself for your efforts</p> <p>Go to a support group</p> <p>Listen to music, sing, or dance</p>	<p>See previous pages</p>	<p>If you are afraid of being overwhelmed by your emotions, imagine them coming through a tap where you are able to control the flow</p>

Things I Can Do	Things That Can Help	Coping with Feelings
Practice being kind to yourself Learn Inuktitut Cook and eat nutritious food	See previous pages	See previous pages



Making a Change (Part 1)

The behaviour I want to/need to change is:
This is what I will do to make the change:
I will make this change by:

Tip: If you are not ready to quit tobacco, think about what another change could be. Some examples might be to not smoke in your car/ snowmobile/ four wheeler/ boat, to smoke outside your house, or not to smoke for a three hour period each day for a week. What are some changes that make sense for you?

Medication for Tobacco Cessation

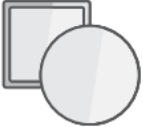
Nicotine Replacement Therapy (NRT)

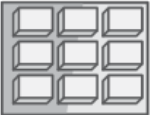
- NRT is a group of smoking cessation aids that provide clean nicotine in different forms
- Works by replacing a portion of the nicotine in your cigarettes so that your withdrawal symptoms are minimized
- With less severe withdrawal symptoms you face an easier time quitting smoking
- Available over the counter

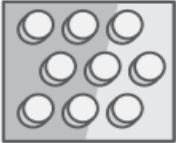
Why Use Nicotine Replacement Therapy (NRT)?

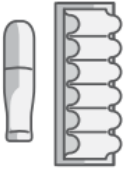
- Doubles your chances of successfully quitting
- Safer to use than tobacco – no long-term negative health effects have been found for NRT
- Works well in combination with other strategies (such as changing what you do, how you think about smoking, and how you feel about smoking and quitting)


Types of Nicotine Replacement Therapy (NRT)

Type of NRT	How it Works	Side Effects
<p data-bbox="186 292 324 367"><i>Nicotine Patch</i></p> 	<ul data-bbox="438 292 917 601" style="list-style-type: none">• Delivers a continuous dose of nicotine throughout the day• Available in the following doses:<ul data-bbox="535 516 917 601" style="list-style-type: none">○ 24 hours: 21, 14 & 7 mg	<ul data-bbox="982 292 1421 824" style="list-style-type: none">• May cause sleep disturbance or nightmares• May cause skin irritation• Reaction to the adhesive• Nicotine can be an irritant but this is not an allergy• Talk to your pharmacist about medicated creams that may help (aloe, hydrocortisone)

Type of NRT	How it Works	Side Effects
<p data-bbox="186 245 415 279"><i>Nicotine Gum</i></p> 	<ul data-bbox="440 245 915 508" style="list-style-type: none"> • Come in different flavours: mint, fruit, cinnamon • Delivers nicotine through the lining of the mouth • Available in the following doses: 4 & 2 mg 	<ul data-bbox="979 245 1406 469" style="list-style-type: none"> • Upset stomach • Nausea/vomiting • Dizziness • Mouth/throat irritation • Hiccups

Type of NRT	How it Works	Side Effects
<p data-bbox="186 247 324 327"><i>Nicotine Lozenge</i></p> 	<ul data-bbox="443 247 914 508" style="list-style-type: none"> • Come in different flavours: mint, fruit, cinnamon • Delivers nicotine through the lining of the mouth • Available in the following doses: 4, 2 & 1 mg 	<ul data-bbox="982 247 1404 469" style="list-style-type: none"> • Upset stomach • Nausea/vomiting • Dizziness • Mouth/throat irritation • Hiccups

Type of NRT	How it Works	Side Effects
<p data-bbox="186 245 324 324"><i>Nicotine Inhaler</i></p>  <p>The illustration shows a small, white, tube-shaped inhaler device on the left. To its right is a rectangular blister pack containing five individual, light-colored, oval-shaped inhaler units arranged in a vertical column.</p>	<ul data-bbox="443 245 950 601" style="list-style-type: none"> • Small, tube-shaped mouthpiece • Delivers nicotine through “puffing” • Absorbed in the mouth, throat and upper respiratory tract • Available in a 10 mg dose 	<ul data-bbox="982 245 1291 468" style="list-style-type: none"> • Throat & mouth irritation • Headache • Nausea • Indigestion

