

Traditional Use In Our Communities

For Thousands of years, American Indian People have used the plant for ceremonial purposes.

The different types of plants used depends on the tribe and are not necessarily the same kind used for commercial tobacco products.

For example, some tribes may use sage, while others use cedar or sweetgrass.

Unlike commercial tobacco, the tobacco plant is held sacred, and is:

- Used for prayer and healing
- Used as an offering
- Presented as a sign of respect
- Used for purification

Sacred tobacco is different from commercial tobacco.

Commercial tobacco contains many added chemicals that are harmful to American Indian people.

Using commercial tobacco is abuse of a plant meant for sacred use only.

Smoking commercial tobacco can harm both the smoker and non-smokers.

Native Spirit

My Spirit is with the earth
With the mountains
With the water
With the trees

Strength flows from my spirit
Through my heart
Through my body
Through my family
Native spirit
Give me strength

F. Hodge—Wailaki

Excerpt taken from: A guide to Help Indian People Quit Smoking—CRIHB

Rick Crowley

(Chukchansi, Yokuts)

Certified* Smoking Cessation Facilitator
&
Community Tobacco Educator

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American Indians / Alaska Natives

Know the Facts

If you are an American Indian or Alaska Native, you likely know someone with health problems from cigarette smoking — possibly a member of your family with smoker's cough who is struggling to breathe, or a friend with lung cancer.

Cigarette smoking is more common among American Indians/Alaska Natives than almost any other racial/ethnic group in the United States.

Smoking increases the chances of:

- Losing members of your tribe to smoking-related illnesses
- Losing elders to smoking-related diseases before they can hand down tribal customs and traditions

Cigarette smoking harms more than the smoker. Smoking cigarettes while you are pregnant increases the risk for pregnancy complications, including having a premature baby or a baby who weighs less than 5½ pounds.

Babies and children who breathe tobacco smoke can have health problems because their lungs don't work well. These health problems can include bronchitis, pneumonia, and ear infections. You can help protect future generations by keeping children away from cigarette smoke.

Second Wind

Tobacco Cessation
Program



Culturally Relevant
Cessation Classes

SACRED USE
NOT ABUSE

Classes are held twice a week.
Evenings 5:30 to 7:30 (Mondays).
Or One Hour Morning Sessions
10:00 to 11:00 (Thursdays).

Register by calling
Rick Crowley
530-209-5661 or 530-406-9678

The curriculum is designed to
educate the participants on:

- Basic Tobacco Facts
- Understanding Why Individuals Smoke
- Nicotine Replacement Therapy
- How to Develop A Quit Smoking Plan
- How to Master the First Few Days Smoke Free
- How to Conquer Challenges
- Importance of Effective Communication
- Long Term Benefits of Smoking Cessation
- Effects of Second Hand Smoke
Commercial Abuse VS. Sacred Use

Handbook and Informational
Handouts Provided

Follow Up Services to Help
Participants to Stay Quit

Rick Crowley (Chukchansi, Yokuts)

A trained facilitator will guide you through
your Journey to quit smoking.
Information and service provided for all forms
of commercial tobacco.

*Certified through the California Rural Indian
Health Board, Inc. (CHRIB) and the Tobacco
Education & Prevention Technical Support
Center (TEPTS)

Second Wind Smoking Cessation Program Overview

Giving Up Cigarettes, Gaining Your Health

No one knows better than you that to quit smoking is not easy and not fun. On the other hand, all of the scientific reports now indicate that cigarette smoking is costly in many ways.

Cigarettes damage your health, causing tiredness, cough, breathlessness, and frequent colds—not to mention the more serious illnesses. What's more, cigarettes literally can cost you a lot of money.

Giving up cigarettes may not be easy, but it can be done. Many people fail because they do not have a systematic approach to overcome the obstacles blocking success. They may not know how to deal with the triggers which increase the urge to smoke—social pressure, for example. Or they may worry about stress or weight gain, or just not know what to expect. It is possible to succeed.

No program, including this one can substitute for your own motivation to quit. Quitting requires your choice and commitment, but it will benefit your health and well-being.

You need three things to be successful:

Desire—If you don't have the desire to quit you won't be successful when you try. You must want to quit more than you want to keep smoking.

Belief—You must believe you can quit no matter what obstacles or excuses get in your way.

Integrity—You must be willing to do the right thing when no one is looking. You must hold yourself accountable for your own success.

This program provides basic
information about smoking,
practical counseling, problem
solving skills, and social support.

Adapted from the American Cancer
Society Fresh Start Curriculum by
Ms. Cynthia Coachman, (Muskogee
Creek Nation) and designed
specifically to help American Indian/
Alaska Natives to stop smoking and
remain smoke free.

Utilizing behavior modification,
group support and education,
participants learn to understand
the physical, psychological and
behavioral impacts of smoking.

Education includes information about
Nicotine Replacement Therapy
(NRT's) and the current usage of the
prescription CHANTIX™ and Zyban.

In collaboration with local tribal
members, participants will learn the
difference between commercial
abuse and sacred tobacco use.
(Based on interest)

