

**ABORIGINAL-FOCUSED  
RESOURCES FOR  
COMMERCIAL  
TOBACCO CESSATION:  
*AN ENVIRONMENTAL  
SCAN OF RESOURCES,  
PROGRAMS AND  
TOOLS***





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### **STOP Study**

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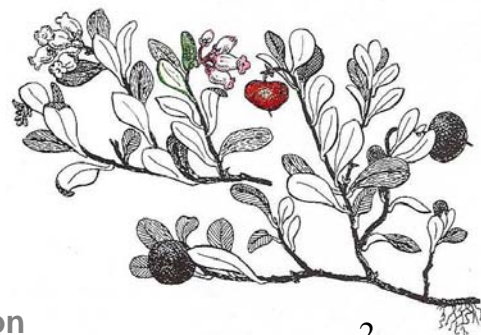
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## **SOME POSSIBLE USES FOR THIS RESOURCE:**

- **For health care professionals, community workers and others looking for culturally-appropriate resources, tools and materials to use for commercial tobacco cessation with clients**
- **For community workers or others wanting to start a commercial tobacco cessation program, to see what else has already been developed**
- **For researchers looking for information on culturally specific commercial tobacco cessation approaches; to explore how tobacco use can be addressed in diverse communities and client populations.**





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## EXECUTIVE SUMMARY

### Introduction

The TEACH Project (Training Enhancement in Applied Cessation Counselling and Health) provides specialized training in commercial tobacco cessation interventions, development of communities of practice, resources and clinical materials to interprofessional health practitioners in Ontario serving diverse client populations. These initiatives cover a continuum of cessation interventions, from minimal contact or brief interventions (for the majority of specialist and primary care physicians, pharmacists and dentists) to intensive cessation counselling by a range of health practitioners, health promoters and community workers.

The goal of the TEACH project is to reduce the prevalence of commercial tobacco use in Ontario by increasing identification (via routine screening and assessment) and treatment capacity (through minimal contact interventions, group counselling programs and individual brief and intensive cessation interventions). Through training, education and ongoing support, the project is able to increase awareness of the risks and benefits of smoking, tobacco industry tactics and evidence based cessation practices, especially among high-risk populations. By increasing the treatment capacity of trained health care providers in Ontario, the project can increase the proportion of smokers who quit. Overall, TEACH will contribute to the decrease of tobacco related morbidity and mortality, decrease commercial tobacco use prevalence and increase cessation among high-risk populations, including First Nations and other Aboriginal peoples.

We recognize that existing or widely used clinical tools and resources may not reflect the needs of First Nations peoples. Adapting these materials in a culturally appropriate way can aid in the delivery of commercial tobacco cessation interventions for First Nations, keeping in mind Aboriginal needs and concerns and taking into account the cultural, geographic, linguistic and other diversities among First Nations communities.

### Purpose

The purpose of this document, ***Aboriginal-focused Resources for Commercial Tobacco Cessation: An environmental scan of resources, tools and reports*** is to provide a snapshot of existing materials that have already been adapted for Aboriginal peoples for commercial tobacco cessation. This collection of articles, reports, clinical tools and websites can provide examples of how commercial tobacco cessation resources may be appropriately adapted to best serve First Nations communities.

The document is structured into eight parts including:  
Section 1: A table of URLs to related documents and sites  
Section 2: Background information on tobacco use and reports on cessation initiatives  
Section 3: Selected journal articles





Section 4: Resources for health care professionals (including health organization-specific documents, tool-kits and websites)

Section 5: Resources for other professionals (including resources for teachers, for facilitators and how to develop working partnerships with key stakeholders)

Section 6: Tobacco control strategies

Section 7: Online resources for Aboriginal peoples who use commercial tobacco products

Section 8: Themes found within the current research and implications for future research.

## Methodology

Using PubMed, Google and library databases, a search for existing resources relating to First Nations peoples and commercial tobacco cessation interventions was conducted over October to December 2010. Sources were also elicited through a national Aboriginal health listserv and via cold-calling. This search serves to provide a snapshot of existing resources that brings together readily available information and resources for First Nations peoples and healthcare practitioners in an accessible way.

Search terms included the following keywords: Indigenous, Aboriginal, First Nations, Tobacco, Smoke, Smoking Cessation and Commercial Tobacco Cessation.

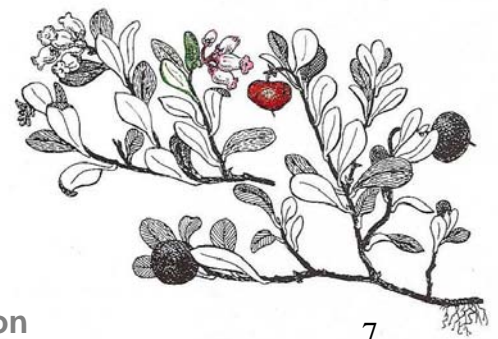
## Findings

There were several manual-based resources identified in this scan aimed at Aboriginal audiences that address commercial tobacco cessation and several web sites containing relevant content. Additionally, there are several resources included here that aid in the development of new, or the adaptation of existing, resources for First Nations communities. We compiled sources that provide information on how to create dialogue between settlers and Indigenous peoples, in addition to works by Indigenous authors that offer significant perspectives on cessation programs specifically, or culturally safe and relevant health care delivery more broadly. A greater number of webpages and resources were found during internet searches, however many resulted in broken internet links or with messages informing consumers that due to lack of funding, these programs are no longer available online.