Type of NRT	How it Works	Side Effects
<p data-bbox="186 247 391 327"><i>Nicotine Mouth Spray</i></p> 	<ul data-bbox="440 247 943 593" style="list-style-type: none"> • Small, portable dispenser • Delivers nicotine through a fine mist that is sprayed directly into the mouth • Nicotine is quickly absorbed in the mouth • Available dose is 1 mg / spray 	<ul data-bbox="979 247 1227 330" style="list-style-type: none"> • Tingling lips • Hiccups

Important: *If you recently experienced any of the following please consult with your doctor before starting NRT: stroke, heart attack, worsening angina or arrhythmia.*

Types of Prescription Medications for Tobacco Cessation			
Type	How it Works	Why Use it?	Side Effects
<i>Zyban (bupropion)</i>	<ul style="list-style-type: none"> • It comes in tablet form. • It is only available by prescription from your physician or pharmacist • It does not contain nicotine. The medicinal ingredient in Zyban is bupropion 	<ul style="list-style-type: none"> • Can double your chances of quitting smoking • Convenient: you take the tablets only once or twice a day • Can be combined with counselling support or NRT to improve success rate in some cases 	<ul style="list-style-type: none"> • Dry mouth • Insomnia

Type	How it Works	Why Use it?	Side Effects
<i>Zyban</i> <i>(bupropion)</i>	<ul style="list-style-type: none"> • Can minimize your experience of withdrawal symptoms, which can make quitting easier for you • Dosage form: 300mg tablets 	(see page 27)	(see page 27)

Type	How it Works	Why Use it?	Side Effects
<i>Champix (varenicline)</i>	<ul style="list-style-type: none"> • It comes in tablet form. • Available only by prescription from your physician or pharmacist • It does not contain nicotine. The medicinal ingredient is varenicline tartrate 	<ul style="list-style-type: none"> • Increases your chances of quitting smoking; as good as either NRT or Zyban, or better • Convenient: you take the tablets only once or twice a day 	<ul style="list-style-type: none"> • Nausea/ vomiting • Abnormal dreams • GI issues

Type	How it Works	Why Use it?	Side Effects
<i>Champix (varenicline)</i>	<ul style="list-style-type: none"> • Reduces cravings for cigarettes so quitting is made easier • Decreases the pleasurable effects of smoking so you are not as tempted to light up • Dosage form: 0.5mg & 1mg tablets 	<ul style="list-style-type: none"> • Does not interact with too many other drugs, which makes it more suitable for some people who are on other medications 	(see page 29)

Important: *Use only under the supervision of a health care provider so that they can monitor any changes in your health.*

True or False?

Tobacco Cessation Medication

How much do you know about medications to help people quit smoking? Take this True-or-False quiz and find out.

Statement	True or False?
1. Nicotine is the harmful substances in cigarettes.	
2. Nicotine addiction is equally likely whether the nicotine comes from cigarettes, nicotine patch, gum, lozenge or inhaler.	
3. Nicotine Replacement Therapy (NRT) is a safe and clean delivery system of nicotine.	
4. Smoking while on the NRT patch increases the risk of a heart attack.	
5. NRT should not be used at the same time or in combination with Zyban® (bupropion) (<i>Zyban is another smoking cessation medication</i>)	

6. Pregnant women should never use NRT	
7. People under age 18 can use NRT	
8. People using NRT can take more than what is recommended on the medication package.	
9. NRT should only be used for a short time	
10. NRT should not be used by people who just want to cut down on the number of cigarettes they smoke.	

(1) False (2) False (3) True
(4) False (5) False (6) False
(7) True (8) True (9) False
(10) False

Resources to Support Quitting or Reducing Tobacco Use

Counselling Support (Available to Everyone)

First Nations and Inuit Hope for Wellness Line

Crisis intervention counselling available 24/7
Counselling is available in Inuktitut on request
1-855-242-3310

National Residential School Crisis Line

Provides support to former residential school
survivors
Mental health and crisis referral services
available 24/7
1-866-925-4419

Tobacco Cessation Support (Available by Province/Territory)

