



# IT'S TIME

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

A First Nations-specific toolkit for  
commercial tobacco cessation

# Helper's Guide

**camh**

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

## Acknowledgements

We are grateful to the following people who have generously shared their time, experience, and wisdom as co-authors of this resource.

### Members of the Engagement Circle

Alethea Kewayosh, Cancer Care Ontario's – Aboriginal Tobacco Program  
Alicia Topp, Cancer Care Ontario's – Aboriginal Tobacco Program  
Alison Benedict, CAMH Aboriginal Engagement and Outreach  
Amanda Squire, De dwa da dehs nye>s Aboriginal Health Centre  
Anastasia Blackey, De dwa da dehs nye>s Aboriginal Health Centre  
Ashlee Grimard, Gzhewaadiziwin Health Access Centre  
Bernice Hardisty-Isaiah, Dehcho Health & Social Service Authority  
Carolyn Doxtator, Association of Iroquois and Allied Indians  
Cassandra Lemos, Payukotayno Child Services  
Connor Pion, CAMH Aboriginal Engagement and Outreach  
Crystel Menicoche, Dehcho Health & Social Service Authority  
Elaine Lee, De dwa da dehs nye>s Aboriginal Health Centre  
Janna Graham, Government of the Northwest Territories – Department of Health and Social Services  
Kelly Fisher, Wabano Centre for Aboriginal Health  
Leroy F Quoquat, Lac Seul First Nation  
Lianne Hovingh, Wikwemikong Health Centre  
Lisa Beedie, Cancer Care Ontario's – Aboriginal Tobacco Program  
Lisa-Marie Naponse, N'Mninoeyaa Community Health Access Centre  
Megan Barker, CAMH Nicotine Dependence Service  
Megan Tiernan, CAMH Aboriginal Engagement and Outreach  
Michelle Halligan, Canadian Partnership Against Cancer  
Mike Koostachin, Peetabeck Health Services  
Miriam Wideman, Government of the Northwest Territories – Department of Health and Social Services  
Nicole Carnochan, Cancer Care Ontario's – Aboriginal Tobacco Program  
Peter Selby, CAMH Nicotine Dependence Service  
Raglan Maddox, Well Living House – St. Michael's Hospital  
Renee Linklater, CAMH Aboriginal Engagement and Outreach  
Renee Monchalin, Well Living House – St. Michael's Hospital  
Richard San Cartier, N'Mninoeyaa Community Health Access Centre  
Richard Steiner, Cancer Care Ontario's – Aboriginal Tobacco Program  
Robert Gibbens-Tenneriello, Weeneebayko Area Health Authority  
Rosa Dragonetti, CAMH Nicotine Dependence Service  
Sara Gleeson, Anishnawbe Mushkiki

Simon Thompson, Lac Seul First Nation  
Tanya Snowshoe, Gwich'in Tribal Wellness Department

*All of these materials can be freely copied, shared, and adapted. Feel free to supplement the toolkit with your own materials.*



*Image provided courtesy of Cancer Care Ontario's Aboriginal Tobacco Program*

# Table of Contents

<b>Acknowledgements</b> .....	<b>2</b>
Members of the Engagement Circle .....	2
<b>Overview of the Toolkit</b> .....	<b>6</b>
Background .....	6
About this Resource .....	7
Format.....	8
Facilitating a Circle .....	9
Tips and Suggestions .....	10
Supporting Documents .....	11
Note on Cultural Diversity.....	12
<b>Circle 1: Tobacco Use from Past to Present</b> .....	<b>14</b>
Helper’s Checklist.....	14
Materials Required .....	14
Handouts Required.....	14
Summary of Circle 1 .....	14
Opening and Welcome .....	16
Creating Group Guidelines .....	17
Getting to Know You .....	18
The Sacredness of Traditional Tobacco .....	19
Impact of Commercial Tobacco.....	21
Keeping Track of Your Journey .....	23
Wrap-up and Closing .....	24
<b>Circle 2: Exploring Your Commercial Tobacco Reduction or Cessation Journey</b> .....	<b>25</b>
Helper’s Checklist.....	25
Materials Required .....	25
Handouts Required.....	25
Summary of Circle 2 .....	25
Opening and Welcome .....	26
Review from Circle 1.....	27
Exploring Your Journey .....	28
Triggers and Coping Strategies .....	31
Making a Change.....	33
Wrap-up and Closing .....	36
<b>Circle 3: Preparing for the Commercial Tobacco Cessation or Reduction Journey</b> .....	<b>38</b>
Helper’s Checklist.....	38
Materials Required .....	38
Handouts Required.....	38

Summary of Circle 3 .....	38
Opening and Welcome .....	40
Review from Circle 2.....	41
Supporting Commercial Tobacco Cessation or Reduction (Part 1) .....	41
Supporting Commercial Tobacco Cessation or Reduction (Part 2) .....	44
Revisiting the Journey .....	47
Wrap-up and Closing .....	49
<b>Circle 4: The Journey to Healing (Part 1).....</b>	<b>50</b>
Helper’s Checklist.....	50
Materials Required .....	50
Handouts Required.....	50
Summary of Circle 4 .....	50
Opening and Welcome .....	51
Sharing Your Experiences .....	52
Revisiting Coping Strategies.....	54
Thinking about Commercial Tobacco Use.....	56
Wrap-up and Closing .....	57
<b>Circle 5: The Journey to Healing (Part 2).....</b>	<b>58</b>
Helper’s Checklist.....	58
Materials Required .....	58
Handouts Required.....	58
Summary of Circle 5 .....	58
Opening and Welcome .....	59
Review from Circle 4.....	60
Coping with Difficult Situations .....	61
Coping with Thoughts .....	63
Planning for the Journey .....	65
Wrap-up and Closing .....	66
<b>Circle 6: Continuing on the Journey.....</b>	<b>68</b>
Helper’s Checklist.....	68
Materials Required .....	68
Summary of Circle 6 .....	68
Opening and Welcome .....	69
Your Journey.....	70
Your Next Steps.....	71
Our Celebration.....	71
Wrap-up and Closing .....	72
<b>References.....</b>	<b>73</b>

## Overview of the Toolkit

### Background

In 2010, the TEACH (Training Enhancement in Applied Cessation Counselling and Health) Project at CAMH (Centre for Addiction and Mental Health) partnered with an Engagement Circle of First Nations frontline workers, health care professionals, educators and Elders to develop IT'S TIME (Indigenous Tools and Strategies on Tobacco: Interventions, Medicines and Education), a toolkit to support healthcare providers and community workers to offer commercial tobacco interventions with First Nations.

Since the launch of the toolkit in 2010, TEACH has received multiple training requests to build capacity in commercial tobacco interventions in First Nations, Inuit, and Métis communities. Feedback from participants of the IT'S TIME trainings has highlighted the need to review the toolkit and discuss new ways of retooling content to reflect Indigenous ways of learning, knowing, healing and recovery. Participants have also indicated the need for an open and inclusive review process, which includes the voices of First Nations, Inuit and Métis peoples in order to take into account unique needs and concerns, cultural, geographic, and linguistic diversities.

In March 2016, in collaboration with Cancer Care Ontario's Aboriginal Tobacco Program (CCO-ATP), CAMH's Aboriginal Engagement and Outreach Program (CAMH-AEO), and the Canadian Partnership Against Cancer (CPAC), TEACH widely disseminated an invitation to First Nations, Inuit, and Métis stakeholders, Elders, healthcare providers, educators and community members to participate in the review of the IT'S TIME toolkit. A total of 56 individuals formed the Engagement Circle, representing multiple provinces and territories including Ontario, Quebec, Newfoundland and Labrador, Northwest Territories, and Nunavut. Three opportunities were provided for Engagement Circle members to offer their feedback (an in-person meeting, a training, and electronic reviews). This was to ensure a process that was open, inclusive, and reflective of diverse voices and opinions.

One of the key pieces of feedback from the Engagement Circle was that the teachings and activities in the toolkit were not always applicable or reflective of the diversity of teachings, approaches, and ways of knowing among First Nations, Inuit and Métis. Accordingly, it was decided that separate toolkits with increased flexibility for tailoring may help to foster buy-in from community members to participate in commercial tobacco cessation or reduction activities. An Inuit-specific toolkit was co-created by TEACH, Tungasuvvingat Inuit, and an Engagement Circle of Inuk stakeholders. The toolkit was launched in September 2017 and is freely available online at [www.teachproject.ca](http://www.teachproject.ca).

In March 2017, a toolkit outline was drafted based on the feedback provided from the March 2016 Engagement Circle and informed by the outline of the Inuit-specific toolkit. The outline was sent to Engagement Circle members who work with First Nations and/or identify as First Nations (n=37) to provide feedback. Based on the edits and suggestions provided, this toolkit was developed.

### **About this Resource**

This toolkit designed to facilitate knowledge transfer and increase capacity in health and wellness for First Nations. Commercial tobacco use is currently the leading cause of preventable death in North America, and commercial tobacco use prevalence among First Nations is two times higher than the general Canadian population (First Nations Information Governance Centre, 2016). Culturally-relevant and safe interventions that encourage individuals to address their use of commercial tobacco are of vital importance.

**This resource is designed for helpers (i.e., healthcare providers and/or allied health professionals) interested in supporting First Nations in quitting or reducing commercial tobacco use.**

The development of this toolkit has been informed by the guiding principle of Two Eyed Seeing (Marshall, 2004), whereby the strengths of both evidence-based practice (Western knowledge) and wise-based practice (Indigenous Ways of Knowing) have been combined in order to support commercial tobacco reduction or cessation through a strengths-based and wholistic<sup>1</sup> approach:

- **Evidence-based practice:** This toolkit has been informed by Dermody, Wardell, and Hendershot's (2015) Group Cognitive Behavioural Therapy for Smoking Cessation Manual and CAN-ADAPTT Guidelines (2011).
- **Wise-based practice:** This toolkit incorporates Indigenous Ways of Knowing, traditional activities, and teachings to support wholistic health and healing.

The development of this resource was informed by the guidance, review, knowledge and consensus-building of a group of First Nations helpers, stakeholders, community members, and Elders through an Engagement Circle (or advisory committee). Please refer to page 6 of this document which outlines the Engagement Circle development process in more detail.

---

<sup>1</sup> You may be wondering why we have spelled wholistic with a "w". Wholistic refers to the whole body, which takes into consideration the whole person – mind, body, spirit, family, community, and the environment – all which make up the "self".

## Format

The purpose of this toolkit is to support helpers in offering commercial tobacco interventions with First Nations. It is organized into six circles with each circle focusing on specific learning outcomes. The goal of the circles will be to support First Nations in:

- Preparing for their commercial tobacco cessation or reduction journey (e.g., thinking about quitting or reducing).
- Mapping their commercial tobacco cessation or reduction journey (e.g., developing a plan to quit or reduce).
- Staying with their commercial tobacco cessation or reduction journey (e.g., learning ways to prevent resuming smoking).

The six circles can be offered in a variety of practice and community settings and can also be tailored to individual or group settings. Note: If circles are offered in a group format it is recommended that the group size be around 6 – 10 individuals.

Individuals who would likely benefit from these circles include those who are:

- Planning to quit or reduce commercial tobacco use in the next 30 days or are in the early stages of a quit or reduction attempt (e.g., who have quit commercial tobacco use the past week).
- Able to engage in cognitive work (i.e., have no active psychoses, no severe intellectual or learning impairments, and have a relatively stable living situation).

This toolkit outlines six 90 minute circles of cognitive behavioural therapy (evidence-based practice) incorporating Indigenous Ways of Knowing (wise-based practice) throughout. The circles are designed to be offered sequentially as each circle will build on material offered in previous circles. However, we acknowledge that it may be challenging for helpers to offer each of the circles in a sequential format. Therefore, helpers are welcome to pick and choose activities that are relevant and feasible to offer within their setting. Additionally, some activities that we have suggested may not be appropriate for all practice settings due to cost, geography, availability of a community Elder, etc. Throughout the toolkit, we have provided multiple suggestions for activities that can achieve the same outcomes. It is up to helpers to decide what they think will work best for the individuals they work with and their setting.

If helpers decide to offer the circles as they have been developed, the overall structure of each circle includes the following:



- An opening to welcome participants (15-20 minutes)
- The discussion of new concepts and implementation of activities which may include psychoeducation, cognitive behavioural skills learning, sharing teachings, engaging in traditional activities, etc. (60 minutes)
- A closing to end the circle in a good way (5-10 minutes)

All participants will be asked to make a quit or a behavioural goal regarding their commercial tobacco use (e.g., reducing cigarettes per day, making their home smoke-free, etc.). The circles are designed to facilitate a quit attempt between circles 3 and 4, although participants can elect for an alternative timeline if preferred.

Note: The activities in this toolkit can be delivered in either group or individual formats. With individual counselling, the close focus and privacy may be what the individual prefers. However, group counselling can be effective in helping people empathize and support one another. Choosing between individual and group counselling will depend partly on an individual's characteristics and preferences, and partly on what kind of service helpers can feasibly offer. This frequently depends on considerations such as what resources are available in a helper's clinical setting (e.g., staffing, financial support, etc.). The focus of this toolkit is on offering the activities within a group setting (i.e., circle), although helpers can offer specific activities from the circles in an individual format if that is their preference.

### Facilitating a Circle

Circles are sacred and are a familiar and safe place to communicate. Protocol is the respectful way to run a circle. Circles are started with a smudge of sacred medicine(s) or cleansing of all members and the room. The helper or speaker may hold a feather or talking stick (or other sacred item) to demonstrate responsibility to speak openly and honestly, whereas the other members have the responsibility to listen without interruption or judgment. The feather or stick can then be passed in turn to each member so all have the opportunity for respectful sharing and listening. Circles are meant to be interactive but the option to pass is a standard agreement. This simply means that the participant has chosen to listen and not speak but is interacting nonetheless. No one should break the circle while it is in progress, and if leaving is necessary, should wait until the person who is sharing is finished. Once the teaching is complete and everyone has had the opportunity to share, the facilitators may choose to close the circle with a prayer, so as to close what has been opened.

The following structure may be useful for helpers to guide their approach to facilitating the circle. *These are suggestions, not prescriptions.* The helper can:

1. Introduce themselves as the facilitator.

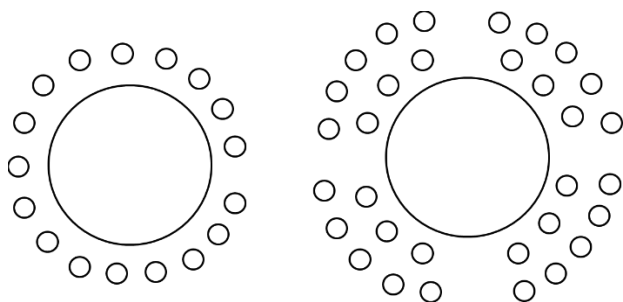
- a. **Note:** If it is feasible to do so, you may consider co-facilitation options with peers or members/helpers that have already reached a particular goal (i.e. has quit smoking).
2. Lead the group in an opening prayer or welcome participants to the circle. This could also include traditional protocols such as smudging. The way to open the circle should be relevant to the community. If an Elder or knowledge keeper has been invited to participate, they may want to open the circle.
3. Provide or review logistical information, which can include:
  - a. Sign-in (if using): Direct participants to sign-in sheet on resource table (optional and based on community preference);
  - b. Breaks: Discuss when breaks will happen and protocols around smoking during breaks;
  - c. Washrooms: Indicate location and provide directions.
4. Describe or review the structure of the circle and the intended learning outcomes.
5. Invite questions (based on structure or proceedings of the last circle).
6. Icebreaker activity (refer to *Helper's Resources* in this toolkit for icebreaker ideas).
7. Invite the participants to introduce themselves in a way that is comfortable for them.
8. Facilitate the circle (refer to pages 14-72 which describes each of the circles in more detail).
9. Lead the group in a closing prayer or other closing activity to end the circle. The way to close the circle should be relevant to the community. If an Elder has been invited to participate, they may want to close the circle.