The majority of resources were produced and are rather specific to Canadian contexts. We would also like to recognize the abundance of First Nations resources, fewer Inuit resources and little to no Métis resources.

## Conclusion

The results of this scan indicate a need for additional resources aimed at healthcare practitioners working with First Nations communities to address commercial tobacco cessation. The majority of smoking cessation resources available on the internet is not tailored for First Nations populations and lack of relevance may act as a barrier to successful outcomes for interventions that have not been culturally-adapted.





## 1.0 Table of URLs

This table provides quick access to many of the documents listed herein. However, not all of the sources have URLs and therefore, not all the sources are listed in this table.

TITLE	URL
<b>2.0 Background information</b>	
<b>2.1 Health survey</b>	
First Nations Regional Longitudinal Health Survey (RHS) 2002/03: Results for Adults, Youth and Children Living in First Nations Communities	<a href="http://www.rhs-ers.ca/node/37">http://www.rhs-ers.ca/node/37</a>
<b>2.2 Annotated bibliography</b>	
Tobacco Cessation Strategies for First Nations, Inuit and Métis: An Environmental Scan and Annotated Bibliography	<a href="http://www.aboriginalactnow.ca/myfiles/Aboriginal%20ActNow%20Tobacco%20Report%20-%20Final%20April%202009.pdf">http://www.aboriginalactnow.ca/myfiles/Aboriginal%20ActNow%20Tobacco%20Report%20-%20Final%20April%202009.pdf</a>
<b>2.3 Reports</b>	
A Case Study Approach: Lessons Learned in Ontario—Aboriginal Tobacco Cessation	<a href="http://www.cancercare.on.ca/common/pages/UserFile.aspx?fileId=13636">http://www.cancercare.on.ca/common/pages/UserFile.aspx?fileId=13636</a>
What Works in Reducing Tobacco Use in Indigenous Communities?: A Summary of Promising Practices for Inuit	<a href="http://www.naho.ca/inuit/itn/documents/2010-03-15ITNPromisingPractices_EnglishFinal.pdf">http://www.naho.ca/inuit/itn/documents/2010-03-15ITNPromisingPractices_EnglishFinal.pdf</a>
<b>3.0 Research articles</b>	
<b>3.1 Studies</b>	
A study of the use of free nicotine patches by Indigenous people	<a href="http://onlinelibrary.wiley.com/doi/10.1111/j.1467-842X.2003.tb00819.x/abstract;jsessionid=7B7B753512EB1C67D22B37FC8DD936D2.d02t04">http://onlinelibrary.wiley.com/doi/10.1111/j.1467-842X.2003.tb00819.x/abstract;jsessionid=7B7B753512EB1C67D22B37FC8DD936D2.d02t04</a>
Aboriginal Users of Canadian Quitlines: An Exploratory Analysis	<a href="http://www.ncbi.nlm.nih.gov/pubmed/18048634">http://www.ncbi.nlm.nih.gov/pubmed/18048634</a>
An Evidence-based Approach to Planning Tobacco Interventions for Aboriginal People	<a href="http://onlinelibrary.wiley.com/doi/10.1080/09595230410001645501/pdf">http://onlinelibrary.wiley.com/doi/10.1080/09595230410001645501/pdf</a>







Awareness of risk factors among persons at risk for lung cancer, chronic obstructive pulmonary disease and sleep apnea: A Canadian population-based study	<a href="http://www.pulsus.com/journals/abstract.jsp?sCurrPg=abstract&amp;jnlKy=4&amp;atlKy=9895&amp;isuKy=957&amp;isArt=t&amp;fromfold=Curent%20Issue">http://www.pulsus.com/journals/abstract.jsp?sCurrPg=abstract&amp;jnlKy=4&amp;atlKy=9895&amp;isuKy=957&amp;isArt=t&amp;fromfold=Curent%20Issue</a>
Tobacco Cessation Drug Therapy among Canada's Aboriginal People	<a href="http://www.ncbi.nlm.nih.gov/pubmed/17454717">http://www.ncbi.nlm.nih.gov/pubmed/17454717</a>
<b>3.2 Youth-specific</b>	
An Exploration of Smoking Cessation and Preventions for Aboriginal Youth	<a href="http://www.pimatisiwin.com/uploads/1384477680.pdf">http://www.pimatisiwin.com/uploads/1384477680.pdf</a>
A smoking prevention program for aboriginal youth	<a href="http://www.fncfcs.com/sites/default/files/online-journal/vol3num2/McKennitt_pp52.pdf">www.fncfcs.com/sites/default/files/online-journal/vol3num2/McKennitt_pp52.pdf</a>
Does a Culturally Sensitive Program Reduce Smoking Intentions among Aboriginal Youth? A Randomized Controlled Pilot Trial	<a href="http://resources.cpha.ca/CPHA/Conf/Data/A10-061e.pdf">http://resources.cpha.ca/CPHA/Conf/Data/A10-061e.pdf</a>
Tobacco, alcohol and illicit drug use among Aboriginal youth living off-reserve: results from the Youth Smoking Survey	<a href="http://www.cmaj.ca/content/183/8/E480">http://www.cmaj.ca/content/183/8/E480</a>
<b>3.3 Theories in practice</b>	
Beyond Recovery: Colonization, health and healing for Indigenous peoples in Canada	<a href="http://www.springerlink.com/content/w25693732t857k45/fulltext.pdf">http://www.springerlink.com/content/w25693732t857k45/fulltext.pdf</a>
Sacred smoke: Remembering Traditional Tobacco in Smoking Cessation and Prevention	<a href="http://www.camhcrosscurrents.net/archives/autumn2008/sacred_smoke.html">http://www.camhcrosscurrents.net/archives/autumn2008/sacred_smoke.html</a>
"These Girls Are Our Future": Exploring Aboriginal Ownership of Nontraditional Tobacco Control Research	<a href="http://www.pimatisiwin.com/online/?page_id=202">http://www.pimatisiwin.com/online/?page_id=202</a>
Viewing Violence, Mental Illness and Addiction Through a Wise Practices Lens	<a href="http://www.springerlink.com/content/1k7753kv66x117t4/fulltext.pdf">http://www.springerlink.com/content/1k7753kv66x117t4/fulltext.pdf</a>
<b>4.0 Resources for health care professionals</b>	
<b>4.1 Organizational documents</b>	