Alberta

<https://www.albertaquits.ca/>

1-866-710-7848

British Columbia

<https://www.quitnow.ca/>

1-877-455-2233

Manitoba

<http://www.smokershelpline.ca/>

1-877-513-5333

New Brunswick

<http://www.smokershelpline.ca/>

1-877-513-5333

Newfoundland and Labrador

<https://www.smokershelp.net/>

1-800-363-5864

Northwest Territories

<http://www.hss.gov.nt.ca/en/services/nwt-quitline>

1-866-286-5099

Nova Scotia

<https://tobaccofree.novascotia.ca/>

1-902-700-7700

Nunavut

<http://www.nuquits.gov.nu.ca/>

1-866-368-7848

Ontario

<http://www.smokershelpline.ca/>

1-877-513-5333

Prince Edward Island

<http://www.smokershelpline.ca/>

1-877-513-5333

Quebec

<https://tobaccofreequebec.ca/iqitnow/>

1-866-527-7383

Saskatchewan

<http://www.smokershelpline.ca/>

1-877-513-5333

Yukon

<https://www.quitpath.ca/>

1-877-513-5333

Websites

<http://www.naho.ca/inuittobaccofree/>

www.cancer.ca

www.heartandstroke.ca

www.lung.ca/quit

www.smoke-free.ca

www.gosmokefree.gc.ca

www.info-tabac.ca (FRENCH)

www.stopsmokingcenter.net

www.pregnets.org

Social Media

Recommended YouTube Channels

National Aboriginal Health Organization:

<https://www.youtube.com/user/NAHOnews>

Pauktuutit:

<https://www.youtube.com/user/Pauktuutit>

Tobacco Has No Place Here:

<https://www.youtube.com/channel/UCiJ5y4nDw5-WbMi5DeDRBjA>

Nunatsiavut Tobacco Control Strategy:

<https://www.youtube.com/channel/UCx-WUZk2FmdZDSUfhGYCviQ>

The TEACH Project:

<https://www.youtube.com/user/teachproject>

Recommended Facebook Pages

Healthy First Nations and Inuit (English):

<https://www.facebook.com/HealthyFirstNationsandInuit/>

Healthy First Nations and Inuit (French):

<https://www.facebook.com/PremieresNationsetInuitsensante>

National Aboriginal Health Organization:

<https://www.facebook.com/National-Aboriginal-Health-Organization-NAHO-206234329443069/>

Inuit Tapiriit Kanatami:

<https://www.facebook.com/inuittapiriitkanatami/>

Tungasuvvingat Inuit:

<https://www.facebook.com/Tungasuvvingat-Inuit-467184610123628/>

Tobacco Has No Place Here:

<https://www.facebook.com/TobaccoHasNoPlaceHere/>

Community

Contact your local public health unit to inquire about resources in your community.

Speak to your healthcare provider or community health worker about quitting smoking.

Refer to CBC North, local radio ads, local news, or posters in your community regarding supports for quitting or reducing tobacco use.

Making a Change (Part 2)

Think about the first change you made around your tobacco use. Is there another change you would like to make to support your tobacco cessation or reduction journey? Or would you like to modify the first change you made?

The behaviour I want to/need to change is:
This is what I will do to make the change:
I will make this change by:

Withdrawal Symptoms

Every person will experience very different withdrawal symptoms. Here are some things you may experience when quitting smoking. Are any missing? What are some coping strategies you can use to address these symptoms?

Possible Withdrawal Symptoms	Possible Coping Strategies
Irritability	
Difficulty concentrating	
Headaches	
Coughing	
Clumsiness	
Dizziness	
Craving to smoke	
Diarrhea/constipation	
Feeling tired	
Shakiness	
Nausea	
Sweating	
Changes in appetite	
Sadness	

Developing a Wholistic Plan

When thinking about quitting or reducing your tobacco use over the long-term, there may be other areas of your life you would like to focus on as well. Some examples could be: other substance use, mental health, exercise, eating well, housing, job, etc.

With you at the centre of the plan, take this opportunity to begin thinking about other areas of your life that you would like to focus on in addition to quitting or reducing tobacco.

The diagram consists of seven circles arranged in a hexagonal pattern. The central circle contains the text "Name:" followed by a horizontal line for a name. The other six circles are empty and intended for the user to write down other areas of their life they want to focus on.

Think about the supports that can help you in making these changes.

What can I do to make some changes?

Example: Go for a walk

How can my family and friends help?

Example: Ask my partner to smoke outside

What is available in my community?

Example: Go to a support group for mental health counselling