### **Tips and Suggestions**

The following tips and suggestions are designed to support helpers with some of the logistics of setting up and facilitating the circles. We recognize that each community and group is unique so helpers should adapt and tailor these suggestions to best fit the group that they are working with.

### **Room Setup**

A circle style is recommended for the room setup. Facilitating the sessions within a circle helps to reduce power imbalances as everyone enters the circle as equals (including helpers). For circles that have 25 participants or less, the single circle style is recommended. Have an opening (doorway) that is in the eastern direction. For circles that have more than 25 participants, the concentric circles style is recommended. For this style have doorway openings to the circle in all four cardinal directions (see examples below).



If you are going to ask members to sign in before entering the circle, have a registration table outside the venue room.

### **Group Guidelines for Circles**

We have provided some suggested guidelines that can be offered as a starting point with input from the participants.

1. Be respectful of other member's processes of change, healing and recovery from commercial tobacco – everyone uses different strategies to reduce or quit smoking. There is no “right way” to progress through cessation.
2. Be respectful of others' goals – not everyone will have an abstinence goal. No matter what a person's goal, support should be provided for any change that is occurring.
3. Confidentiality – whatever is said in the circle stays in the circle and should not be discussed with other people in the community.
4. Try not to smoke with other members of the group. Smoking can be a very social activity. We ask that members try not to smoke with each other so they do not become triggers for each other.
5. Arrive on time and stay for the entire circle. If you cannot come to the circle, notify the facilitator in advance.
6. No one has to participate and disclose any information if they don't feel comfortable. Some people may just want to come and listen.

**Note:** In addition to setting guidelines for the circle, it is important for helpers to check in with the group if guidelines are not respected. For example, if it is agreed upon that participants will listen to one another and a participant begins to whisper or speak when someone is talking, the helper must pause the group and take a moment to revisit the guidelines. This is to ensure participants feel supported in their ability to share within a safe and respectful environment.

### **Supporting Documents**

The activities for each circle are outlined in pages 14-72 of this toolkit. During the development phase of this toolkit, some members of our Engagement Circle indicated that they wanted a detailed, step-by-step guide, while others wanted “everything on a single

page”. For facilitators who would prefer not to use the detailed toolkit, we have included one-page summaries of key activities and discussion for helpers to use as a guide for each of the six circles known as the **Helper’s Condensed Guide**. We have tried to co-create a resource that is totally flexible and adaptable to the preferences of different helper’s styles, as well as the needs of different communities and groups.

There are also two additional sections of this toolkit to support delivery of the circles:

- **Helper’s Resources** which includes sample sign in sheets, evaluation forms, suggestions for ice breakers activities, wise- and evidence-based approaches to support commercial tobacco cessation or reduction, answer keys to support activities, and a template for Certificates of Completion. It is up to helpers to decide if they think these resources will be helpful in their offering of the circles.
- **Participant Booklet** which includes information, handouts and worksheets that correspond to the content of each circle. You may choose to give copies of the complete participants’ booklet to everyone in the circle, or just use selected handouts that are relevant to the content and discussion you plan to cover in any of the circles (in other words, either give out the participants’ workbook and ask people to bring it to every circle, or distribute the handouts to the group as you go along). As a third option, you may choose not to use any handouts at all!

All of the toolkit resources can be downloaded electronically from TEACH ([www.teachproject.ca](http://www.teachproject.ca)). All of these materials can be freely copied, shared and adapted. We have provided word documents of each of the resources for helpers to customize according to their settings. Helpers are encouraged to supplement the toolkit resources with their own materials.

### **Note on Cultural Diversity**

We acknowledge the diversity among First Nations in Canada in regards to geography, language, protocols, traditional activities, and teachings. We have tried to include representation from a diversity of First Nations (e.g., Anishinaabe, Haudenosaunee, Cree, Dene) in the development and review of these materials to ensure cultural appropriateness. However, there may be instances where we have chosen a word, teaching, or activity that may not be culturally relevant or appropriate for a community. Helpers should keep this in mind when offering circles or choosing activities to offer with their clients. Helpers can customize the language, teachings, or activities to meet the needs of their community – the resources are meant to be flexible and adaptable. While we have strived to produce a resource where everyone feels included, we welcome your comments, corrections, and suggestions.

We hope that helpers find this resource helpful in their commercial tobacco cessation work, and wish helpers the best of luck in sharing their wisdom, expertise and experience with others in their region, communities, and organizations!

Chi-miigwech, nia:wen, Kinanâskomitin, ay-hay, marsee, merci, and thank you!



# Circle 1: Tobacco Use from Past to Present

## Helper's Checklist

**Important Note:** All of the following activities and resources are optional in the sense that you can (and should) tailor the circle to the needs of your group and community.

## Materials Required

- Name tags (if using)
- Sign in sheets
- Pens (for participants to make notes or fill out handouts)
- Flip chart and markers
- Computer with audio and projector (if playing videos)
- Internet access (if sharing online videos or websites)
- Refreshments (if feasible)
- Any materials required for the icebreaker session (refer to *Helper's Resources* for ideas)
- Any materials required for making tobacco ties (refer to *Helper's Resources* for instructions, supplies, and information on traditional tobacco)
- Copies of the *Tobacco Timeline* (online link provided on page 22; if sharing)
- Evaluations (refer to *Helper's Resources* for copies)

## Handouts Required

You may decide to give the entire participant booklet to participants which they can then bring with them to each circle. If this option is not feasible, you can provide participants with the handouts required for Circle 1 which include:

- Tracking Sheets
- List of Apps

Summary of Circle 1		
Goal	Content and Activities	Preparation
	Opening and Welcome <i>10 minutes</i>	<ul style="list-style-type: none"> <li>• Invite an Elder, knowledge keeper, or community member to open the circle (if preferred)</li> <li>• Print a copy of the sign-in sheet (if using)</li> <li>• Print copies of the participant booklet (if you are not using individual handouts)</li> </ul>
<i>Establish format</i>	Creating Group Guidelines	<ul style="list-style-type: none"> <li>• Flip chart and markers</li> </ul>

<i>and procedures (i.e., opening and closing protocols, guidelines for the circles)</i>	15 minutes	
<i>Group member introductions and emphasize role of group support for a common goal</i>	Getting to Know You 15 minutes	<ul style="list-style-type: none"> <li>• If you have chosen an icebreaker, refer to <i>Helper's Resources</i> for more details on preparation</li> </ul>
<i>Honouring traditional tobacco</i>	The Sacredness of Traditional Tobacco 20 minutes	<ul style="list-style-type: none"> <li>• Invite an Elder, knowledge keeper, or community member to share teachings about the importance and sacredness of tobacco</li> <li>• Choose online videos to share with the group <ul style="list-style-type: none"> <li>○ Computer, projector, internet connection, computer audio (e.g., external speakers)</li> </ul> </li> <li>• Instructions and supplies to make tobacco ties (if offering this activity)</li> <li>• Information about traditional tobacco (if discussing)</li> </ul>
<i>Discuss the history and impact of commercial tobacco in First Nations communities</i>	Impact of Commercial Tobacco 20 minutes	<ul style="list-style-type: none"> <li>• Invite an Elder, knowledge keeper, or community member to share the history and impact of commercial tobacco on First Nations and/or their experiencing quitting commercial tobacco use</li> <li>• Print copies of the <i>Tobacco Timeline (if sharing)</i></li> <li>• Choose online videos or Sandra's podcast to share with the group <ul style="list-style-type: none"> <li>○ Computer, projector, internet connection, computer audio (e.g., external speakers)</li> </ul> </li> </ul>
<i>Introduce importance of tracking a commercial</i>	Keeping Track of Your Journey 5 minutes	<ul style="list-style-type: none"> <li>• Print copies of <i>Tracking Sheets</i></li> <li>• Print copies of <i>List of Apps</i></li> </ul>

*tobacco cessation  
or reduction  
journey*

Wrap-up and Closing  
5 minutes

- Print copies of the *Evaluations* (if using)
- Invite an Elder, knowledge keeper, or community member to close the circle (if preferred)

## Opening and Welcome

**Approximate Time:** 10 minutes

- Introduce yourself as the helper for the circle.
- Lead the group in an opening prayer, traditional protocols, or welcome participants to the circle. The way to open the circle should be relevant to the community. If an Elder or knowledge keeper has been invited to participate, they may want to open the circle.
- Provide or review logistical information, which can include:
  - Sign-in (if using): Direct participants to sign-in sheet on resource table (optional and based on community preference);
  - Breaks: Discuss when breaks will happen and protocols around smoking during breaks;
  - Washrooms: Indicate location and provide directions;
  - Refreshments: Indicate if there are any available to participants (e.g., snacks, water, etc.).
- Describe the structure of the circle, intended learning outcomes, and overall content for the circle. Here is an example introduction to the content and structure of the circle: *Thank you for coming today to explore and talk about commercial tobacco reduction and cessation. We will meet together for six different circles, and each circle has its own theme. This circle (circle 1) is called: "Tobacco Use from Past to Present". In this circle, we will talk about history and impact of tobacco use in First Nations communities and explore what a commercial tobacco reduction or cessation journey make look like. In the other circles we will discuss ways in which you can begin to think about your own commercial tobacco reduction or cessation journey, explore coping with triggers for commercial tobacco use, prepare for your own commercial tobacco reduction or cessation journey, discuss strategies to support quitting, and prepare for staying with the journey after these circles have come to a close. Everyone's voice is important, since we all have experience with commercial tobacco – either ourselves or with our families, friends and community. In this way we all have teachings to share and we can all learn from one another. Everyone is welcome here, even if you are*



*smoking. This is a journey and we want you to keep coming to the circles, regardless of where you are in your journey.*

## **Creating Group Guidelines**

**Approximate Time:** 15 minutes

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

To provide a safe and positive group experience, it is important to determine guidelines with participants in a collaborative way. We have recommended two approaches you may want to use in developing guidelines with the group.

### **Option A: Looking to Our Values**

**Instructions:** Using community-specific values as a guide, collaboratively co-create guidelines for the circles. A few examples of community-specific values could include:

- Seven Grandfather Teachings
- Teachings of the Good Mind
- Dene Laws

To translate values into guidelines, an example has been provided using one of the Seven Grandfather Teachings: *Respect refers to honouring all of creation. A guideline that is reflective of Respect could be to honour other group member's confidentiality by not sharing information that is shared in the group with other individuals outside of the group.*

**Materials Required:** Flip chart and markers to write down responses. You may wish to hand out a copy of your communities' values or write them down so that everyone can see them.

### **Option B: Preparing for Our Journey**

**Instructions:** A creative way to discuss group guidelines is to frame the discussion as if the group was preparing to go into the bush. Ask the participants to fill their canoe (or other relevant means of travel) with items they would like to bring with them on their journey through the circles (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 circles (e.g., judgement, breaking confidentiality, etc.). You may also incorporate community-specific values in this discussion.

**Materials Required:** Flip chart and markers to write down responses. You may wish to hand out a copy of your communities' values or write them down so that everyone can see them (if you plan to discuss them during this activity).

## Getting to Know You

**Approximate Time:** 15 minutes

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

It is important to provide an opportunity for participants to get to know one another in order to create an environment where everyone feels safe to share their experiences and work towards a common goal. Group counselling can be effective in helping people empathize and support one another. However, in order to feel comfortable in supporting one another, time should be provided for participant introductions.

If your community is small, the participants may already know each other – keep in mind whether or not the participants will trust others to keep sensitive information confidential or feel emotionally and physically safe with other group members. In certain circumstances where trust or safety concerns are barriers to treatment goals, it your responsibility to work with participant(s) to determine the feasibility of moving forward with a group format or exploring treatment alternatives such as individual counselling.

We have provided two approaches you may want to use in facilitating participant introductions. **Note:** if you have another format you prefer to use for introductions, please use whatever feels the most comfortable to you and makes sense for your community.

### *Option A: Sharing Your Tobacco Story*

**Instructions:** 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. The participants can share any (or all) of the following: what does tobacco mean to them (traditional and/or commercial), when and why they started smoking, any information on past quit attempts, what may have worked to help them quit or reduce in the past, what did not work, and why they have joined the group now.

To debrief the introductions, highlight shared connections or themes that emerged to show commonality in goals.

**Materials Required:** None.

### *Option B: Choose an Icebreaker*

**Instructions:** If you would prefer not to use Option A or your own introduction activity, you could also replace this activity with one of the icebreaker activities we have provided in this resource – refer to *Helper's Resources* for more information.

**Materials Required:** This will depend on the icebreaker you choose.

## **The Sacredness of Traditional Tobacco**

**Approximate Time:** 20 minutes

**Goal:** Honouring traditional tobacco

Among many First Nations, tobacco is considered sacred. Growing tobacco is part of the sacred ritual and significance: the man plants the seeds, and the woman nurtures the plants to help it grow. This experience is a significant part of the balance of life for First Nations who believe that tobacco was given to help them stay connected to Mother Earth, and to communicate with the Creator. In many communities, teachings on sacred tobacco are guided by an Elder or traditional teacher. One of the universal teachings is to take only what is needed and to never waste any part of what is taken. Fish, animals, and medicine plants are thanked for their sacrifice of life by offering prayers and sacred tobacco—which should not be overused or abused, in order to respect the spirit of the plant. The plant provides only what is needed. Taking more than what is needed would be disrespectful to the spirit of the plant and would reflect poorly on the person taking it (Brokenleg and Tornes, 2013).

Establishing the difference between traditional and commercial tobacco is important when engaging in a commercial tobacco cessation or reduction journey. We have provided some activities you may choose to offer to honour the sacredness of traditional tobacco.

### **Option A: Teachings on Traditional Tobacco**

**Instructions:** Before the circle, invite an Elder, knowledge keeper, or community member to share teachings on sacredness of traditional tobacco seeds and honouring traditional tobacco. After teachings are shared, the Elder, knowledge keeper, or community member may invite participants to reflect on what was shared.

We acknowledge that there are some communities where it may be difficult to find and/or ask an Elder, knowledge keeper, or community member to speak about traditional tobacco. If this is not possible in your community, you may consider using the following resources to start the conversation:

- *Online Videos* which share reflections on traditional tobacco are available at the following links:
  - Alberta Health Services (Traditional Tobacco Use):  
<https://www.youtube.com/watch?v=PXFPBD6k73I>

- Chigamik Community Health Centre (Keeping Tobacco Sacred):  
<https://www.youtube.com/watch?v=UhdY05bfjTc>
- LDFasema (Ceremonial Tobacco):  
<https://www.youtube.com/watch?v=tkvYyr2pwU0>
- Fact Sheet on Traditional Tobacco – can be accessed from the *Helper's Resources*

**Materials Required:** If you are inviting an Elder, knowledge keeper, or community member to the circle than no materials are required for this activity. However, you will need to contact the Elder, knowledge keeper, or community member before the circle and prepare them in advance so that they are aware of the purpose of the circle and what their role will be. If you are sharing online videos, you will need a computer, projector, internet access, and computer audio (e.g., external speakers). If you are sharing information about traditional tobacco, you may choose to print out the relevant documents located in the *Helper's Resources*.