Hearing the Perspectives of Aboriginal Girls on Smoking	<a href="http://www.coalescing-vc.org/virtualLearning/section5/info-sheets.htm">http://www.coalescing-vc.org/virtualLearning/section5/info-sheets.htm</a>
Helping pregnant women and new mothers quit smoking	<a href="http://www.niichro.com/FHealing%20Hearts/heal_3.html">http://www.niichro.com/FHealing%20Hearts/heal_3.html</a>
Towards Effective Tobacco Control in First Nations and Inuit Communities	<a href="http://www.smoke-free.ca/pdf_1/Effective%20tobacco%20control%203.pdf">http://www.smoke-free.ca/pdf_1/Effective%20tobacco%20control%203.pdf</a>
Understanding the Needs of Nurses working in First Nations and Inuit Communities with Respect to Misuse of Tobacco and Current Trends in Health Promotion: A National Survey	<a href="http://www.anac.on.ca/tobacco/ANACTO.pdf">http://www.anac.on.ca/tobacco/ANACTO.pdf</a>
Use and Misuse of Tobacco Among Aboriginal Peoples	<a href="http://www.cps.ca/english/statements/II/FNIH06-01.htm">http://www.cps.ca/english/statements/II/FNIH06-01.htm</a>
Voices from the Field – Aboriginal Women and Tobacco	<a href="http://www.enfant-encyclopedie.com/pages/PDF/SchwartzANGps.pdf">www.enfant-encyclopedie.com/pages/PDF/SchwartzANGps.pdf</a>
<b>4.2 Tool-kits</b>	
Action in Your Community against Tobacco	<a href="http://www.cancercare.ns.ca/site-cc/media/cancercare/TobaccoInsertJAN.pdf">http://www.cancercare.ns.ca/site-cc/media/cancercare/TobaccoInsertJAN.pdf</a>
Aniqaattiarniq—Breathing Easy: Tobacco Recovery Resource Materials	<a href="http://www.pauktuutit.ca/tobacco/pdf/BreathingEasyEng.pdf">http://www.pauktuutit.ca/tobacco/pdf/BreathingEasyEng.pdf</a>
Keeping the Sacred in Tobacco: A Toolkit for Tobacco Cessation	<a href="http://www.nnapf.org/sites/default/files/pdf/en/tobacco_cessation/NNAPF_Keeping_Sacred_Tobacco.pdf">http://www.nnapf.org/sites/default/files/pdf/en/tobacco_cessation/NNAPF_Keeping_Sacred_Tobacco.pdf</a>
Sacred Smoke: Smoking Cessation – Harm Reduction Program	<a href="http://www.wabano.com">www.wabano.com</a>
Tobacco and First nations, Métis and Inuit: Building success in tobacco and health behaviour change	<a href="http://www.mantrainc.ca/">http://www.mantrainc.ca/</a>
<b>4.3 Websites</b>	
PACT: Partnership to Assist with Cessation of Tobacco	<a href="http://www.makeapact.ca">www.makeapact.ca</a>
National Indian & Inuit Community Health Representatives Organization (NIICHO)	<a href="http://www.niichro.com/Tobacco%202002/tob02_13.html">http://www.niichro.com/Tobacco%202002/tob02_13.html</a>
Tobacco Cessation (National Native Addictions Partnership Foundation)	<a href="http://www.nnapf.org/tobacco-cessation">http://www.nnapf.org/tobacco-cessation</a>
<b>5.0 Resources for other professionals</b>	
<b>5.1 For teachers and youth-workers</b>	





