



**IT'S TIME**

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

A First Nations-specific toolkit for  
commercial tobacco cessation

**Participant Booklet**

**camh**

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

## Congratulations!

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



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### **Note: What is Cessation?**

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

# Impact of Commercial Tobacco Use

As you think about the possibility of quitting or reducing your commercial tobacco use, you may be wondering about the harms of commercial tobacco use, some of the benefits of quitting, and where you can get help to quit.

Check out the following links below which include resources to help you learn more about the impact of commercial tobacco use.

## **Commercial Tobacco and Harms**

[http://www.tobaccowise.com/how\\_smoking\\_harms/](http://www.tobaccowise.com/how_smoking_harms/)

## **Benefits of Quitting**

[http://www.tobaccowise.com/health\\_benefits\\_of\\_quitting](http://www.tobaccowise.com/health_benefits_of_quitting)

## **Getting Help to Quit**

[http://www.tobaccowise.com/getting\\_help\\_to\\_quit](http://www.tobaccowise.com/getting_help_to_quit)



## Tracking Sheets

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

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

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

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



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

## List of Cessation Apps

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

## Connecting Our Values

Think about your community values. In the space provided below, write down how these values impact your commercial tobacco use.

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

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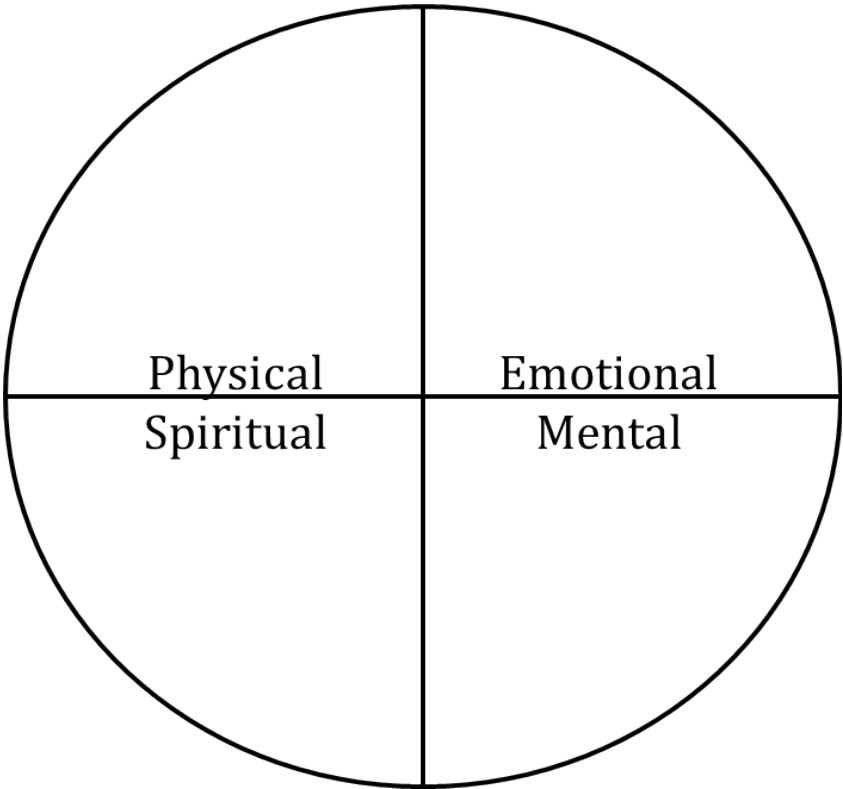
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## Exploring Readiness

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



## **Strengths, Weaknesses, Opportunities, Challenges (SWOC) Analysis**

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

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

## Balancing Health and Well-being

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



## Coping Strategies

Things I Can Do	Things That Can Help	Coping with Feelings
Visit an Elder and offer to be a helper	Talk to an Elder about your community values or teachings	Talk to an Elder or Knowledge Keeper
Attend a sweat lodge ceremony	Offer a daily prayer of gratitude	Read books or websites on self-growth or recovery
Smudge	Think kind thoughts about yourself	Ask yourself what you are feeling (e.g., go through a checklist of your common “feeling triggers” –am I lonely, sad, anxious, scared)
Have a cedar bath	Remember the positive things about using healthy coping strategies	
Go in the bush	Remember the negative consequences of using problematic coping strategies	
Go hunting or fishing	Plan ahead for any risky situations	
Sit by the water		
Make a tobacco offering in gratitude for the day		