**Option B: Making a Traditional Tobacco Tie**

**Instructions:** This activity can be approached in a number of ways. We have provided a few options below. Feel free to choose the approach that makes sense within your community.

- a) Before the circle, invite an Elder, knowledge keeper, or community member to share teachings on the sacredness of traditional tobacco seeds and honouring traditional tobacco. While these teachings are being shared, ask the group to prepare their own tobacco ties using the steps outlined in *Helper's Resources*. Have a discussion about the teachings and the availability of traditional tobacco in your community.
- b) If an Elder, knowledge keeper, or community member is unavailable to speak about traditional tobacco, use the video links listed above on pages 19-20 to support you in sharing information about traditional tobacco. You can also use the Fact Sheet on Traditional Tobacco located in the *Helper's Resources*.
- c) If traditional tobacco is not readily available in your community, you can make a tie with kinnikinnick as an alternative (i.e., a mixture of the leaf or inner bark of any of the following plants: bearberry, red osier dogwood, silky comel, Canadian bunchberry, Evergreen sumac, Littleleaf sumac) and have a discussion about the availability/unavailability of traditional tobacco in your community.
- d) You may also want to create your own video on your community's traditional uses of tobacco or ask participants to share on camera what traditional tobacco means to them. With participant's permission, and if appropriate, post this video on YouTube or other social media outlets.

**Materials Required:** If you are inviting an Elder, knowledge keeper, or community member to the circle you will need to contact the Elder, knowledge keeper, or community member before the circle and prepare them in advance so that they are aware of the purpose of the circle and what their role will be. If you are sharing online videos, you will need a computer, projector, internet access, and computer audio (e.g., external speakers). To make the tobacco tie you will need the instructions to make a tobacco tie found in *Helper's Resources* and the following materials: traditional tobacco, broad cloth (in red, yellow, white, green, purple or blue), yarn or twine. If you are sharing information about traditional tobacco, you may choose to print out the relevant documents located in the *Helper's Resources*.

### Impact of Commercial Tobacco

**Approximate Time:** 20 minutes

**Goal:** Discuss the history and impact of commercial tobacco in First Nations communities

Commercial tobacco use has become highly prevalent among First Nations, leading to devastating impacts on health, social life, and the environment. Connecting the history of colonization to current commercial tobacco use is very important. Many First Nations feel the intergenerational impacts of colonization on health and well-being. Substance use, commercial tobacco use included, is often one way people may cope with the impacts of trauma. For this part of the circle, we have provided an approach you may want to use to start the conversation around the impact of tobacco use in First Nations communities.

Additionally, participants of the circle may not know people in their life who have quit or reduced their commercial tobacco use. Hearing about other people's quit or reduction attempts can sometimes be helpful in preparing individuals for their own journeys. We have provided an approach you may want to use to start the conversation around what reducing or quitting smoking could look like and what participants may expect.

#### **Option A: Impact of Commercial Tobacco Use**

**Instructions:** Before the circle, invite an Elder, knowledge keeper, or community member to share the impacts of commercial tobacco on First Nations. After stories or teachings are shared, the Elder or community member may invite participants to reflect on what was shared.

We acknowledge that there are some communities where it may be difficult to find and/or ask an Elder, knowledge keeper, or community member to speak on these issues. If this is not possible in your community, you may consider using the following resources to start the conversation:

- *Tobacco Timeline* – Developed by the Chiefs of Ontario, this downloadable resource includes visual timeline about how commercial tobacco has affected First Nations communities. You may choose to print copies of the timeline and discuss some of the key historical events around commercial tobacco use and how it has affected First Nations. Visit <https://www.nicotinedependenceclinic.com/English/teach/SiteAssets/Pages/Special-Populations/Chiefs%20of%20Ontario%20-%20Tobacco%20Timeline%202011.pdf> for more information.
- *Online Videos* which share information about the impact of commercial tobacco use on First Nations are available at the following links:
  - Health Nexus (Sacred Tobacco, Sacred Children): <https://www.youtube.com/watch?v=csbUv6eJ0s8&t=151s>
  - Heart and Stroke (Breath – The Spirit of the Heart: Your Journey Away from Tobacco Misuse): <https://www.youtube.com/watch?v=qlATxhInF10>
  - American Indian Health Research and Education Alliance, Inc. (All Nations Breath of Life: Traditional Tobacco vs. Recreational Tobacco): <https://www.youtube.com/watch?v=60vV0QCYYJo>

**Materials Required:** If you are inviting an Elder, knowledge keeper, or community member to the circle than no materials are required for this activity. However, you will need to contact the Elder, knowledge keeper, or community member before the circle and prepare them in advance so that they are aware of the purpose of the circle and what their role will be. If you planning to discuss the *Tobacco Timeline*, you may need to print out copies or share the resource on a computer with projector. If you are sharing online videos, you will need a computer, projector, internet access, and computer audio (e.g., external speakers).

**Option B: What does a Commercial Tobacco Cessation or Reduction Journey Look Like?**

**Instructions:** Before the circle, invite an Elder, knowledge keeper, or community member who has quit or reduced their commercial tobacco use to share what their experience was like. If you're working with a peer co-facilitator, this would be an ideal activity for them to lead and share their story. After stories are shared, you may invite participants to reflect on what was said or ask questions.

If this option is not possible to coordinate, you may invite a participant of the circle who has had experience with a past quit or reduction attempt to share their story. Alternatively, you may decide to show a video or play an audio recording of a story. You can access video recordings at the following links listed above (refer to pages

19-20, 22) or the share the podcast of Sandra produced by the First Nations Health Authority in British Columbia. Sandra's podcast can be accessed at the following link: <http://www.fnha.ca/wellness/wellness-and-the-first-nations-health-authority/wellness-streams/respecting-tobacco>. **Note:** if you show a video or play an audio recording of a story, make sure to have a few stories available to demonstrate the flexibility of a commercial tobacco cessation or reduction journey.

**Materials Required:** If you are inviting an Elder, knowledge keeper, or community member to the circle than no materials are required for this activity. However, you will need to contact the Elder, knowledge keeper, or community member before the circle and prepare them in advance so that they are aware of the purpose of the circle and what their role will be. If you are sharing online videos, you will need a computer, projector, internet access, and computer audio (e.g., external speakers).

### Keeping Track of Your Journey

**Approximate Time:** 5 minutes

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

Keeping track of commercial tobacco use can help participants understand their commercial tobacco use patterns and triggers (e.g., emotions, thoughts, people, places, things) and make connections between triggers and commercial tobacco use as coping strategies. We have provided two approaches you may want to use to discuss tracking commercial tobacco use.

#### **Option A: Reviewing Tracking Sheets**

Instructions: Give each participant a copy of the *Tracking Sheets* or ask them to turn to page 5 in their participant booklet. Review with participants the rationale behind tracking their commercial tobacco use. Recommend that participants complete their entry before they light their cigarette and keep their tracking sheets near their cigarettes/packs to serve as a reminder. Ask participants if they can bring their completed tracking sheets to the next circle.

**Materials Required:** You will need copies of the participant booklet or copies of the *Tracking Sheets*.

#### **Option B: There's an app for that!**

Instructions: Some participants may not be interested in filling out or carrying around tracking sheets with them. However, there are mobile apps available where participants can document their commercial tobacco use if this is preferred. Give each participant a copy of the *List of Apps* or ask them to turn to page 10 in their

participant booklet. Review with participants the rationale behind tracking their commercial tobacco use. Recommend that participants complete their entry before they light their cigarette and keep their phone with them to serve as a reminder. Ask participants if they can bring their phone with them to the next circle so they can access their tracking through their preferred app.

**Materials Required:** You will need copies of the participant booklet or copies of the *List of Apps* handout.

## Wrap-up and Closing

**Approximate Time:** 5 minutes

This can be done orally as part of the circle.

If you are handing out circle evaluations (refer to *Helper's Resources* for a sample Evaluation template), encourage participants to complete the evaluation. **Tip:** if you choose to hand out a paper copy have the participants fill it out while still in the circle before you close.

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.





## Circle 2: Exploring Your Commercial Tobacco Reduction or Cessation Journey

### Helper’s Checklist

**Important Note:** All of the following activities and resources are optional in the sense that you can (and should) tailor the circle to the needs of your group and community.

### Materials Required

- Name tags (if using)
- Sign in sheets
- Pens (for participants to make notes or fill out handouts)
- Flip chart and markers
- Refreshments (if feasible)
- Any materials required for the icebreaker session (refer to *Helper’s Resources* for ideas)
- Calculator (if using the activity *How much is Commercial Tobacco Use Costing Me?*)
- Puzzle pieces (if using)
- Markers and labels to create cigarette pack reminders (if using)
- Any materials to create a personalized “quit kit” (if using)
- Evaluations (refer to *Helper’s Resources* for copies)

### Handouts Required

You may decide to give the entire participant booklet to participants which they can then bring with them to each circle. If this option is not feasible, you can provide participants with the handouts required for Circle 2 which include:

- Connecting Our Values
- Exploring Readiness
- Strengths, Weaknesses, Opportunities, Challenges (SWOC) Analysis
- Balancing Health and Well-being
- Coping Strategies
- Making a Change (Part 1)

Summary of Circle 2		
Goal	Content and Activities	Preparation
	Opening and Welcome <i>10 minutes</i>	<ul style="list-style-type: none"> <li>• Invite an Elder, knowledge keeper, or community member to open the circle (if preferred)</li> <li>• Print a copy of the sign-in sheet (if using)</li> </ul>

		<ul style="list-style-type: none"> <li>• Print copies of the participant booklet (if you are not using individual handouts)</li> <li>• If you have chosen an icebreaker, refer to <i>Helper's Resources</i> for more details on preparation</li> </ul>
	Review from Circle 1 10 minutes	<ul style="list-style-type: none"> <li>• Flip chart and markers</li> </ul>
<i>Introduce the cognitive behavioural framework for assisting a commercial tobacco cessation or reduction journey</i>	Exploring Your Journey 20 minutes	<ul style="list-style-type: none"> <li>• Print copies of <i>Connecting Our Values</i></li> <li>• Print copies of <i>Exploring Readiness</i></li> <li>• Print copies of the <i>Strengths, Weaknesses, Opportunities, Challenges (SWOC) Analysis</i></li> <li>• Flip chart and markers</li> <li>• Blank paper and pens</li> <li>• Calculators</li> </ul>
<i>Identify triggers for smoking and discuss coping strategies</i>	Triggers and Coping Strategies 20 minutes	<ul style="list-style-type: none"> <li>• Print copies of <i>Balancing Health and Well-being</i></li> <li>• Print copies of <i>Coping Strategies</i></li> <li>• Puzzle pieces</li> </ul>
<i>Set first behavioural goal in preparation for commercial tobacco cessation or reduction journey</i>	Making a Change 25 minutes	<ul style="list-style-type: none"> <li>• Markers and labels to create cigarette pack reminders</li> <li>• Items to include in a personalized quit kit (e.g., water, fidget toys, sugar-free gum and candies)</li> <li>• Print copies of <i>Making a Change (Part 1)</i></li> <li>• Flip chart and markers</li> </ul>
	Wrap-up and Closing 5 minutes	<ul style="list-style-type: none"> <li>• Print copies of the <i>Evaluations</i> (if using)</li> <li>• Invite an Elder, knowledge keeper, or community member to close the circle (if preferred)</li> </ul>

## Opening and Welcome

**Approximate Time:** 10 minutes

- Introduce yourself as the helper for the circle.

- Lead the group in an opening prayer, traditional protocols, or welcome participants to the circle. The way to open the circle should be relevant to the community. If an Elder or knowledge keeper has been invited to participate, they may want to open the circle.
- Provide or review logistical information, which can include:
  - Sign-in (if using): Direct participants to sign-in sheet on resource table (optional and based on community preference);
  - Breaks: Discuss when breaks will happen and protocols around smoking during breaks;
  - Washrooms: Indicate location and provide directions;
  - Refreshments: Indicate if there are any available to participants (e.g., snacks, water, etc.).
- Describe the structure of the circle, intended learning outcomes, and overall content for the circle. Here is an example introduction to the content and structure of the circle: *Thank you for coming today to continue our conversation and exploration of commercial tobacco reduction and cessation. Last circle, we talked about the sacredness of traditional tobacco, the history and impact of tobacco use in First Nations communities and explored what a commercial tobacco reduction or cessation journey make look like. In this circle, we will discuss ways in which you could begin to think about your own commercial tobacco reduction or cessation journey, talk about triggers to using commercial tobacco and discuss ways to cope with these triggers. We will also discuss the possibility of making a change with commercial tobacco use. In the other circles we will explore preparing for your own commercial tobacco reduction or cessation journey, discuss strategies to support quitting, and preparing for staying with the journey after these circles have ended. A reminder as well that we all have teachings to share and we can learn from each other. We are all students and we are all teachers.*
- Invite the participants to introduce themselves again (if there are new members). Participants can provide their name or in a way that is most comfortable to them.
- Lead the group in an icebreaker activity – refer to *Helper’s Resources* for more information.

## Review from Circle 1

**Approximate Time:** 10 minutes

- Review the group guidelines developed from the previous circle. Ask the participants if they would like to make any changes to the guidelines.
- In the previous circle, you introduced the participants to the importance of tracking their commercial tobacco use. Spend the first part of Circle 2 reviewing the

experience of tracking using the following questions to guide the conversation.

**Note:** You may want to write down responses on flip chart:

- What was tracking your commercial tobacco use like? What did you learn (e.g., patterns, triggers).
- How did tracking effect your commercial tobacco use (e.g., did you use less?)
- Was tracking difficult? What could make it easier?
- To end the discussion, reinforce the importance of tracking (e.g., can help identify triggers for use and make help to reduce automatic commercial tobacco use).

## Exploring Your Journey

**Approximate Time:** 20 minutes

**Goal:** Introduce the cognitive behavioural framework for assisting a commercial tobacco cessation or reduction journey

Being ambivalent about quitting or reducing commercial tobacco use is a normal part of the journey. However, according to the cognitive behavioural framework, it is important to explore this ambivalence by identifying it, understanding the source of it, and addressing the source of it.

We have provided three approaches you may want to use to explore ambivalence with participants in the group. **Note:** Some of the activities may require the participant to write down information about themselves in their booklets and/or handouts you provide. If there are group members with differing literacy abilities, you may choose to modify the activities so that they can meet the needs of all participants (e.g., supporting participants in writing down their responses, asking individuals to share responses verbally, etc.).

### *Option A: Connecting Our Values*

**Instructions:** Give each participant a copy of *Connecting Our Values* handout or ask them to turn to page 11 in their participant booklet. Using community-specific values as a guide (e.g., Seven Grandfather Teachings, Teachings of the Good Mind, Dene Laws, etc.), ask participants to think about and/or write down how these values impact their commercial tobacco use. Some questions to consider could include:

- Is your tobacco use aligned with and/or go against your values? How so?
- How could quitting or reducing impact your values?