A Culturally Appropriate Tobacco Use Program for Aboriginal Youth	<a href="http://www.aboriginalhealthgroup.org/admin/uploads/october-09-Booklet.pdf">http://www.aboriginalhealthgroup.org/admin/uploads/october-09-Booklet.pdf</a>
Keep Tobacco Sacred	<a href="http://nechinook.myshopify.com/products/tobacco-cessation-resource-kit">http://nechinook.myshopify.com/products/tobacco-cessation-resource-kit</a>
My Journey with Tobacco: Youth Tobacco Cessation Tool-kit and Facilitator's Guide	<a href="http://www.nafc.ca/youth-tobacco-cessation-tool-kit-and-guide-en.htm">http://www.nafc.ca/youth-tobacco-cessation-tool-kit-and-guide-en.htm</a>
River Run – Smoking Prevention Comic	<a href="http://www.thehealthyaboriginal.net">www.thehealthyaboriginal.net</a>
Tobacco Talk: Keep it Sacred Youth Tool-kit	<a href="http://www.chiefs-of-ontario.org/">http://www.chiefs-of-ontario.org/</a>
<b>5.2 For facilitators</b>	
Quit4Life: Facilitator's Guide. Optional Session 3: Traditional Tobacco Use	<a href="http://dsp-psd.pwgsc.gc.ca/Collection/H46-2-04-382E.pdf">http://dsp-psd.pwgsc.gc.ca/Collection/H46-2-04-382E.pdf</a>
<b>5.3 For social planning/partnerships</b>	
A Resource Guide to Address Non-Traditional Tobacco Use	<a href="http://www.hc-sc.gc.ca/fniah-spnia/pubs/substan/_tobac-tabac/2003_sust-maint_part/index-eng.php">http://www.hc-sc.gc.ca/fniah-spnia/pubs/substan/_tobac-tabac/2003_sust-maint_part/index-eng.php</a>
Building Bridges Together: A resource guide for intercultural work between Aboriginal and non-Aboriginal people	<a href="http://www.sparc.bc.ca/component/rubberdoc/doc/253-bbt-resource-guide.pdf">http://www.sparc.bc.ca/component/rubberdoc/doc/253-bbt-resource-guide.pdf</a>
Ownership, Control, Access and Possession: First Nations Inherent Right to Govern First Nations Data	<a href="http://www.naho.ca/documents/fnc/english/FNC_OCAPInformationResource.pdf">www.naho.ca/documents/fnc/english/FNC_OCAPInformationResource.pdf</a>
<b>6.0 Strategies and policy recommendations</b>	
<b>6.1 Canada-wide</b>	
First Generation, Second Generation: An Enhanced First Nations Tobacco Strategy	<a href="http://www.afn.ca/">http://www.afn.ca/</a>
<b>6.2 Ontario</b>	
Nahsema Boonichikewin: Youth Tobacco Control Strategy	<a href="http://www.nahsema.knet.ca/">http://www.nahsema.knet.ca/</a>
<b>6.3 Out-of-province</b>	
Honouring our Health: An Aboriginal Tobacco Strategy for British	<a href="http://www.llbc.leg.bc.ca/public/pubdocs/bcdocs/343378/honouring.pdf">http://www.llbc.leg.bc.ca/public/pubdocs/bcdocs/343378/honouring.pdf</a>
Welcome to Tla'Amin Tobacco Control Strategy	<a href="http://www.sliammonfirstnation.com/cms/tobacco/index.html">http://www.sliammonfirstnation.com/cms/tobacco/index.html</a>
<b>6.4 International</b>	







Centre for Excellence in Indigenous Tobacco Control	<a href="http://www.ceitc.org.au">http://www.ceitc.org.au</a>
<b>7.0 Resources for people who smoke</b>	
<b>7.1.1 DVD</b>	
<b>In Our Own Words</b>	<a href="http://www.cancer.ca/Ontario/Support%20Services/Videos/In%20Our%20Own%20Words.aspx?sc_lang=en">www.cancer.ca/Ontario/Support%20Services/Videos/In%20Our%20Own%20Words.aspx?sc_lang=en</a>
<b>The Gift of Sacred Tobacco</b>	The Enahtig Healing Lodge website: <a href="http://www.enahtig.ca">http://www.enahtig.ca</a>
<b>7.1.2 Website</b>	
Tobacco Wise	<a href="http://www.tobacrowise.com/resources/">http://www.tobacrowise.com/resources/</a>
<b>7.1.3 Online documents</b>	
Tobacco: A Cultural Approach to Addiction and Recovery for Aboriginal Youth	<a href="http://www.woodstockfirstnation.com/tobacco_manual72.pdf">http://www.woodstockfirstnation.com/tobacco_manual72.pdf</a>
Healing from Smoking: A Step by Step Guide for Smokers –Nunavut version	<a href="http://www.pauktuutit.ca/pdf/HFS-Nunavut%20E%20low%20res.pdf">http://www.pauktuutit.ca/pdf/HFS-Nunavut%20E%20low%20res.pdf</a>
Healing from Smoking –Québec and Labrador version	<a href="http://www.cssspnql.com/eng/sante/documents/Liberertabac eng.pdf">http://www.cssspnql.com/eng/sante/documents/Liberertabac eng.pdf</a>





## Results of environmental scan:

### 2.0 Background information

#### 2.1 Health survey

##### **First Nations Regional Longitudinal Health Survey (RHS) 2002/03: Results for Adults, Youth, and Children Living in First Nations Communities**

**Author:** First Nations Information Governance Centre  
**Year:** 2007  
**Source:** First Nations Information Governance Centre  
**Description:** Provides statistics on First Nations communities across Canada that includes information on health behaviours and lifestyle, including smoking prevalence. Data is from 2002/03 and was updated in 2007/2008.  
**URL:** <http://www.rhs-ers.ca/node/37>