<b>Things I Can Do</b>	<b>Things That Can Help</b>	<b>Coping with Feelings</b>
<p>Avoid people or places that trigger problematic coping strategies (i.e. commercial tobacco use, drinking, drug use, self-harm)</p> <p>Go for a walk or hike</p> <p>Phone someone for support</p> <p>Identify and avoid high-risk situations</p> <p>Take a “buddy” when going to a risky place /situation</p>	<p>Tell yourself that feelings, even difficult feelings, are normal</p> <p>Distract yourself by thinking about something else</p> <p>Recognize when you are making self-defeating statements</p> <p>Think about your future goals and how to achieve them.</p> <p>Think about the times in your life where you have felt good about yourself - try to get in touch with the feelings of strength that went along with those events</p>	<p>Express your feelings (cry, smile, etc.,)</p> <p>Talk to someone about your feelings</p> <p>Find a creative outlet for feelings (e.g., music, drawing, painting, poetry etc.,)</p> <p>Get a journal and write to yourself</p> <p>Take time to soothe / nurture yourself</p> <p>Praise yourself for the progress you have made</p> <p>Ask for support</p>



<b>Things I Can Do</b>	<b>Things That Can Help</b>	<b>Coping with Feelings</b>
Leave risky situations, or limit how long you stay	Remind yourself that you only have to worry about what you have control over today	Use affirmations
Exercise or do something physical	Remind yourself that you are in the present and the past cannot hurt you now	Light candles to help you to focus on your thoughts and feelings
Read a book	Make a commitment to yourself and remind yourself of it	Write a letter to someone about how you are feeling (it is better to not send the letter, keep it, burn it, bury it, flush it)
Sew, crochet or knit	When a negative belief about yourself pops into your head, try to remember where it really came from—who originally planted those beliefs?	Get a punching bag, or hit a pillow or bed, scream into a pillow
Stand tall and feel your body's strength	When a negative belief about yourself pops into your head, try to remember where it really came from—who originally planted those beliefs?	Go to a spiritual place (anyplace you define as spiritual)
Remind yourself that you are a strong person	When a negative belief about yourself pops into your head, try to remember where it really came from—who originally planted those beliefs?	
Clean or do housework		
Do volunteer work		

<b>Things I Can Do</b>	<b>Things That Can Help</b>	<b>Coping with Feelings</b>
<p>Reward yourself for your efforts</p> <p>Hold onto something to ground yourself (e.g., chair you are sitting in, key ring, picture etc.)</p> <p>Try meditation or deep breathing</p> <p>Practice saying no with both your voice and body language</p> <p>Stay in contact with supportive people</p>	<p>Think that you are in charge of whatever decisions you make about your safety</p> <p>Tell yourself that you are doing well so far and don't want to interfere with the progress</p> <p>Monitor your use and urges to use problematic coping strategies</p> <p>Post a copy of your community values where you can review them each day</p>	<p>Throw rocks in the water</p> <p>Talk to a pet / spend time with animals</p> <p>Create a safe or sacred place in your home</p> <p>Be kind to yourself</p> <p>If you are afraid of being overwhelmed by your emotions, imagine them coming through a tap where you are able to control the flow</p>

<b>Things I Can Do</b>	<b>Things That Can Help</b>	<b>Coping with Feelings</b>
<p>Take care of yourself if you are hungry, thirsty or tired</p> <p>Go to a support group</p> <p>Listen to music, sing, or dance</p> <p>Keep visual reminders or written lists of the positive effects of the changes you've made</p> <p>Learn your language</p> <p>Cook and eat traditional foods</p>	<p>Think about challenging them with other information that you know about yourself, which proves the beliefs to be false</p>	<p>See previous pages</p>

## Making a Change (Part 1)

**The behaviour I want to/need to change is:**

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**This is what I will do to make the change:**

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**I will make this change by:**

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

## **Medication for Cessation**

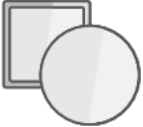
### **Nicotine Replacement Therapy (NRT)**

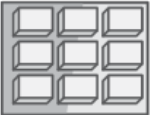
- NRT is a group of smoking cessation aids that provide clean nicotine in different forms
- Works by replacing a portion of the nicotine in your cigarettes so that your withdrawal symptoms are minimized
- With less severe withdrawal symptoms you face an easier time quitting smoking
- Available over the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

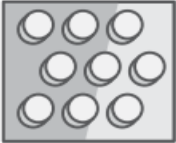
### **Why Use Nicotine Replacement Therapy (NRT)?**

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

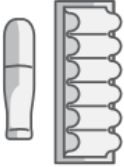
## Types of Nicotine Replacement Therapy (NRT)