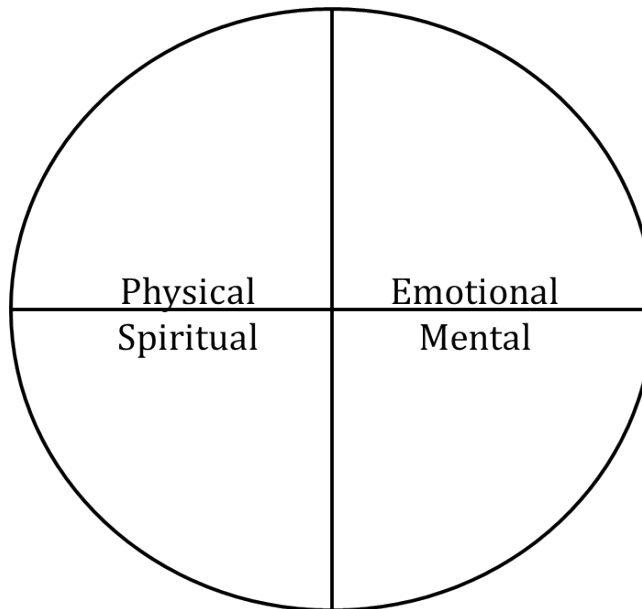
Once participants have thought about or written down how their community-specific values impacts their commercial tobacco use, debrief their responses with

the larger group. You may decide to write down their responses on flip chart so you can make connections between shared experiences and reflections.

**Materials Required:** You will need copies of the participant booklet or the *Connecting Our Values* handout, pens for writing, flip chart and markers (if using).

**Option B: Exploring Readiness**

**Instructions:** 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 commercial tobacco use.



Once participants have shaded in the relevant areas, debrief the following questions with the group:

- *“Based on the areas you have shaded, how important is it for you to reduce or quit commercial tobacco use?”* This elicits reasons for changing
- *“What would you need to do in order to achieve balance in these four areas of health so you could feel confident in reducing or quitting commercial tobacco use?”* This elicits actions they could take

You may decide to write down their responses on flip chart so you can make connections between shared experiences and reflections.

**Note:** This exercise is based on the *Readiness Ruler* (Miller and Rollnick, 2013). If you would prefer to use the Readiness Ruler to support this activity, refer to *Helper's Resources*.

**Materials Required:** You will need copies of the participant booklet or the *Exploring Readiness* handout, pens for writing, flip chart and markers (if using).

### Option C: Exploring Change

Instructions: Give each participant a copy of the *Strengths, Weaknesses, Opportunities, Challenges (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 commercial tobacco reduction and cessation.

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>

Once participants have written down their responses, debrief the activity by asking participants to share their responses with the larger group. You may decide to write down their responses on flip chart so you can make connections between shared experiences and reflections.

**Note:** This exercise is based on the *Decisional Balance* (Sobell and Sobell, 2011). If you would prefer to use the Decisional Balance to support this activity, refer to *Helper's Resources*.

**Materials Required:** You will need copies of the participant booklet or the *Strengths, Weaknesses, Opportunities, Challenges (SWOC) Analysis* handout, pens for writing, flip chart and markers (if using).

### **Option D: How much is Commercial Tobacco Use Costing Me?**

**Instructions:** This can be facilitated in a large group with each person doing their own calculations. Begin by asking the group a general question about how much they think they spend on commercial tobacco per year. Have a brief discussion about how they came to that figure. Then ask each participant to do their own calculation. No one will be asked to share this publicly unless they volunteer.

- Step 1: Ask participants to write down the cost of 1 pack of cigarettes.
- Step 2: Ask them to multiply the cost of 1 pack by the number of packs they use in a week.
- Step 3: Ask them to multiply that number by 52 weeks.
- Step 4: Ask them to multiply that number by the number of years they have been using commercial tobacco
- Step 5: In the large group, brainstorm what they could buy or do with the money they spend. You could begin by writing the following statement on a flip chart: *"If I had \_\_\_ dollars I would..."*
- Step 6: Encourage the group to think about how their commercial tobacco use has impacted other budgets (e.g., food, rent, hydro) and how quitting or reducing could have a positive impact on budgeting.

**Note:** Depending on the math skills in the group you may want to do the calculation for them. You will need to know the cost of a pack of cigarettes in your community.

**Materials Required:** You will need copies of the participant booklet (which includes blank pages at the back to make notes) or you can hand out pieces of blank paper, pens for writing, flip chart and markers (if using), calculators (2 or 3 – phone calculators can also be used if preferred).

### **Triggers and Coping Strategies**

**Approximate Time:** 20 minutes

**Goal:** Identify triggers for smoking and discuss coping strategies

Identifying challenging situations or feelings is an important first step towards being able to develop a way to cope with triggers to use commercial tobacco. It can be a challenge for a person who uses commercial tobacco in many different settings or in response to many different feelings to come up with triggers to commercial tobacco use. However, the process of identifying the feelings, times of day, events, or situations is key to coming up with a plan. Simply opening up the conversation can give a person the opportunity to think

about and plan for the situations that may be difficult for them. We have recommended two approaches you may want to use to discuss triggers and coping strategies with the group.

### **Option A: *Balancing Health and Well-being***

**Instructions:** 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 commercial tobacco inside the leaves of the tree and then identify a coping strategy for each. An example could be: *My partner smokes inside the house. I will ask them if they can smoke outside.*



Once participants have written down their responses inside the leaves of the tree, debrief the activity by asking participants to share their responses with the larger group. You may decide to write down their responses on flip chart so you can make connections between shared experiences and reflections.

**Note:** If participants are having difficulty coming up with coping strategies, ask them refer to page 15 in their booklet for examples of coping strategies, or provide a copy of the *Coping Strategies* handout.

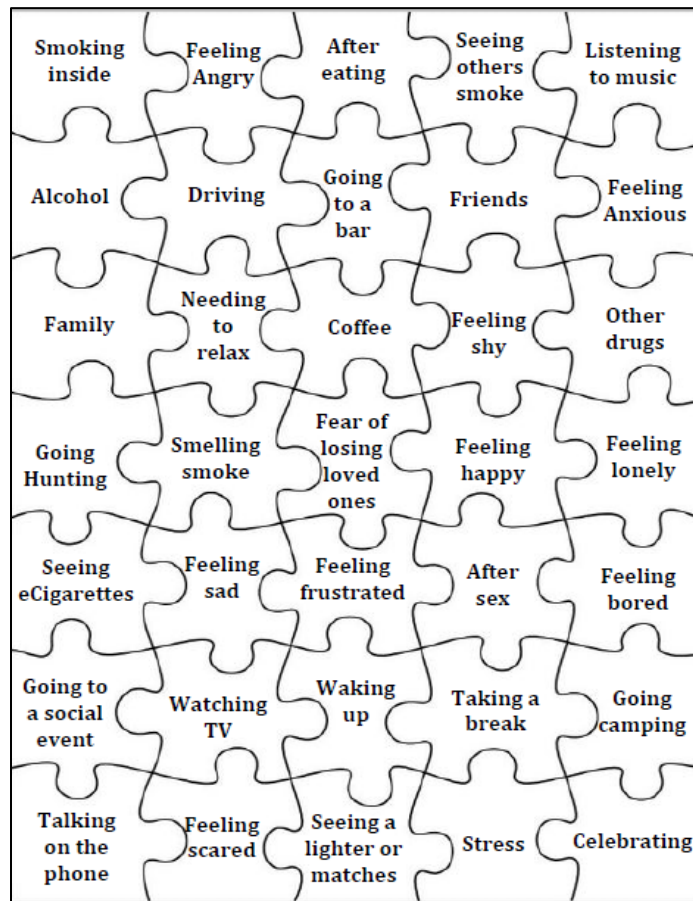
**Materials Required:** You will need copies of the participant booklet or the *Balancing Health and Well-being* handout, pens for writing, flip chart and markers (if using).

### **Option B: *Piecing the Puzzle Together***

**Instructions:** 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.



Once participants have completed their puzzles, debrief the activity by asking participants to share their coping strategies with the larger group. You may decide to write down their responses on flip chart so you can make connections between shared experiences and reflections.

**Note:** If participants are having difficulty coming up with coping strategies, ask them refer to page 15 in their booklet for examples of coping strategies, or provide a copy of the *Coping Strategies* handout.

**Materials Required:** You will need the puzzle pieces (template for printing is provided in *Helper's Resources*) and flip chart and markers (if using).

## Making a Change

**Approximate Time:** 25 minutes

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

Making a decision to change can be an intimidating process, particularly when it involves giving up a long-term behaviour, such as commercial tobacco use. Therefore, the emphasis on following activities is to continue to build motivation by focusing on the tools and strategies that can be helpful in supporting quitting or reducing commercial tobacco use.

Below, we have provided activities you can use to discuss the possibility of making a change to commercial tobacco use. We recommend that you offer both activities (i.e., Part 1 and Part 2). Part 2 of the activity will ask participants to set a behavioural goal in preparation for their commercial tobacco cessation or reduction journey.

### ***Part 1: Supporting Change***

**Instructions:** This activity will provide participants with the opportunity to discuss ways to support change at the individual, family and community level. The activity can take place in three parts:

1. Individual Level – handout labels (or something sticky that participants can write on) and markers to participants. Ask them to create their own sticker they can place on their cigarette pack. This sticker can serve as a reminder for them not to smoke, include coping strategies, or supports to reach out to instead of smoking. Participants can personalize their sticker to meet their needs. If you have the resources to do so, you could also have participants create their own “quit kits”. These kits could include items to occupy their hands and mouth when they feel cravings. Items could include bottles of water, fidget toys, and sugar-free gum or candies. Additionally, you may also consider including tailored dosing of cessation medications.
2. Family Level – lead a discussion with the group about family commercial tobacco use and how this may be a barrier to change. Write responses on flip chart paper. Discussion points could include:
  - a. Impact of second and third-hand smoke on family members and pets. You may consider guiding participants through the impact of second and third-hand smoke through their senses:
    - i. Sight: smoke in the air, nicotine stains on walls and surfaces while cleaning.
    - ii. Smell: infant and childhood memories associated with smoke and relationships to parents and family members, the lack of choice sometimes for pets to experience fresh air.
    - iii. Taste: increasing salt in food may affect children and other family member’s palates.
    - iv. Touch: burns and singes, sticky walls, and surfaces from commercial tobacco use.

- v. Hearing: triggers of sounds of lighters and sucking in related to stress.
  - b. Identifying coping strategies.
 

**Note:** there is a growing evidence of the linkages to early childhood trauma and early onset of smoking (Felitti et al., 1998). When one addresses their tobacco addiction it is important to recognize there could be unresolved childhood trauma that may also need to be addressed.
  - c. Discussing sharing commercial tobacco with family members including youth and young children.
 

**Note:** this topic may be difficult to discuss, particular in regions where there is housing insecurity and overcrowding issues. The purpose of this discussion is to foster shared support among group members around some of the challenges they may be faced with in changing their commercial tobacco use.
3. Community Level – lead a discussion with the group around community-specific supports that may help with commercial tobacco use reduction or cessation. **Note:** It will be your responsibility to generate a list of useful community-specific supports based on what is available in the community (e.g., opportunities for physical activity, upcoming community events, quit and win contests, quitlines, etc.). You may also want to discuss ways to involve community in commercial tobacco denormalization:
- a. Information on how to promote cessation success stories in the community (e.g. success boards, newspaper ads, radio ads))
  - b. Provide samples of community-made smoke-free policies and how to implement them
  - c. Discuss how to engage community leadership in the development of smoking cessation strategies in the community (e.g., write a letter to community leadership regarding commercial tobacco cessation and importance of maintaining commercial tobacco-free spaces, etc.).

**Materials Required:** You will need labels and markers to create the stickers, items for the quit kits, and flip chart and markers (if using).

### **Part 2: Starting the Journey**

**Instructions:** Give each participant a copy of the *Making a Change (Part 1)* handout or ask them to turn to page 20 in their participant booklet. Ask participants to set a behavioural goal in preparation for commercial tobacco use reduction or cessation.

**Note:** For a person who is not yet ready to change their commercial tobacco use, the focus of this activity can remain on barriers to change, as well as possible strategies for overcoming those barriers. A behavioural goal for someone not ready to quit or reduce might focus on a goal to smoke outside to prevent other people and animals in the home from the effects of second-hand smoke. If commercial tobacco use is a way to cope with stress, the person’s goal might be to first try one or two other useful strategies for stress management before having a cigarette, and noting how helpful these alternative strategies are.

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

Once participants have written down their responses, debrief the activity with the group through a strength-based approach. Invite participants to share their goal with the group or they may choose to keep their goal private if that is their preference. It is very important to let participants know that if they do not meet their goal following the circle, that does not make them a failure and will not impact their ability to participate in future circles.

**Materials Required:** You will need copies of the participant booklet or the *Making a Change (Part 1)* handout, pens for writing, and flip chart and markers (if using).

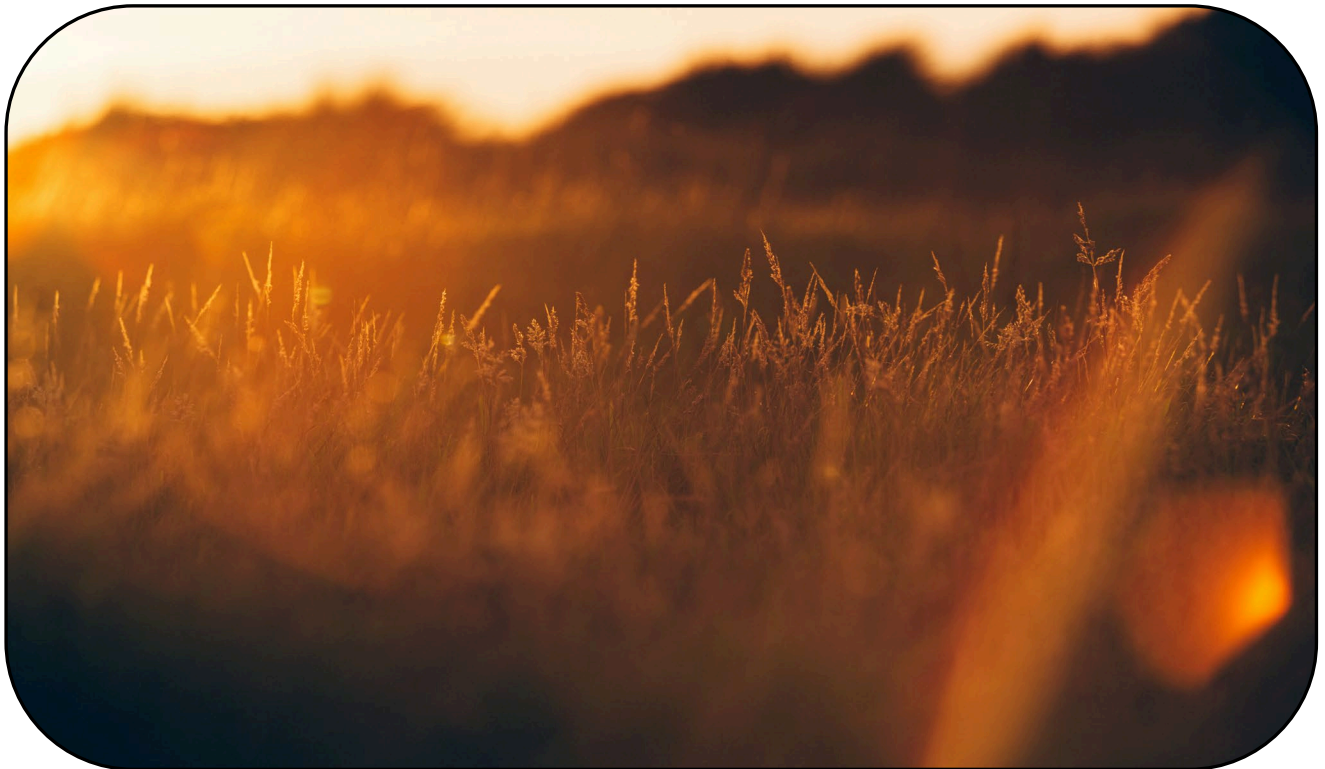
### Wrap-up and Closing

**Approximate Time:** 5 minutes

This can be done orally as part of the circle.