#### 2.2 Annotated bibliography

##### **Tobacco Cessation Strategies for First Nations, Inuit and Métis: An Environmental Scan and Annotated Bibliography**

**Author:** British Columbia Ministry of Healthy Living and Sport, National Collaborating Centre for Aboriginal Health  
**Year:** 2007  
**Source:** Aboriginal Act Now  
**Description:** An environmental scan focusing on cessation initiatives and programming in British Columbia and Canada-wide. Provides descriptions of various health organizations in Canada that provide Aboriginal-specific initiatives.  
**URL:** <http://www.aboriginalactnow.ca/myfiles/Aboriginal%20ActNow%20Tobacco%20Report%20-%20Final%20April%202009.pdf>

#### 2.3 Reports

##### **A Case Study Approach: Lessons Learned in Ontario—Aboriginal Tobacco Cessation**

**Author:** Aboriginal Cancer Care Unit  
**Year:** 2008  
**Source:** Cancer Care Ontario





**Description:** A detailed report describing two commercial tobacco cessation interventions for Aboriginal peoples: **Sacred Smoke** operating through Wabano Centre for Aboriginal Health and **Sema Kenjigewin Aboriginal Tobacco Misuse Program** from Anishnawbe Mushkiki. Both programs provide holistic treatment and incorporate Aboriginal teachings into programming. This resource identifies important emerging practices for consideration in cessation design.

**URL:** <http://www.cancercare.on.ca/common/pages/UserFile.aspx?fileId=13636>

## What Works in Reducing Tobacco Use in Indigenous Communities?: A Summary of Promising Practices for Inuit

**Author:** Inuit Tobacco-free Network, Consultancy for Alternative Education  
**Year:** 2010  
**Source:** NAHO, Inuit Tuttarvingat  
**Description:** A compendium of *promising practices* available for use or adaption to Inuit communities. Identifies the importance of a high degree of respect, trust, the need for community leaders and sincere facilitators as part and parcel of promising practices.

**URL:** [www.naho.ca/inuit/itn/documents/2010-03-15ITNPromisingPractices\\_EnglishFinal.pdf](http://www.naho.ca/inuit/itn/documents/2010-03-15ITNPromisingPractices_EnglishFinal.pdf)

## 2.4 Book

### Deadly Duo: Tobacco and Convenience Foods

**Author:** Richard Thatcher, Ph.D.  
**Year:** 2001  
**Source:** The National Native Addictions Partnership Foundation Inc.  
**Description:** Provides history, current trends and reasons for commercial tobacco and convenience food abuse. "Individual efforts are essential and community programs extremely important. However, to significantly impact on high smoking rates in the Aboriginal population, public policies are needed to address the root causes of unhealthy lifestyles, namely lack of education, unemployment, poverty and impoverished opportunities for healthy recreation in the community," (p. 80).

**URL:** Book—consult your public or institutional library catalogue.

### Tricky tokes, those Coyote smokes: How Coyote learned the true power of tobacco

**Author:** Lawrence A. Shorty  
**Year:** 2000  
**Source:** Miller, J. C. (ed). *Tobacco use by Native North Americans: Sacred Smoke and Silent Killer*. Norman: University of Oklahoma Press.  
**Description:** This story was originally told at Tyendinaga Mohawk Territory by Mr. Shorty. It is a Navajo story that tells of the power of sacred tobacco and warns of its misuse. (The many other articles in the book are historical and archaeological; although not specific to cessation, some address the negative health effects of tobacco use).

**URL:** Book – check library databases.







### 3.0 Research articles

#### 3.1 Studies

##### **A study of the use of free nicotine patches by Indigenous people**

**Author:** Ivers, R. G, Farrington, M., Burns, C. B., Bailie, R. S., D'Abbs, P. H., Richmond, R. L., Tipiloura, E.  
**Year:** 2003  
**Source:** Australian and New Zealand Journal of Public Health 27 (5)  
**Description:** This article examines the use of free nicotine patches by Indigenous Peoples when offered a brief intervention for smoking cessation. Participants were recruited, and a follow-up was conducted 6 months later to assess changes in smoking behaviour and attitudes. The uptake of the free patches was low, and the study indicates a lesser effect on cessation rates at six months than in international trials.  
**URL:** <http://onlinelibrary.wiley.com/doi/10.1111/j.1467-842X.2003.tb00819.x/abstract;jsessionid=7B7B753512EB1C67D22B37FC8DD936D2.d02t04>

##### **Aboriginal users of Canadian quitlines: An exploratory analysis**

**Author:** Hayward, L.M., Campbell, H.S. & Sutherland-Brown, C.  
**Year:** 2007  
**Source:** Tobacco Control  
**Description:** Study on quitline use and cessation rates for Aboriginal peoples in Canada. Offers relevant statistics and suggests the efficacy of the helpline for individual smoking cessation.  
**URL:** <http://www.ncbi.nlm.nih.gov/pubmed/18048634>

##### **An evidence-based approach to planning tobacco interventions for Aboriginal people**

**Author:** Ivers, R. G.  
**Year:** 2004  
**Source:** Drug and Alcohol Review 23 (1)  
**Description:** Australian study that reviews the transferability of smoking cessation and NRT interventions for Aboriginal populations. The author expands on the themes that emerged and barriers for cessation studies in Aboriginal communities. One conclusion was that health programs, which address broader socio-economic factors—for example to reduce unemployment and to improve access to health services- are likely to reduce tobacco use in this setting.  
**URL:** <http://onlinelibrary.wiley.com/doi/10.1080/09595230410001645501/pdf>