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

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

<b>Type of NRT</b>	<b>How it Works</b>	<b>Side Effects</b>
<p data-bbox="186 245 324 327"><i>Nicotine Lozenge</i></p> 	<ul data-bbox="443 245 914 508" style="list-style-type: none"> <li>• Come in different flavours: mint, fruit, cinnamon</li> <li>• Delivers nicotine through the lining of the mouth</li> <li>• Available in the following doses: 4, 2 &amp; 1 mg</li> </ul>	<ul data-bbox="982 245 1404 469" style="list-style-type: none"> <li>• Upset stomach</li> <li>• Nausea/vomiting</li> <li>• Dizziness</li> <li>• Mouth/throat irritation</li> <li>• Hiccups</li> </ul>



<b>Type of NRT</b>	<b>How it Works</b>	<b>Side Effects</b>
<p data-bbox="186 247 324 324"><i>Nicotine Inhaler</i></p>  <p>The illustration shows a small, white, tube-shaped nicotine inhaler device on the left. To its right is a rectangular blister pack containing five individual inhaler units arranged in a vertical column.</p>	<ul data-bbox="443 247 950 601" style="list-style-type: none"> <li>• Small, tube-shaped mouthpiece</li> <li>• Delivers nicotine through “puffing”</li> <li>• Absorbed in the mouth, throat and upper respiratory tract</li> <li>• Available in a 10 mg dose</li> </ul>	<ul data-bbox="982 247 1291 468" style="list-style-type: none"> <li>• Throat &amp; mouth irritation</li> <li>• Headache</li> <li>• Nausea</li> <li>• Indigestion</li> </ul>

Type of NRT	How it Works	Side Effects
<p data-bbox="186 245 391 327"><i>Nicotine Mouth Spray</i></p> 	<ul data-bbox="440 245 943 593" style="list-style-type: none"> <li>• Small, portable dispenser</li> <li>• Delivers nicotine through a fine mist that is sprayed directly into the mouth</li> <li>• Nicotine is quickly absorbed in the mouth</li> <li>• Available dose is 1 mg / spray</li> </ul>	<ul data-bbox="979 245 1227 330" style="list-style-type: none"> <li>• Tingling lips</li> <li>• Hiccups</li> </ul>

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

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

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

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

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

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

## True or False? Cessation Medication

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

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

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

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



# Resources to Support Quitting or Reducing Commercial Tobacco Use

## **Counselling Support (Available to Everyone)**

### ***First Nations and Inuit Hope for Wellness Line***

Crisis intervention counselling available 24/7  
1-855-242-3310

### ***National Residential School Crisis Line***

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

## **Commercial Tobacco Cessation Support (by Province/Territory)**

### ***Alberta***

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

1-866-710-7848

***British Columbia***

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

1-877-455-2233

***Manitoba***

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

1-877-513-5333

***New Brunswick***

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

1-877-513-5333

***Newfoundland and Labrador***

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

1-800-363-5864

***Northwest Territories***

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

1-866-286-5099

***Nova Scotia***

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

1-902-700-7700

***Nunavut***

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

1-866-368-7848

**Ontario**

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

1-877-513-5333

**Prince Edward Island**

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

1-877-513-5333

**Quebec**

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

1-866-527-7383

**Saskatchewan**

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

1-877-513-5333

**Yukon**

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

1-877-513-5333

**Websites**

[www.tobaccowise.com](http://www.tobaccowise.com)

[www.cancer.ca](http://www.cancer.ca)

[www.heartandstroke.ca](http://www.heartandstroke.ca)

[www.lung.ca/quit](http://www.lung.ca/quit)

[www.smoke-free.ca](http://www.smoke-free.ca)

[www.gosmokefree.gc.ca](http://www.gosmokefree.gc.ca)

[www.info-tabac.ca](http://www.info-tabac.ca) (FRENCH)

[www.stopsmokingcenter.net](http://www.stopsmokingcenter.net)

[www.pregnets.org](http://www.pregnets.org)

## **Social Media**

### ***Recommended YouTube Channels***

National Aboriginal Health Organization:

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

The TEACH Project:

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

### ***Recommended Facebook Pages***

Healthy First Nations and Inuit (English):

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

Healthy First Nations and Inuit (French):

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

National Aboriginal Health Organization:

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

Assembly of First Nations:

[https://www.facebook.com/AssemblyofFirstNations/?ref=br\\_rs](https://www.facebook.com/AssemblyofFirstNations/?ref=br_rs)

CBC Indigenous

<https://www.facebook.com/CBC.caIndigenous/> :

## **Community**

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

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

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

## Making a Change (Part 2)

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

**The behaviour I want to/need to change is:**

--

**This is what I will do to make the change:**

--

**I will make this change by:**

--

## Withdrawal Symptoms

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

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

## Developing a Wholistic Plan

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

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

Name: \_\_\_\_\_



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

**What can I do to make some changes?**

*Example: Go for a walk*

**How can my family and friends help?**

*Example: Ask my partner to smoke outside*

**What is available in my community?**

*Example: Go to a support group for mental health counselling*