If you are handing out circle evaluations (refer to *Helper's Resources* for a sample Evaluation template), encourage participants to complete the evaluation. **Tip:** if you choose to hand out a paper copy have the participants fill it out while still in the circle before you close.

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.



## Circle 3: Preparing for the Commercial Tobacco Cessation or Reduction Journey

### Helper’s Checklist

**Important Note:** All of the following activities and resources are optional in the sense that you can (and should) tailor the circle to the needs of your group and community.

### Materials Required

- Name tags (if using)
- Sign in sheets
- Pens (for participants to make notes or fill out handouts)
- Flip chart and markers
- Computer with audio and projector (if playing videos)
- Internet access (if sharing online videos or websites)
- Refreshments (if feasible)
- Any materials required for the icebreaker session (refer to *Helper’s Resources* for ideas)
- Any materials required for traditional activities (refer to *Helper’s Resources* for ideas)
- Any materials required for Western-based activities refer to *Helper’s Resources* for ideas)
- Samples of pharmacotherapy for commercial tobacco cessation (e.g., patch, gum, inhaler, spray, lozenge)
- Answer Key for True or False – Learning More about Commercial Tobacco Cessation Medication (refer to *Helper’s Resources* for a copy)
- Evaluations (refer to *Helper’s Resources* for copies)

### Handouts Required

You may decide to give the entire participant booklet to participants which they can then bring with them to each circle. If this option is not feasible, you can provide participants with the handouts required for Circle 3 which include:

- Medication for Commercial Tobacco Cessation
- True or False – Learning More about Commercial Tobacco Cessation Medication
- Resources to Supporting Quitting or Reducing
- Making a Change (Part 2)

Summary of Circle 3		
Goal	Content and Activities	Preparation
	Opening and Welcome	<ul style="list-style-type: none"> <li>• Invite an Elder, knowledge</li> </ul>

	<i>10 minutes</i>	<p>keeper, or community member to open the circle (if preferred)</p> <ul style="list-style-type: none"> <li>• Print a copy of the sign-in sheet (if using)</li> <li>• Print copies of the participant booklet (if you are not using individual handouts)</li> <li>• If you have chosen an icebreaker, refer to <i>Helper's Resources</i> for more details on preparation</li> </ul>
	Review from Circle 2 <i>15 minutes</i>	<ul style="list-style-type: none"> <li>• Flip chart and markers</li> </ul>
<i>Introduce commercial tobacco cessation or reduction strategies (psychosocial)</i>	Supporting Commercial Tobacco Cessation or Reduction (Part 1) <i>20 minutes</i>	<ul style="list-style-type: none"> <li>• Any materials required for traditional activities (refer to <i>Helper's Resources</i> for ideas)</li> <li>• Any materials required for Western-based activities (refer to <i>Helper's Resources</i> for ideas)</li> <li>• Invite an Elder, knowledge keeper, or community member to share teachings on traditional ways to deal with stress</li> </ul>
<i>Introduce commercial tobacco cessation or reduction strategies (pharmacological)</i>	Supporting Commercial Tobacco Cessation or Reduction (Part 2) <i>20 minutes</i>	<ul style="list-style-type: none"> <li>• Invite a doctor, nurse practitioner, or pharmacist to share information on medications for commercial tobacco cessation OR</li> <li>• Choose YouTube videos to share with the group <ul style="list-style-type: none"> <li>○ Computer, projector, internet connection, computer audio (e.g., external speakers)</li> </ul> </li> <li>• Print copies of <i>Medication for Commercial Tobacco Cessation</i></li> <li>• Print copies of <i>True or False – Learning More about Commercial Tobacco Cessation Medication</i> and a copy of the <i>Answer Key</i> for yourself</li> <li>• Flip chart and markers</li> </ul>
<i>Developing/enhancing</i>	Revisiting the Journey	<ul style="list-style-type: none"> <li>• Print copies of <i>Resources to</i></li> </ul>

<i>the cessation or reduction journey</i>	<i>20 minutes</i>	<i>Supporting Quitting or Reducing Commercial Tobacco Use</i> <ul style="list-style-type: none"> <li>• Print copies of <i>Making a Change (Part 2)</i></li> <li>• Flip chart and markers</li> </ul>
	Wrap-up and Closing <i>5 minutes</i>	<ul style="list-style-type: none"> <li>• Print copies of the <i>Evaluations</i> (if using)</li> <li>• Invite an Elder, knowledge keeper, or community member to close the circle (if preferred)</li> </ul>

## Opening and Welcome

**Approximate Time:** 10 minutes

- Introduce yourself as the helper for the circle.
- Lead the group in an opening prayer, traditional protocols, or welcome participants to the circle. The way to open the circle should be relevant to the community. If an Elder or knowledge keeper has been invited to participate, they may want to open the circle.
- Provide or review logistical information, which can include:
  - Sign-in (if using): Direct participants to sign-in sheet on resource table (optional and based on community preference);
  - Breaks: Discuss when breaks will happen and protocols around smoking during breaks;
  - Washrooms: Indicate location and provide directions;
  - Refreshments: Indicate if there are any available to participants (e.g., snacks, water, etc.).
- Describe the structure of the circle, intended learning outcomes, and overall content for the circle. Here is an example introduction to the content and structure of the circle: *Thank you for coming to this third of six circles focused on commercial tobacco use. As you might recall, each circle has its own theme. The theme for the first circle was exploring the history and impact of commercial tobacco use in First Nations communities and what a commercial tobacco cessation or reduction journey may look like. In the second circle we discussed ways in which you could begin to think about your own commercial tobacco reduction or cessation journey, talked about triggers to using commercial tobacco, discussed ways to cope with these triggers, and the possibility of making a change with commercial tobacco use. Today, we will explore preparing for your own commercial tobacco reduction or cessation journey. In the last few circles we will discuss strategies to support quitting, and prepare for staying with the journey after these circles have ended. Everyone's voice is important, since we all have experience with commercial tobacco – either ourselves or with our families,*



*friends and community. In this way we all have teachings to share and we can all learn.*

- Invite the participants to introduce themselves again (if there are new members). Participants can provide their name or in a way that is most comfortable to them.
- Lead the group in an icebreaker activity – refer to *Helper’s Resources* for more information,

## Review from Circle 2

**Approximate Time:** 15 minutes

- Review the group guidelines developed from Circle 1. Ask the participants if they would like to make any changes to the guidelines.
- In the previous circle, you asked participants to set a behavioural goal related to their commercial tobacco use. Spend some time exploring goals with participants using the following questions to guide the conversation. **Note:** You may want to write down responses on flip chart:
  - How did it go this week? What did you learn?
  - Where are you getting stuck? What was challenging? (this can help elicit support from other group members as well)
  - To end the discussion, remember to emphasize that change is an ongoing process and it will not always be easy. Make sure participants know that if they did not meet their goal, that this does not make them a failure and will not impact their ability to participate in future circles.
- In the first circle you also introduced the participants to the importance of tracking their commercial tobacco use. Spend a few minutes reviewing the experience of tracking using the following questions to guide the conversation. **Note:** You may want to write down responses on flip chart:
  - Did you learn anything new? Any surprises? (e.g., patterns, triggers).
  - To end the discussion, reinforce the importance of tracking (e.g., can help identify triggers for use and make help to reduce automatic commercial tobacco use).

## Supporting Commercial Tobacco Cessation or Reduction (Part 1)

**Approximate Time:** 20 minutes

**Goal:** Introduce commercial tobacco cessation or reduction strategies (psychosocial)

Every moment someone decides not to smoke is a win however; quitting commercial tobacco use can be a long and difficult journey to healing. Many individuals will require intensive and ongoing psychosocial support in their quitting journey which may go beyond

the circles you can provide. Psychosocial support can involve evidence- or wise-based approaches to health and wellness or a combination of both.

We have provided three possible ways you can offer psychosocial support during the circle.

**Note:** Some of these activities could take up a whole circle or be offered over multiple circles. We have provided time, resource, and community considerations under these activities so you can choose the option that would work best for your community and setting.

### ***Option A: Culturally-specific Ways to Support Commercial Tobacco Cessation or Reduction***

**Instructions:** Incorporating culturally-specific ways to support commercial tobacco cessation or reduction may be essential to your participant's well-being. As such, you may decide to offer a traditional art-, bush- or water-based activity. Engaging the group in a traditional approach to health and healing may increase participation, help keep their hands busy, and their minds off commercial tobacco use. You may choose to invite an Elder, knowledge keeper, or community member to facilitate the activity. Teachings can be provided while participants are engaged in the activity. Discussions around commercial tobacco use reduction or cessation can also be integrated throughout.

**Considerations:** If you are facilitating a traditional art-, bush- or water-based activity there are a number of considerations you will need to think about before offering the activity. Review this checklist to see if offering this activity will be feasible within your community and setting:

- Does your organization have the funds needed to provide the materials (e.g., hunting equipment, materials for beading, etc.)?
- Is there an Elder, knowledge keeper, or community member that can co-lead the activity with you and offer teachings?
- If you decide to go into the bush, can you provide transportation? Is the area for hunting or fishing easily accessible?
- How time intensive is the activity? You may need to offer over a full circle or over a series of circles. Repetition is often the key to supporting a positive healing journey.
- Does your group want to incorporate traditional ways to support their health and healing? Or would they prefer a Western-based approach?

**Materials Required:** Any materials required for traditional activities (refer to *Helper's Resources* for ideas).

### **Option B: Western-based Approaches to Support Tobacco Cessation or Reduction**

**Instructions:** Western-based approaches to health and wellness may be of interest to your group. Some options could potentially include leading the participants in:

- Meditation and mindfulness – deep breathing, body scans, guided meditation
- Physical Activity – walking group, stretching, physically active games
- Journaling – writing down thoughts and feelings, poems, stories, etc.

**Considerations:** If you are facilitating one of the activities above there are some considerations you will need to think about before offering the activity. Review this checklist to see if offering this activity will be feasible within your community and setting:

- Does your organization have the funds needed to provide the materials (e.g., journals, resources needed for the chosen physical activity, etc.)?
- If you decide to engage in physical activity, can all members of the group safely participate?
- How time intensive is the activity? You may need to offer over a full circle or over a series of circles. Repetition is often the key to supporting a positive healing journey.
- Does your group want to incorporate Western-based ways to support their health and healing? Or would they prefer a traditional approach?

**Materials Required:** Any materials required for Western-based activities (refer to *Helper's Resources* for ideas).

### **Option C: Traditional Ways to Address Stress**

**Instructions:** Before the circle, invite an Elder, knowledge keeper, or community member to share teachings around the traditional ways community members handled stress or supported relaxation before commercial tobacco products were introduced. After stories or teachings are shared, the Elder, knowledge keeper, or community member may invite participants to reflect on what was shared.

We acknowledge that there are some communities where it may be difficult to find and/or ask an Elder, knowledge keeper, or community member to speak on these issues. If this is not possible in your community, you may consider discussing the following points to start the conversation:

Traditionally First Nations dealt with stress in different ways:

- Participating in a sweat (sweatlodge)
- Traditional medicines
- Speaking with an Elder
- Meditation
- Smudging
- Healing circle
- Storytelling
- Participating in ceremony
- Traditional foods
- Hunting and gathering
- Arts-based activities

For more information about traditional healing approaches, visit the following links:

- First Nations Health Authority (Traditional Healing): <http://www.fnha.ca/what-we-do/traditional-healing>
- National Aboriginal Health Organization (Holistic Health and Traditional Knowledge): <http://www.naho.ca/blog/2011/07/25/holistic-health-and-traditional-knowledge/>
- National Aboriginal Health Organization (Sacred Ways of Life: Traditional Knowledge): [http://www.naho.ca/documents/fnc/english/2005\\_traditional\\_knowledge\\_toolkit.pdf](http://www.naho.ca/documents/fnc/english/2005_traditional_knowledge_toolkit.pdf)
- National Collaborating Centre for Aboriginal Health (Art and wellness: The importance of art for Aboriginal Peoples' health and healing) [https://www.ccsa-nccah.ca/495/Art\\_and\\_wellness\\_The\\_importance\\_of\\_art\\_for\\_Aboriginal\\_Peoples\\_health\\_and\\_healing.nccah?id=26](https://www.ccsa-nccah.ca/495/Art_and_wellness_The_importance_of_art_for_Aboriginal_Peoples_health_and_healing.nccah?id=26)
- National Collaborating Centre for Aboriginal Health (Traditional Aboriginal diets and health) [https://www.ccsa-nccah.ca/495/Traditional\\_Aboriginal\\_diets\\_and\\_health.nccah?id=44](https://www.ccsa-nccah.ca/495/Traditional_Aboriginal_diets_and_health.nccah?id=44)

**Materials Required:** If you are inviting an Elder, knowledge keeper, or community member to the circle than no materials are required for this activity. However, you will need to contact the Elder, knowledge keeper, or community member before the circle and prepare them in advance so that they are aware of the purpose of the circle and what their role will be.

## Supporting Commercial Tobacco Cessation or Reduction (Part 2)

**Approximate Time:** 20 minutes

**Goal:** Introduce commercial tobacco cessation or reduction strategies (pharmacological)

In order to increase the chances of quitting or reducing successfully, a comprehensive approach to commercial tobacco use is recommended. This also includes addressing the biological effects resulting from withdrawal from nicotine. Participants may need to use medications in order to support them in quitting or reducing their commercial tobacco use.

We have provided two approaches you may want to use in discussing medications for commercial tobacco cessation with participants.