##### **Awareness of risk factors among persons at risk for lung cancer, chronic obstructive pulmonary disease and sleep apnea: A Canadian population-based study**

**Author:** Walker, S., Saltman, D.L., Colucci, R. & Martin, L.  
**Year:** 2010  
**Source:** Canadian Respiratory Journal





**Description:** There were no significant differences in the awareness of risk factors, symptoms and attitudes toward all three lung diseases between First Nations, Inuit and Métis people and the general population. Canadians are reasonably aware of risk factors and symptoms for lung cancer and sleep apnea. However, there is poor awareness of COPD as a disease entity.

**URL:**

<http://www.pulsus.com/journals/abstract.jsp?sCurrPg=abstract&jnlKy=4&atlKy=9895&isuKy=957&isArt=t&fromfold=Current%20Issue>

### **Tobacco cessation drug therapy among Canada's Aboriginal people**

**Author:** Wardman, D., Quantz, D., Tootoosis J. & Khan, N.

**Year:** 2007

**Source:** Nicotine and Tobacco Research: Official journal for the Society for Research on Nicotine and Tobacco

**Description:** Study analyzing the low use of NRT among Aboriginal Peoples. Underutilization of physician services, an unwillingness to use drug therapy and the necessity of a prescription were observed as barriers to medication (nicotine patch and bupropion) use. The researchers conclude that prescription status of cessation medications should be lifted and that physicians need to offer more advice on pharmacotherapies.

**URL:** <http://www.ncbi.nlm.nih.gov/pubmed/17454717>

## **3.2 Youth-specific**

### **An exploration of smoking cessation and preventions for Aboriginal youth**

**Author:** Valentine, J., Dewar, M. & Wardman, D.

**Year:** 2003

**Source:** Pimatisiwin: A Journal of Aboriginal and Indigenous Community Health 1(2)

**Description:** The results of participatory research with Aboriginal teen focus groups in interior B.C. The role of the family was described as important to the teens' individual smoking initiation process. Youth identified a desire for age-appropriate recreational activities, the creation of a media campaign and the presence of supportive commercial tobacco-free environments as necessary toward their goal of smoking cessation. This article describes the importance of reducing the normalization of smoking, as well the perceived value of smoking bans and taxation toward the goal of smoking cessation

**URL:** <http://www.pimatisiwin.com/uploads/1384477680.pdf>

### **A smoking prevention program for aboriginal youth**

**Author:** McKennitt, D.

**Year:** 2007

**Source:** First Peoples Child and Family Review 3 (2)

**Description:** McKennitt describes the necessity for a holistic approach to addressing smoking prevention with Aboriginal youth. He offers a four directions (spiritual, mental, emotional & physical) approach to establishing a successful prevention program, as well as how best to utilize healthcare professionals.





**URL:** [www.fncfcs.com/sites/default/files/online-journal/vol3num2/McKennitt\\_pp52.pdf](http://www.fncfcs.com/sites/default/files/online-journal/vol3num2/McKennitt_pp52.pdf)

### **Does a culturally sensitive program reduce smoking intentions among Aboriginal youth? A randomized controlled pilot trial**

**Author:** McKennitt, D., Currie, C. & Wild, T.

**Year:** 2010

**Source:** (conference PPT available at present – currently awaiting manuscript publication) CPHA

**Description:** Findings suggest a culturally sensitive program may reduce intentions to smoke among Aboriginal youth.

**URL:** <http://resources.cpha.ca/CPHA/Conf/Data/A10-061e.pdf>

### **Tobacco, alcohol and illicit drug use among Aboriginal youth living off-reserve: results from the Youth Smoking Survey**

**Author:** Elton-Marshall, T., Leatherdale, S. T., Burkhalter, R.

**Year:** 2011

**Source:** Canadian Medical Association Journal 183 (8)

**Description:** Current national estimates of smoking, and alcohol and illicit drug use among youth underestimate the prevalence of these behaviours among Aboriginal youth living off-reserve. The authors' findings highlight the need for culturally appropriate prevention and cessation policies and programs.

**URL:** <http://www.cmaj.ca/content/183/8/E480>

## **3.3 Theories in practice**

### **Beyond Recovery: Colonization, health and healing for Indigenous peoples in Canada**

**Author:** Lavallée, L.F. & Poole, J.M.

**Year:** 2009

**Source:** International Journal on Mental Health and Addiction 8: 271-281

**Description:** The mental health and recovery of Indigenous people in Canada have always been tied to history, identity, politics, language and dislocation. This paper aims to make clear that history, highlight the impacts of colonization and expound on Indigenous healing practices taking place in Toronto. The authors argue that healing practices go beyond limited notions of recovery and practice, offering profound and practical ways to address the physical, emotional, spiritual and mental health of Indigenous peoples.

**URL:** <http://www.springerlink.com/content/w25693732t857k45/fulltext.pdf>

### **Sacred smoke: Remembering traditional tobacco in smoking cessation and prevention**

**Author:** Van Buuren, Y.

**Year:** 2008

**Source:** CrossCurrents







**Description:** A brief article outlining the sacred use of tobacco for many Indigenous peoples. Provides expert opinions on the matter of Aboriginal commercial tobacco cessation, as well as tips for working in First Nations communities.

**URL:** [http://www.camhcrosscurrents.net/archives/autumn2008/sacred\\_smoke.html](http://www.camhcrosscurrents.net/archives/autumn2008/sacred_smoke.html)

### **“These girls are our future”: Exploring Aboriginal ownership of nontraditional tobacco control research**

**Author:** Baillie, L., Maas, J., Buchholz, S. & Mutch, L.

**Year:** 2008

**Source:** Pimatisiwin: A Journal of Aboriginal and Indigenous Community Health 6 (3)

**Description:** Insists on the increasing presence of Aboriginal researchers and the need for community-relevant social determinants of nontraditional tobacco use. Maintains that research needs to highlight community strengths, not weaknesses; needs to place the onus on societal causes of preventable disease and not on “lifestyle choices”. The authors also mention that the concept of “best practices” includes assumptions that are inappropriate in an Aboriginal context.

**URL:** [http://www.pimatisiwin.com/online/?page\\_id=202](http://www.pimatisiwin.com/online/?page_id=202)

### **Viewing violence, mental illness and addiction through a wise practices lens**

**Author:** Wesley-Esquimaux, C. & Snowball, A.

**Year:** 2010

**Source:** International Journal on Mental Health and Addiction 8 (2)

**Description:** The article describes the concept of “cultural safety” in Aboriginal health service programming and delivery. The authors recommend a *wise practices* lens—in reference to *best practices*—and elaborate on the Seven Sacred Values or Grandfather Teachings (courage, honesty, humility, respect, truth, love and wisdom) as a foundation for wise practices. It also questions the suitability of Prochaska et al.’s *The Stages of Change* for First Nations communities.

**URL:** <http://www.springerlink.com/content/1k7753kv66x117t4/fulltext.pdf>

## **4.0 Resources for health care professionals**

### **4.1 Organizational documents**

#### **Hearing the perspectives of Aboriginal girls on smoking**

**Author:** British Columbia Centre of Excellence for Women’s Health

**Year:** 2010 (?)

**Source:** British Columbia Centre of Excellence for Women’s Health

**Description:** A study on smoking and Aboriginal girls (ages 13-19). Peer pressure, family context, experiences of colonialism and discrimination, access to cultural knowledge, gendered roles and responsibilities, stress and co-substance use, were some of the factors that girls identified as influencing their smoking behaviour.

**URL:** <http://www.coalescing-vc.org/virtualLearning/section5/info-sheets.htm>





## Helping pregnant women and new mothers quit smoking

**Author:** National Indian and Inuit Community Health Representatives Organization  
**Year:**  
**Source:** NIICHRO website (see below)  
**Description:** Offers information on how smoking affects an unborn baby, environmental tobacco smoke (ETS), sample client questions and responses, tips on developing a cessation program, how your body heals when you quit, as well as some brief information on traditional tobacco.  
**URL:** [http://www.niichro.com/FHealing%20Hearts/heal\\_3.html](http://www.niichro.com/FHealing%20Hearts/heal_3.html)

## Towards effective tobacco control in First Nations and Inuit communities

**Author:** Physicians for a Smoke-Free Canada  
**Year:** 2007  
**Source:** Physicians for a Smoke-Free Canada  
**Description:** Background information on traditional use of tobacco, discusses present tobacco control strategy for First Nations and Inuit communities including taxation and contraband.  
**URL:** [http://www.smoke-free.ca/pdf\\_1/Effective%20tobacco%20control%203.pdf](http://www.smoke-free.ca/pdf_1/Effective%20tobacco%20control%203.pdf)

## Understanding the needs of nurses working in First Nations and Inuit communities with respect to misuse of tobacco, and current trends in health promotion: A national survey

**Author:** Aboriginal Nurses Association of Canada  
**Year:** 2003  
**Source:** Aboriginal Nurses Association of Canada  
**Description:** Provides the results of a survey to assist and facilitate working with First Nations and Inuit people to address commercial tobacco use.  
**URL:** <http://www.anac.on.ca/tobacco/ANACTO.pdf>

## Use and misuse of tobacco among Aboriginal peoples

**Author:** First Nations and Inuit Health Committee, Canadian Paediatric Society  
**Year:** 2006  
**Source:** Paediatric Child Health 11 (10)  
**Description:** This document - a revision of a 1999 Canadian Paediatric Society statement on smoking-looks at the consequences of tobacco use and possible factors that contribute to its high prevalence among Aboriginal peoples. The article also explores some attempts at a solution by offering recommendations like applying band-level taxes that can then be funnelled back into smoking cessation programs.  
**URL:** <http://www.cps.ca/english/statements/II/FNIH06-01.htm>

## Voices from the field – Aboriginal women and tobacco

**Author:** Schwartz, D.  
**Year:** 2005  
**Source:** Centre of Excellence for Early Childhood Development





**Description:** This document describes the importance of consciousness-raising and self-care in smoking cessation initiatives, in addition to education on the health consequences of smoking; the kinds of treatments available; and the importance of expression. Cultural activities, interpersonal exchanges and activities with one's hands are identified as necessary components in related programming. She points to a lack of cultural sensitivity and a need for holistic approaches to healing, in cessation programming.