***Option A: Discussing Medications for Commercial Tobacco Cessation***

**Instructions:** Before the circle, invite a prescriber (e.g., doctor, nurse practitioner, pharmacist, etc.) to share information about medications for commercial tobacco cessation and reduction. If possible ask the prescriber to bring samples of medication with them so that participants can see them and touch them. Some topics to cover could include:

- Differences between nicotine replacement therapy (NRT) and prescription medications (e.g., bupropion and varenicline).
- Withdrawal side effects and potential side effects from medication
- Ways medication can be helpful in supporting commercial tobacco cessation and reduction
- Medication access and coverage (e.g., Non-insured Health Benefits)

After information is shared, invite participants to reflect on what was shared or ask questions. **Note:** If relevant to your group, you also may wish to incorporate a discussion about traditional medicines that can support commercial tobacco cessation and withdrawal side effects. This can be the role of the prescriber to discuss or you may consider inviting an Elder, knowledge keeper, or community member to share teachings on traditional medicines. For more information about traditional medicines, visit the following links below:

- Traditional Medicines for Canada's First Peoples: <http://lfs-indigenous.sites.olt.ubc.ca/files/2014/07/RayObomsawin.traditional.medicine-1.pdf>
- Native Women's Centre (Traditional Teachings Handbook): [http://www.nativewomenscentre.com/files/Traditional Teachings Booklet.pdf](http://www.nativewomenscentre.com/files/Traditional%20Teachings%20Booklet.pdf)
- Six Nations Farmers Market and Garden (Foods & Medicines): [http://www.sixnationsfarmersmarket.com/foods\\_medicines\\_traditional\\_plants.php](http://www.sixnationsfarmersmarket.com/foods_medicines_traditional_plants.php)
- Medicine Walks with Elder Betty McKenna and Elder Walter: [https://www.youtube.com/channel/UC1B2QLDXhbiWh\\_nxRSSVFng](https://www.youtube.com/channel/UC1B2QLDXhbiWh_nxRSSVFng)

If you cannot invite a prescriber to share information about medications, you may consider using the following resources to start the conversation:

- Non-insured Health Benefits for First Nations and Inuit:  
<https://www.canada.ca/en/health-canada/services/non-insured-health-benefits-first-nations-inuit.html>
- Cessation Aids and Coverage in Canada (Canadian Partnership Against Cancer):  
[https://content.cancerview.ca/download/cv/prevention\\_and\\_screening/tobacco\\_cessation/documents/cessationaidcoverage2pdf?attachment=0](https://content.cancerview.ca/download/cv/prevention_and_screening/tobacco_cessation/documents/cessationaidcoverage2pdf?attachment=0)
- Government of Northwest Territories (information on each of the medications for smoking cessation):  
<http://www.hss.gov.nt.ca/sites/www.hss.gov.nt.ca/files/nicotine-replacement-therapy.pdf>
- Commonwealth of Australia (document for healthcare providers on medication to help Indigenous Peoples stop smoking)  
[http://www.quittas.org.au/sites/default/files/media/medicines\\_to\\_help\\_aboriginal\\_and\\_torres\\_strait\\_islander\\_people\\_stop\\_smoking.pdf](http://www.quittas.org.au/sites/default/files/media/medicines_to_help_aboriginal_and_torres_strait_islander_people_stop_smoking.pdf)
- TEACH Project YouTube Channel (includes videos on how to use each of the nicotine replacement therapies):  
<https://www.youtube.com/user/teachproject/videos>

**Materials Required:** If you are inviting a prescriber (e.g., doctor, nurse practitioner, pharmacist, etc.) to the circle then you will need to contact them before the circle and prepare them in advance so that they are aware of the purpose of the circle and what their role will be. You will need copies of the participant booklet or the *Medication for Commercial Tobacco Cessation* handout (page 21 in the *Participant Booklet*), pens for writing, flip chart and markers (if using). If you are sharing print and/or electronic resources, you may need to print out specific sections or share the resource on a computer with projector. If you are sharing videos through YouTube, you will need a computer, projector, internet access, and computer audio (e.g., external speakers).

### **Option B: True or False – Learning More about Commercial Tobacco Cessation Medication**

**Instructions:** Give each participant a copy of the *True or False – Learning More about Commercial Tobacco Cessation Medication* handout or ask them to turn to page 31 in their participant booklet. Complete the quiz as a group. Write down each of the responses on flip chart. Once you have completed the quiz as a group, take up each of the answers by using the *Answer Key* (provided in *Helper's Resources*) as a guide. Have a discussion about each of the responses and invite participants to ask additional questions.

**Note:** You can also ask participants to complete the quiz individually and then take up the answers as a group if that is preferred.

**Materials Required:** You will need copies of the participant booklet or the *True or False – Learning More about Commercial Tobacco Cessation Medication* handout, the *Answer Key* (refer to *Helper’s Resources*), pens for writing, flip chart and markers (if using).

## Revisiting the Journey

**Approximate Time:** 20 minutes

**Goal:** Developing/enhancing the cessation or reduction journey

Making a decision to change can be an intimidating process, particularly when it involves giving up a long-term behaviour, such as commercial tobacco use. Similar to Circle 2, the emphasis on following activities is to continue to build motivation by focusing on the tools and strategies that can be helpful in supporting quitting or reducing commercial tobacco use.

Below, we have provided activities you can use to discuss the possibility of making a change to commercial tobacco use. We recommend that you offer both activities (i.e., Part 1 and Part 2). Part 2 of the activity will ask participants to set a revised behavioural goal in preparation for their commercial tobacco cessation or reduction journey.

### *Part 1: Supporting Change*

**Instructions:** This activity will provide participants with the opportunity to discuss how commercial tobacco cessation or reduction may impact multiple areas of their life. 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.

Revisit coping strategies identified in Circle 2 (e.g., individual, family, and community level) and modify if necessary. Provide copies of the *Resources to Supporting Quitting or Reducing Commercial Tobacco Use* handout or ask participants to turn to page 33 in their participant booklets. Discuss the resources listed and invite questions from the participants. **Note:** If there are any community-specific supports to include, it will be your responsibility to update this handout so that it is relevant to the participants.

**Materials Required:** You will need copies of the participant booklet or the *Resources to Supporting Quitting or Reducing Commercial Tobacco Use* handout, pens for writing, and flip chart and markers (if using).

**Part 2: Revisiting Your Journey**

**Instructions:** Give each participant a copy of the *Making a Change (Part 2)* handout or ask them to turn to page 38 in their participant booklet. Ask participants to set a revised behavioural goal in preparation for commercial tobacco use reduction or cessation.

**Note:** For a person who is not yet ready to change their commercial tobacco use, the focus of this activity can remain on barriers to change, as well as possible strategies for overcoming those barriers. A behavioural goal for someone not ready to quit or reduce might focus on a goal to smoke outside to prevent other people and animals in the home from the effects of second-hand smoke. If commercial tobacco use is a way to cope with stress, the person’s goal might be to first try one or two other useful strategies for stress management before having a cigarette, and noting how helpful these alternative strategies are.

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

Once participants have written down their responses, debrief the activity with the group through a strength-based approach. Invite participants to share their goal with the group or they may choose to keep their goal private if that is their



preference. It is very important to let participants know that if they do not meet their goal following the circle, that does not make them a failure and will not impact their ability to participate in future circles.

**Materials Required:** You will need copies of the participant booklet or the *Making a Change (Part 2)* handout, pens for writing, and flip chart and markers (if using).

### Wrap-up and Closing

**Approximate Time:** 5 minutes

This can be done orally as part of the circle.

If you are handing out circle evaluations (refer to *Helper's Resources* for a sample Evaluation template), encourage participants to complete the evaluation. **Tip:** if you choose to hand out a paper copy have the participants fill it out while still in the circle before you close.

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.



## Circle 4: The Journey to Healing (Part 1)

### Helper’s Checklist

**Important Note:** All of the following activities and resources are optional in the sense that you can (and should) tailor the circle to the needs of your group and community.

### Materials Required

- Name tags
- Sign in sheets
- Pens
- Flip chart and markers
- Refreshments
- Any materials required for the icebreaker session (refer to *Helper’s Resources* for ideas)
- Any materials required for traditional activities (refer to *Helper’s Resources* for ideas)
- Any materials required for Western-based activities (refer to *Helper’s Resources* for ideas)
- Evaluations (refer to *Helper’s Resources* for copies)

### Handouts Required

You may decide to give the entire participant booklet to participants which they can then bring with them to each circle. If this option is not feasible, you can provide participants with the handouts required for Circle 4 which include:

- Withdrawal Symptoms
- Coping Strategies

Summary of Circle 4		
Goal	Content and Activities	Preparation
	Opening and Welcome <i>10 minutes</i>	<ul style="list-style-type: none"> <li>• Invite an Elder, knowledge keeper, or community member to open the circle (if preferred)</li> <li>• Print a copy of the sign-in sheet (if using)</li> <li>• Print copies of the participant booklet (if you are not using individual handouts)</li> <li>• If you have chosen an icebreaker, refer to <i>Helper’s Resources</i> for</li> </ul>

		more details on preparation
<i>Discuss quit attempt experiences</i>	Sharing Your Experiences 30 minutes	<ul style="list-style-type: none"> <li>• Print copies of <i>Withdrawal Symptoms</i></li> <li>• Flip chart and markers</li> </ul>
<i>Staying on the journey - develop/implement coping strategies</i>	Revisiting Coping Strategies 25 minutes	<ul style="list-style-type: none"> <li>• Print copies of <i>Coping Strategies</i></li> <li>• Print copies of <i>Resources to Supporting Quitting or Reducing Commercial Tobacco Use</i></li> <li>• Flip chart and markers</li> <li>• Any materials required for traditional activities (refer to <i>Helper's Resources</i> for ideas)</li> <li>• Any materials required for Western-based activities (refer to <i>Helper's Resources</i> for ideas)</li> </ul>
<i>Discuss thoughts on commercial tobacco use</i>	Thinking About Commercial Tobacco Use 20 minutes	<ul style="list-style-type: none"> <li>• Flip chart and markers</li> </ul>
	Wrap-up and Closing 5 minutes	<ul style="list-style-type: none"> <li>• Print copies of the <i>Evaluations</i> (if using)</li> <li>• Invite an Elder, Knowledge Keeper or Community Member to close the circle (if preferred)</li> </ul>

## Opening and Welcome

**Approximate Time:** 10 minutes

- Introduce yourself as the helper for the circle.
- Lead the group in an opening prayer, traditional protocols, or welcome participants to the circle. The way to open the circle should be relevant to the community. If an Elder or knowledge keeper has been invited to participate, they may want to open the circle.
- Provide or review logistical information, which can include:
  - Sign-in (if using): Direct participants to sign-in sheet on resource table (optional and based on community preference);
  - Breaks: Discuss when breaks will happen and protocols around smoking during breaks;
  - Washrooms: Indicate location and provide directions;
  - Refreshments: Indicate if there are any available to participants (e.g., snacks, water, etc.).

- Describe the structure of the circle, intended learning outcomes, and overall content for the circle. Here is an example introduction to the content and structure of the circle: *Thank you for coming to this fourth of six circles focused on commercial tobacco use. As a quick review, the first circle explored the history and impact of tobacco use in First Nations communities and what a commercial tobacco cessation or reduction journey may look like. In the second circle we discussed ways in which you could begin to think about your own commercial tobacco reduction or cessation journey, talked about triggers to using commercial tobacco, discussed ways to cope with these triggers, and the possibility of making a change with commercial tobacco use. In the last circle, we explored preparing for your own commercial tobacco reduction or cessation journey. In today's circle we will discuss strategies to support quitting. In the final two circles we will prepare for staying with the journey after these circles have ended. Everyone's voice is important, since we all have experience with tobacco – either ourselves or with our families, friends and community. In this way we all have teachings to share and we can all learn.*
- Invite the participants to introduce themselves again (if there are new members). Participants can provide their name or in a way that is most comfortable to them.
- Lead the group in an icebreaker activity – refer to *Helper's Resources* for more information.
- Review the group guidelines developed from Circle 1. Ask the participants if they would like to make any changes to the guidelines.

**Note:** This circle does not include a designated time for *Review of Circle 3* as a discussion around quit or reduction attempts will be included as part of the activities for this circle.

## Sharing Your Experiences

**Approximate Time:** 30 minutes

**Goal:** Discuss quit attempt experiences

In the previous circle, you asked participants to set a behavioural goal related to their commercial tobacco use. Setting a goal can be difficult and many of your group members may not be ready to quit or reduce their commercial tobacco use. As well, participants may feel shame or sense of failure in not being able to achieve the goal they set for themselves. Accordingly, it is important to reinforce with group members a strengths-based approach to goal setting. Providing participants with the opportunity to share their experiences will help others to see that they are not alone in their journey – there are other group members who may have faced similar challenges in trying to meet the goal they set for themselves.

We have provided two approaches you may want to use in discussing quit or reduction attempt experiences. **Note:** We recommend that you offer both approaches however if you

can only choose one, offer Option A. It is important to revisit the goals set from the previous circle.

### **Option A: How Quitting or Reducing Made Me Feel**

**Instructions:** Spend some time exploring goals set during the previous circle. You may want to set up the discussion with the following statement: *We expect people may be at different places and important to remember quitting or reducing is process and learning experience and it's the effort that counts. So, want to be supportive of everyone where they are – some may have had an easier time than others, some may have smoked, others not. So, whatever your experience, remember we're all in this together.*

To guide the conversation use the following prompts. Make sure to provide positive reinforcement and feedback to each participant:

- How did it go this week?
- What was challenging? (this can help elicit support from other group members as well)
- What was helpful?

On a piece of flip chart paper, map each of the participant's journey's using the visual of tree. Ask participants to share how they felt making a quit or reduction or attempt. As participants share, write their responses on the flip chart. Their past experiences can be written on the roots of the tree and their outcomes can be the leaves. Highlight the connections between shared experiences and reflections.

**Materials:** You will need flip chart and markers.

### **Option B: Withdrawal from Quitting or Reducing**

**Instructions:** Give each participant a copy of the *Withdrawal Symptoms* handout or ask them to turn to page 39 in their participant booklet. As a group, discuss the withdrawal symptoms listed below and ask participants to add other withdrawal symptoms that are missing and identify withdrawal symptoms they may have experienced. Write these withdrawal symptoms on flip chart paper for participants to see. As a group, come up with potential coping strategies to address each of the withdrawal symptoms. **Note:** it is important that you stress that everyone is different and not everyone will experience withdrawal the same.

**Materials Required:** You will need copies of the participant booklet or the *Withdrawal Symptoms* handout, pens for writing, flip chart and markers (if using).

## Revisiting Coping Strategies

**Approximate Time:** 25 minutes

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

Quitting commercial tobacco use can be a long and difficult journey to healing. Many individuals will require intensive and ongoing psychosocial support in their quitting journey which may go beyond the circles you can provide. Psychosocial support can involve evidence- or wise-based approaches to health and wellness or a combination of both.

We have provided three possible ways you can offer psychosocial support during the circle.

**Note:** Some of these activities could take up a whole circle or be offered over multiple circles. We have provided time, resource, and community considerations under these activities so you can choose the option that would work best for your community and setting.

### *Option A: Culturally-specific Ways to Support Commercial Tobacco Cessation or Reduction*

**Instructions:** Incorporating culturally-specific ways to support commercial tobacco cessation or reduction may be essential to your participant's well-being. As such, you may decide to offer a traditional art-, bush- or water-based activity. Engaging the group in a traditional approach to health and healing may increase participation, help keep their hands busy, and their minds off commercial tobacco use. You may choose to invite an Elder, knowledge keeper, or community member to facilitate the activity. Teachings can be provided while participants are engaged in the activity. Discussions around commercial tobacco use reduction or cessation can also be integrated throughout.

**Considerations:** If you are facilitating a traditional art-, bush- or water-based activity there are a number of considerations you will need to think about before offering the activity. Review this checklist to see if offering this activity will be feasible within your community and setting:

- Does your organization have the funds needed to provide the materials (e.g., hunting equipment, materials for beading, etc.)?
- Is there an Elder, knowledge keeper, or community member that can co-lead the activity with you and offer teachings?
- If you decide to go into the bush, can you provide transportation? Is the area for hunting or fishing easily accessible?
- How time intensive is the activity? You may need to offer over a full circle or over a series of circles. Repetition is often the key to supporting a positive healing journey.

- Does your group want to incorporate traditional ways to support their health and healing? Or would they prefer a Western-based approach?

**Materials Required:** Any materials required for traditional activities (refer to *Helper's Resources* for ideas).

### **Option B: Western-based Approaches to Support Tobacco Cessation or Reduction**

**Instructions:** Western-based approaches to health and wellness may be of interest to your group. Some options could potentially include leading the participants in:

- Meditation and mindfulness – deep breathing, body scans, guided meditation
- Physical Activity – walking group, stretching, physically active games
- Journaling – writing down thoughts and feelings, poems, stories, etc.

**Considerations:** If you are facilitating one of the activities above there are some considerations you will need to think about before offering the activity. Review this checklist to see if offering this activity will be feasible within your community and setting:

- Does your organization have the funds needed to provide the materials (e.g., journals, resources needed for the chosen physical activity, etc.)?
- If you decide to engage in physical activity, can all members of the group safely participate?
- How time intensive is the activity? You may need to offer over a full circle or over a series of circles. Repetition is often the key to supporting a positive healing journey.
- Does your group want to incorporate Western-based ways to support their health and healing? Or would they prefer a traditional approach?

**Materials Required:** Any materials required for Western-based activities (refer to *Helper's Resources* for ideas).

### **Option C: Revisiting Coping Strategies**

**Instructions:** Revisit coping strategies identified in the second and third circles (e.g., individual, family, and community level) and modify if necessary. 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. Invite them to share their experiences with the group.

Provide copies of the *Resources to Supporting Quitting or Reducing Commercial Tobacco Use* handout or ask participants to turn to page 33 in their participant booklets. Ask participants if they have used any of these resources and ask them to share their experiences with them. Ask participants if they have found any other supports that they have found helpful and invite them to share information about these resources with the group. **Note:** If there are any community-specific supports to include, it will be your responsibility to update this handout so that it is relevant to the participants.

**Materials Required:** You will need copies of the participant booklet or the *Coping Strategies* handout and the *Resources to Supporting Quitting or Reducing Commercial Tobacco Use* handout, pens for writing, and flip chart and markers (if using).

### Thinking about Commercial Tobacco Use

**Approximate Time:** 20 minutes

**Goal:** Discuss thoughts on commercial tobacco use

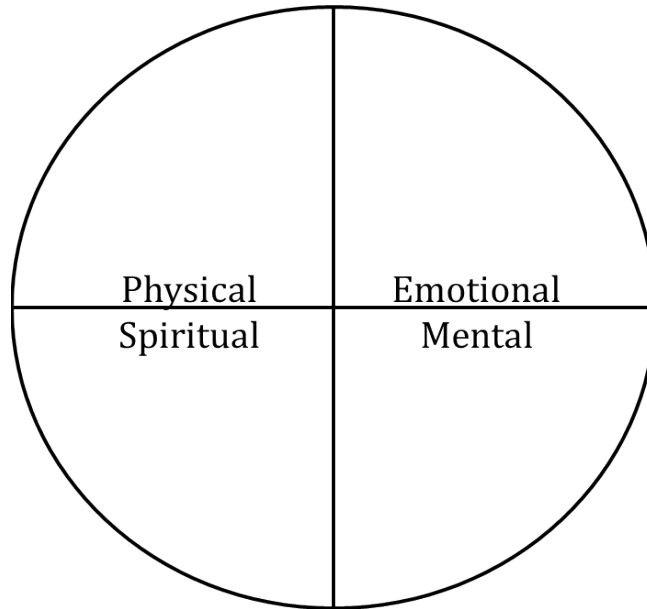
When individuals are quitting or reducing smoking, thoughts that counter their ability to do so will occur. It is important to discuss these counter thoughts with individuals so they can recognize them and respond to them in a different way instead of smoking.

We have provided one approach you can use in exploring ways to deal with counter thoughts about commercial tobacco use.

#### **Option A: Thoughts on Commercial Tobacco Use (Part 1)**

**Instructions:** On a piece of flip chart paper, draw a medicine wheel (**Note:** we have provided a resource about the medicine wheel in *Helper's Resources* which you can use to help support this activity). 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 commercial tobacco using the four core areas of health as a guide. Their responses can be both positive and negative. As participants share, write their responses on the flip chart under each of the core areas of health. Highlight the connections between shared experiences and reflections.

**Note:** Save this flip chart for the next circle. You will need to refer back to it in order to complete the follow up part of this activity (refer to page 63 for more information).

**Materials:** You will need flip chart and markers.

### Wrap-up and Closing

**Approximate Time:** 5 minutes

This can be done orally as part of the circle.

If you are handing out circle evaluations (refer to *Helper's Resources* for a sample Evaluation template), encourage participants to complete the evaluation. **Tip:** if you choose to hand out a paper copy have the participants fill it out while still in the circle before you close.

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.

## Circle 5: The Journey to Healing (Part 2)

### Helper's Checklist

**Important Note:** All of the following activities and resources are optional in the sense that you can (and should) tailor the circle to the needs of your group and community.

### Materials Required

- Name tags
- Sign in sheets
- Pens
- Flip chart and markers
- Computer with audio and projector (if playing videos)
- Internet access (if sharing online videos or websites)
- Refreshments (if feasible)
- Any materials required for the icebreaker session (refer to *Helper's Resources* for ideas)
- A ball of yarn or string
- Any materials required for traditional activities (refer to *Helper's Resources* for ideas)
- Any materials required for Western-based activities (refer to *Helper's Resources* for ideas)
- Evaluations (refer to *Helper's Resources* for copies)

### Handouts Required

You may decide to give the entire participant booklet to participants which they can then bring with them to each circle. If this option is not feasible, you can provide participants with the handouts required for Circle 5 which include:

- Developing a Wholistic Plan

Summary of Circle 5		
Goal	Content and Activities	Preparation
	Opening and Welcome <i>10 minutes</i>	<ul style="list-style-type: none"> <li>• Invite an Elder, knowledge keeper, or community member to open the circle (if preferred)</li> <li>• Print a copy of the sign-in sheet (if using)</li> <li>• Print copies of the participant booklet (if you are not using individual handouts)</li> </ul>

		<ul style="list-style-type: none"> <li>If you have chosen an icebreaker, refer to <i>Helper's Resources</i> for more details on preparation</li> </ul>
	Review from Circle 4 15 minutes	<ul style="list-style-type: none"> <li>Flip chart and markers</li> </ul>
Identify high risk situations/triggers and review coping strategies	Coping with Difficult Situations 20 minutes	<ul style="list-style-type: none"> <li>Ball of yarn</li> <li>Any materials required for traditional activities (refer to <i>Helper's Resources</i> for ideas)</li> <li>Any materials required for Western-based activities (refer to <i>Helper's Resources</i> for ideas)</li> </ul>
Introduce strategies to cope with thoughts	Coping with Thoughts 20 minutes	<ul style="list-style-type: none"> <li>Flip chart and markers</li> </ul>
Discuss ways to continue on the journey	Planning for the Journey 20 minutes	<ul style="list-style-type: none"> <li>Invite an Elder, knowledge keeper, or community member to share their commercial tobacco reduction or cessation journeys</li> <li>Choose YouTube videos to share with the group <ul style="list-style-type: none"> <li>Computer, projector, internet connection, computer audio (e.g., external speakers)</li> </ul> </li> <li>Print copies of <i>Developing a Wholistic Plan</i></li> <li>Flip chart and markers</li> </ul>
	Wrap-up and Closing 5 minutes	<ul style="list-style-type: none"> <li>Print copies of the <i>Evaluations</i> (if using)</li> <li>Invite an Elder, knowledge keeper, or community member to close the circle (if preferred)</li> </ul>

## Opening and Welcome

**Approximate Time:** 10 minutes

- Introduce yourself as the helper for the circle.
- Lead the group in an opening prayer, traditional protocols, or welcome participants to the circle. The way to open the circle should be relevant to the community. If an

Elder or knowledge keeper has been invited to participate, they may want to open the circle.

- Provide or review logistical information, which can include:
  - Sign-in (if using): Direct participants to sign-in sheet on resource table (optional and based on community preference);
  - Breaks: Discuss when breaks will happen and protocols around smoking during breaks;
  - Washrooms: Indicate location and provide directions;
  - Refreshments: Indicate if there are any available to participants (e.g., snacks, water, etc.).
- Describe the structure of the circle, intended learning outcomes, and overall content for the circle. Here is an example introduction to the content and structure of the circle: *Welcome to this circle focused on commercial tobacco use. So far, we have explored the history and impact of tobacco use in First Nations communities and what a commercial tobacco cessation or reduction journey may look like. In the second circle we discussed ways in which you could begin to think about your own commercial tobacco reduction or cessation journey, talked about triggers to using commercial tobacco, discussed ways to cope with these triggers, and the possibility of making a change with commercial tobacco use. Last circle, we explored preparing for your own commercial tobacco reduction or cessation journey. In today's circle we will discuss strategies to support quitting. In the last circle we will prepare for staying with the journey after these circles have ended. Everyone's voice is important, since we all have experience with commercial tobacco – either ourselves or with our families, friends and community. In this way we all have teachings to share and we can all learn.*
- Invite the participants to introduce themselves again (if there are new members). Participants can provide their name or in a way that is most comfortable to them.
- Lead the group in an icebreaker activity – refer to *Helper's Resources* for more information.

## Review from Circle 4

**Approximate Time:** 15 minutes

- Review the group guidelines developed from Circle 1. Ask the participants if they would like to make any changes to the guidelines.
- Spend some time checking in with participants regarding the goals they have set for themselves over the circles and check in regarding tracking their commercial tobacco use. You can use the following questions to guide the conversation. **Note:** You may want to write down responses on flip chart:
  - How did it go this week?
  - What was challenging?

- What was helpful?
- What do you need some more support with?
- Remember to reinforce that each person may be at a different place in regards to their commercial tobacco cessation or reduction journey and that quitting or reducing is process. Whatever each person’s journey looks like, everyone is there to support one another.

### **Coping with Difficult Situations**

**Approximate Time:** 20 minutes

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

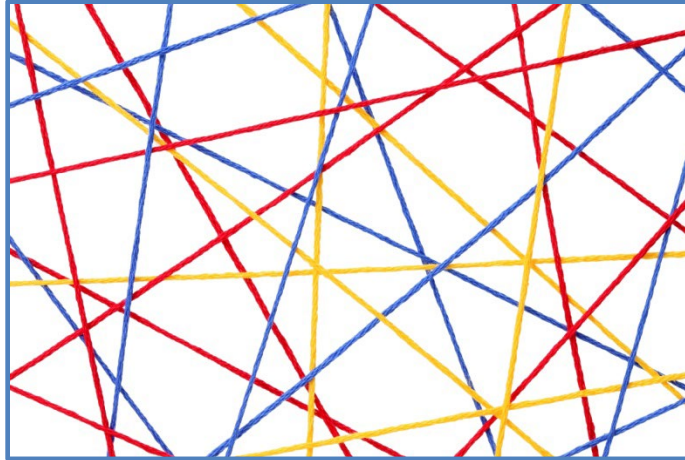
At this point in the circles, participants will have spent a lot of time identifying challenging situations or feelings that may impact their commercial tobacco use. However, in planning for the commercial tobacco cessation or reduction journey over the longer term, it is important to plan for high risk situations or triggers that may occur in the future and identify coping strategies.

We have recommended three approaches you may want to use to discuss high risk triggers and coping strategies with the group. **Note:** Some of these activities could take up a whole circle or be offered over multiple circles. We have provided time, resource, and community considerations under these activities so you can choose the option that would work best for your community and setting.

#### ***Option A: Weaving our Supports***

**Instructions:** Bring a ball of yarn or string with you to the circle. Ask one participant to share a high risk situation or trigger they may have experienced or think they will experience in the future while hold the ball of yarn. After the finish sharing their thought, ask a second participant to identify a potential coping strategy to address that high risk situation or trigger.

As the second participant shares, ask the first participant to roll or pass the ball of yarn or string to the second participant, while still holding on to the piece of the string. Continue this pattern of passing the yarn back and forth with other participants to create a weaving of coping strategies.



You may repeat this activity several times with other identified high risk situations or triggers. At the end of the activity, let the participants know that the weaves they create represent the strength of the group working together to support one another. You may refer back to community-specific values to see how they tie into this activity (e.g., a value of bravery may relate to participant's courage to share their triggers).

**Materials:** You will need a ball of yarn or string.

**Option B: Culturally-specific Ways to Cope with Triggers**

**Instructions:** Participants may want to integrate culturally-specific ways to cope with high risk situations or triggers. As such, you may decide to offer a traditional art-, bush- or water-based activity to be used as a coping strategy. You may choose to invite an Elder, knowledge keeper, or community member to facilitate the activity. Teachings can be provided while participants are engaged in the activity. Discussions around high risk situations or triggers to tobacco use can also be integrated throughout.

**Considerations:** If you are facilitating a traditional art-, bush- or water-based activity there are a number of considerations you will need to think about before offering the activity. Review this checklist to see if offering this activity will be feasible within your community and setting:

- Does your organization have the funds needed to provide the materials (e.g., hunting equipment, materials for beading, etc.)?
- Is there an Elder, knowledge keeper, or community member that can co-lead the activity with you and offer teachings?
- If you decide to go into the bush, can you provide transportation? Is the area for hunting or fishing easily accessible?

- How time intensive is the activity? You may need to offer over a full circle or over a series of circles. Repetition is often the key to supporting a positive healing journey.
- Does your group want to incorporate traditional ways to support their health and healing? Or would they prefer a Western-based approach?

**Materials Required:** Any materials required for traditional activities (refer to *Helper's Resources* for ideas).

### **Option C: Western-based Approaches to Cope with Triggers**

**Instructions:** Western-based approaches to health and wellness may be of interest to your group and can also be used as a coping strategy when faced with high risk situations or triggers. Some options could potentially include leading the participants in:

- Meditation and mindfulness – deep breathing, body scans, guided meditation
- Physical Activity – walking group, stretching, physically active games
- Journaling – writing down thoughts and feelings, poems, stories, etc.

**Considerations:** If you are facilitating one of the activities above there are some considerations you will need to think about before offering the activity. Review this checklist to see if offering this activity will be feasible within your community and setting:

- Does your organization have the funds needed to provide the materials (e.g., journals, resources needed for the chosen physical activity, etc.)?
- If you decide to engage in physical activity, can all members of the group safely participate?
- How time intensive is the activity? You may need to offer over a full circle or over a series of circles. Repetition is often the key to supporting a positive healing journey.
- Does your group want to incorporate Western-based ways to support their health and healing? Or would they prefer a traditional approach?

**Materials Required:** Any materials required for Western-based activities (refer to *Helper's Resources* for ideas).

### **Coping with Thoughts**

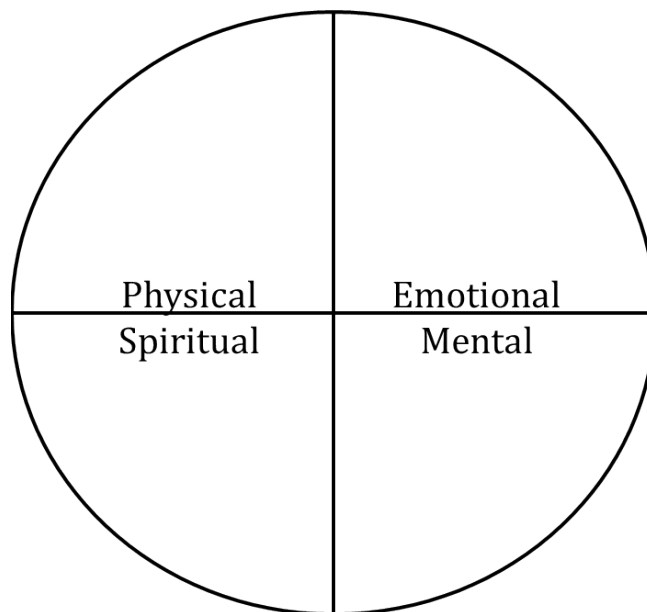
**Approximate Time:** 20 minutes

**Goal:** Introduce strategies to cope with thoughts

In the previous circle, you introduced participants to the concept of addressing counter thoughts about their commercial tobacco use. The two activities we have provided in this section reinforce the importance of recognizing counter thoughts to commercial tobacco use and prepare participants to respond to these thoughts in a different way instead of smoking. The activities also offer the opportunity for participants to practice challenging counter thoughts.

**Option A: Thoughts on Tobacco Use (Part 2)**

**Instructions:** Take the completed medicine wheel from the previous circles' activity called *Thoughts on Commercial Tobacco Use* (page 56) and post it for all participants to see.



Ask participants to share strategies to counter the thoughts they had discussed during the previous circle. As participants share, write their responses on the flip chart under each of the thoughts listed under the core areas of health. Highlight the connections between shared experiences and reflections.

**Materials:** You will need flip chart and markers and the completed visual of the drum from the previous circles' activity called *Thoughts on Commercial Tobacco Use (Part 1)*.

**Option B: Challenging Counter Thoughts**

**Instructions:** On a flip chart, write the following headings:

- What is your thought?
- What is the situation?



- How do you feel?
- What supports this thought?
- What does not support this thought?
- What is an alternative thought?

Have each participant identify a counter thought they may have when deciding whether or not to use commercial tobacco (e.g., “*You’re really stressed out, it’s okay to have one cigarette*”). Go through each thought as a group and work through the questions listed on the flip chart paper.

**Note:** This exercise is based on the *Automatic Thought Record* (Greenberger and Padesky, 1995). If you would prefer to use the Automatic Thought Record to support this activity, refer to *Helper’s Resources*.

**Materials:** You will need flip chart and markers.

## Planning for the Journey

**Approximate Time:** 20 minutes

**Goal:** Discuss ways to continue on the journey

Hearing about other people’s quit or reduction attempts can sometimes be helpful in preparing individuals for their own journeys. Additionally, long-term planning for commercial tobacco cessation or reduction through determinants of health framework can help ensure participants feel supported in multiple areas of their life while quitting or reducing. For more reading on the social determinants health, click on the following link: <http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.476.3081&rep=rep1&type=pdf>

For this section of the circle, we have provided two approaches you may want to use to start the conversation around planning for the commercial tobacco cessation or reduction journey over the longer term. **Note:** In planning for the longer term, it is important to try and stay away from the language of relapse or preventing relapse, but instead focus on cessation or reduction as a journey that will have bumps along the way.

### *Option A: Sharing a Tobacco or Reducing Journey*

**Instructions:** Before the circle, invite an Elder, knowledge keeper, or community member who has quit or reduced their tobacco use to share what their experience was like. After stories are shared, you may invite participants to reflect on what was said or ask questions.

If this option is not possible to coordinate, you may decide to show a video or play an audio recording of a story. You can access video recordings on pages 19-20 and

page 22 in this guide. **Note:** if you show a video or play an audio recording of a story, make sure to have a few stories available to demonstrate the flexibility of a commercial tobacco cessation or reduction journey.

**Materials Required:** If you are inviting an Elder, knowledge keeper, or community member to the circle than no materials are required for this activity. However, you will need to contact the Elder, knowledge keeper, or community member before the circle and prepare them in advance so that they are aware of the purpose of the circle and what their role will be. If you are sharing videos through YouTube, you will need a computer, projector, internet access, and computer audio (e.g., external speakers).

### **Option B: Developing a Wholistic Plan**

**Instructions:** Provide copies of the *Developing a Wholistic Plan* handout or ask participants to turn to page 40 in their participant booklets. Ask participants to fill out the plan which considers areas beyond commercial tobacco use (e.g., other substance use, mental health, physical activity, nutrition, housing, employment, etc.). The plan also asks participants to incorporate support at the individual, family, and community level. **Note:** You can also complete the plan as a group or support each participant in filling out their plan.

Discuss plans as a group (or individually if more appropriate) and identify any additional supports participants may consider including. Invite participants to also share additional resources or supports if other participants feel stuck. **Note:** If there are any community-specific supports to include, it will be your responsibility to know about them and share with the group.

**Materials Required:** You will need copies of the participant booklet or the *Developing a Wholistic Plan* handout, pens for writing, and flip chart and markers (if using).

### **Wrap-up and Closing**

**Approximate Time:** 5 minutes

This can be done orally as part of the circle.

If you are handing out circle evaluations (refer to *Helper's Resources* for a sample Evaluation template), encourage participants to complete the evaluation. **Tip:** if you choose to hand out a paper copy have the participants fill it out while still in the circle before you close.

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.



## Circle 6: Continuing on the Journey

### Helper’s Checklist

**Important Note:** All of the following activities and resources are optional in the sense that you can (and should) tailor the circle to the needs of your group and community.

### Materials Required

- Name tags
- Sign in sheets
- Pens
- Flip chart and markers
- Any materials required for the icebreaker session (refer to *Helper’s Resources* for ideas)
- Any materials or refreshments required for the celebration
- Certificates (refer to *Helper’s Resources* for copies)
- Gifts of acknowledgement
- Evaluations (refer to *Helper’s Resources* for copies)

Summary of Circle 6		
Goal	Content and Activities	Preparation
	Opening and Welcome <i>10 minutes</i>	<ul style="list-style-type: none"> <li>• Invite an Elder, knowledge keeper, or community member to open the circle (if preferred)</li> <li>• Print a copy of the sign-in sheet (if using)</li> <li>• If you have chosen an icebreaker, refer to <i>Helper’s Resources</i> for more details on preparation</li> </ul>
<i>Reviewing commercial tobacco reduction or cessation journeys</i>	Your Journey <i>25 minutes</i>	<ul style="list-style-type: none"> <li>• Flip chart and markers</li> </ul>
<i>Planning next steps of the journey</i>	Your Next Steps <i>10 minutes</i>	<ul style="list-style-type: none"> <li>• Flip chart and markers</li> </ul>
<i>Celebrating courage</i>	Our Celebration <i>40 minutes</i>	<ul style="list-style-type: none"> <li>• Invite an Elder, knowledge keeper, or community member to participate in the celebration</li> <li>• Invite participant’s family members, friends, or other</li> </ul>

	<p>supporters to the celebration (if feasible and appropriate).</p> <ul style="list-style-type: none"> <li>• Any materials or refreshments required for the celebration (if feasible)</li> <li>• Gifts of acknowledgement (if feasible)</li> <li>• Print copies of the <i>Certificates</i> (if using)</li> </ul>
<p>Wrap-up and Closing <i>5 minutes</i></p>	<ul style="list-style-type: none"> <li>• Print copies of the <i>Evaluations</i> (if using)</li> <li>• Invite an Elder, knowledge keeper, or community member to close the circle (if preferred)</li> </ul>

## Opening and Welcome

**Approximate Time:** 10 minutes

- Introduce yourself as the helper for the circle.
- Lead the group in an opening prayer, traditional protocols, or welcome participants to the circle. The way to open the circle should be relevant to the community. If an Elder or knowledge keeper has been invited to participate, they may want to open the circle.
- Provide or review logistical information, which can include:
  - Sign-in (if using): Direct participants to sign-in sheet on resource table (optional and based on community preference);
  - Breaks: Discuss when breaks will happen and protocols around smoking during breaks;
  - Washrooms: Indicate location and provide directions;
  - Refreshments: Indicate if there are any available to participants (e.g., snacks, water, etc.).
- Describe the structure of the circle, intended learning outcomes, and overall content for the circle. Here is an example introduction to the content and structure of the circle: *Thank you for coming to the final circle on commercial tobacco cessation and reduction. Over the past few circles we have explored the history and impact of tobacco use in First Nations communities and what a commercial tobacco cessation or reduction journey may look like. We also discussed ways in which you could begin to think about your own commercial tobacco reduction or cessation journey, talked about triggers to using commercial tobacco, discussed ways to cope with these triggers, and the possibility of making a change with commercial tobacco use. We have*

*also explored preparations for your own commercial tobacco reduction or cessation journey and discussed strategies to support quitting. In today's circle we will talk about staying with the journey after these circles have ended. Today will also be a celebration to recognize everything you've accomplished. Whether you quit, reduced, or came to every circle, everyone has something to celebrate and be proud of.*

- Invite the participants to introduce themselves again (if there are new members). Participants can provide their name or in a way that is most comfortable to them.
- Lead the group in an icebreaker activity – refer to *Helper's Resources* for more information.
- Review the group guidelines developed from Circle 1. Ask the participants if they would like to make any changes to the guidelines.

**Note:** This circle does not include a designated time for *Review of Circle 5* as the activities provided will review different concepts introduced throughout the circles.

## **Your Journey**

**Approximate Time:** 25 minutes

**Goal:** Reviewing commercial tobacco reduction or cessation journeys

In the previous circles, you asked participants to set behavioural goals related to their commercial tobacco use. Providing participants with the opportunity to share their experiences with commercial tobacco cessation or reduction will help others to see that they are not alone in their journey – there are other group members who may have faced similar challenges in trying to meet the goal they set for themselves. We have provided an approach you may want to use in discussing quit or reduction attempt experiences.

### **Sharing Your Journey**

**Instructions:** Spend some time exploring goals set by participants over the circles. You may want to set up the discussion with the following statement: *We expect people may be at different places and important to remember quitting or reducing is process and learning experience and it's the effort that counts. So, want to be supportive of everyone where they are – some may have had an easier time than others, some may have smoked, others not. So, whatever your experience, remember we're all in this together.*

On a piece of flip chart paper, map each of the participant's journey's using the visual of tree. Ask participants to share how they felt making a quit or reduction or attempt. As participants share, write their responses on the flip chart. Their past experiences can be written on the roots of the tree and their outcomes can be the leaves. Highlight the connections between shared experiences and reflections.

**Materials:** You will need flip chart and markers.

## **Your Next Steps**

**Approximate Time:** 10 minutes

**Goal:** Planning next steps of the journey

To end the circle, it is important to review the concepts discussed over each of the circles. These concepts included:

- Triggers and coping strategies
- Strategies to challenge counter thoughts
- Preparing for high risk situations
- Identifying individual/family/community supports and resources
- Planning for the commercial tobacco cessation or reduction journey within a social determinants of health framework

We have provided one approach you can use to review each of these concepts.

### ***Planning Next Steps***

**Instructions:** As a group, review and discuss the plans that have been made throughout the circles in regards to strategies, supports, and resources for commercial tobacco cessation or reduction. As participants speak, 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.

**Materials:** You will need flip chart and markers.

## **Our Celebration**

**Approximate Time:** 40 minutes

**Goal:** Celebrating courage

Celebrating the courage it can take to quit, reduce, or simply attend a commercial tobacco cessation group is very important. This circle should focus on celebrating all achievements of the participants – including those who may not have quit or reduced.

### ***A Celebration of Courage***

**Instructions:** Host a celebration, feast, or ceremony to celebrate participants. If possible, provide traditional food. 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 circles are finished.

At the ceremony, present each of the participants with a certificate acknowledging their achievements over the circles. If appropriate, you may also want to offer a gift of acknowledgment. You may consider inviting an Elder, knowledge keeper, or community member to attend, share teachings, acknowledge their support, and hand out the certificates and gifts to participants.

**Materials Required:** You will need any materials or refreshments required for the celebration, copies of the *Certificates* (refer to *Helper's Resources*), and gifts of acknowledgement (if appropriate). If you are inviting an Elder, knowledge keeper, or community member to attend, contact them before the celebration and prepare them in advance. If you are inviting participant's family members, friends, or other supporters, they will also need to be contacted in advance.

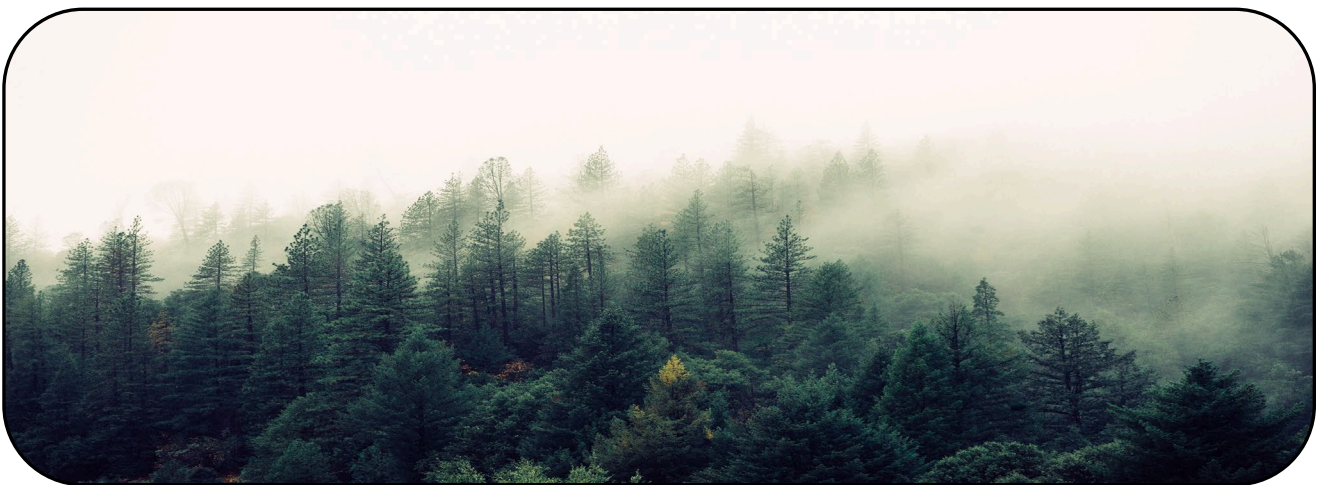
### Wrap-up and Closing

**Approximate Time:** 5 minutes

This can be done orally as part of the circle.

If you are handing out circle evaluations (refer to *Helper's Resources* for a sample Evaluation template), encourage participants to complete the evaluation. **Tip:** if you choose to hand out a paper copy have the participants fill it out while still in the circle before you close.

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.





## References

- Brokenleg, I., & Tornes, E. (2013). *Walking toward the sacred: Our Great Lakes tobacco story*. Lac du Flambeau, WI: Great Lakes Inter-Tribal Council.
- CAN-ADAPTT: Canadian Action Network for the Advancement, Dissemination and Adoption of Practice-Informed Tobacco Treatment (2011). *Canadian Smoking Cessation Clinical Practice Guideline*. Toronto, ON: Centre for Addiction and Mental Health.
- Dermody, S., Wardell, J., & Hendershot, C. (2015). *Group Cognitive Behavioural Therapy for Smoking Cessation Manual*. Toronto, ON: Centre for Addiction and Mental Health.
- Felitti, V.J., Anda, R.F., Nordenberg, D., Williamson, D.F., Spitz, A.M., Edwards, V., Koss, M.P., & Marks, J.S. (1998). Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults. The Adverse Childhood Experiences (ACE) Study. *American Journal of Preventive Medicine*, 14(4), 245–258.
- First Nations Information Governance Centre. (2016). *First Nations regional longitudinal health survey (2008/10) – 12-Month Smoking Prevalence by Socio-demographics*. Available from: <http://data.fnigc.ca/online>.
- Greenberger, D., & Padesky, C.A. (1995). *Mind Over Mood*. New York, NY: The Guilford Press.
- Miller, W. R., & Rollnick, S. (2013). *Motivational Interviewing: Helping People Change*. New York, NY: The Guilford Press.
- Marshall, A. (2004). *Two-Eyed Seeing*. Retrieved from: <http://www.integrativescience.ca/Principles/TwoEyedSeeing/>
- Sobell, L.C., & Sobell, M.B. (2011). *Group therapy of substance use disorders: A motivational cognitive behavioural approach*. New York, NY: The Guildford Press.