**URL:** [www.enfant-encyclopedie.com/pages/PDF/SchwartzANGps.pdf](http://www.enfant-encyclopedie.com/pages/PDF/SchwartzANGps.pdf)

## 4.2 Tool-kits

### Action in Your Community against Tobacco

**Author:** National Native Addictions Partnership Foundation

**Year:** 2006

**Source:** Cancer Care Nova Scotia

**Description:** An adaptation of an existing toolkit "Action in Your Community Against Tobacco" (ACT) which includes additional modules that focus on First Nations perspectives. The original ACT toolkit is available through Cancer Care Nova Scotia.

**URL:** <http://www.cancercare.ns.ca/site-cc/media/cancercare/TobaccoInsertJAN.pdf>

### Aniqsaattiarniq—Breathing Easy: Tobacco Recovery Resource Materials

**Author:** Pauktuutit Inuit Women's Association

**Year:** 2000

**Source:** Pauktuutit Inuit Women's Association

**Description:** This resource was developed for the prevention and reduction of tobacco use in Inuit communities. The toolkit contains a variety of resources, many of which can be used as client handouts.

**URL:** <http://www.pauktuutit.ca/tobacco/pdf/BreathingEasyEng.pdf>

### I Can Quit

**Author:** Patricia Ironstand

**Year:** 2010

**Source:** Requested from the author, Tobacco Project Coordinator  
BTC Indian Health Services Inc.

**Description:** Saskatchewan-based 6 session (over 6-7 weeks) program and manual inspired by CAMH TEACH smoking cessation program. It is a booklet filled with stories of local community members who have shared their experiences on how they quit smoking and how smoking affected them. The booklet also contains information on the difference between traditional tobacco and commercial tobacco, has tools that can help you on your road to quitting commercial tobacco. This program can be used as a self-help guide, self-help with one on one counselling with a healthcare provide or in a group setting.

**URL:** Printed copies only. Contact coordinator: 306 937-6700,  
[pironstand@btchealth.org](mailto:pironstand@btchealth.org)







## Keeping the Sacred in Tobacco: A Toolkit for Tobacco Cessation

**Author:** Sue Deranger  
**Year:** 2006  
**Source:** National Native Addictions Partnership Foundation  
**Description:** A comprehensive toolkit outlining traditional uses of tobacco and misuses of commercial tobacco. Provides stages of change, relapse prevention strategies and information on how to run smoking cessation groups.  
**URL:** [http://www.nnapf.org/sites/default/files/pdf/en/tobacco\\_cessation/NNAPF\\_Keeping\\_Sacred\\_Tobacco.pdf](http://www.nnapf.org/sites/default/files/pdf/en/tobacco_cessation/NNAPF_Keeping_Sacred_Tobacco.pdf)

## Sacred Smoke: Smoking Cessation-Harm Reduction Program

**Author:** Wabano Centre for Aboriginal Health  
**Year:** 2005  
**Source:** Wabano Centre for Aboriginal Health  
**Description:** 8 week step-by-step facilitator's tool-kit with sign-in sheets, check lists, hand-outs, fact sheets, homework and instructions. The program is structured into 7 parts/week, emphasizing traditional teachings, such as a different Grandfather teaching per week, cultural practices and discussions around recovery and stages in the grieving model. Also included is the pilot project evaluation report.  
**URL:** Contact Wabano directly [www.wabano.com](http://www.wabano.com), 613-748-0657.

## Tobacco and First nations, Métis and Inuit: Building success in tobacco and health behaviour change

**Author:** Tracy Fehr with Tracy Nesbitt, MEd  
**Year:** 2010  
**Source:** Manitoba Tobacco Reduction Alliance (MANTRA)  
**Description:** A workshop facilitation manual designed for helpers who are working in Aboriginal-focused services or in primarily Aboriginal communities. There is an emphasis on the distinction between sacred and commercial tobacco. The primary goal of the workshops is to strengthen skills of the participants to better assist clients and family members in making health behaviour changes, but is applicable to any kind of behaviour change.  
**URL:** <http://www.mantrainc.ca/>

### 4.3 Websites

#### PACT: Partnership to Assist with Cessation of Tobacco

**Author:** Burgess, J. PACT / TAR Program Coordinator, Marks, J. (TAR Program Creation)  
**Description:** PACT is a comprehensive commercial tobacco cessation program designed to build capacity in health care professionals in Saskatchewan. PACT workshops





provide the teaching and tools to deliver stage-appropriate tobacco cessation counselling; information about TAR (Tobacco Addiction Recovery); and the Journey of the White Ribbon, which is the culturally relevant component created for Aboriginal communities. The PACT website includes information about sacred tobacco use, the Story of the White Buffalo Calf Woman (a prairie-specific story of the history of tobacco), and how to use the "White Ribbon" as a reminder of the addiction to tobacco and the personal journey each individual travels to quit. (TAR program creation funded by Health Canada.)

**URL:** [www.makeapact.ca](http://www.makeapact.ca)

## **National Indian & Inuit Community Health Representatives Organization (NIICHRO)**

**Description:** Provides a long list of videos, manuals/kits and resources on smoking cessation.

**URL:** [http://www.niichro.com/Tobacco%202002/tob02\\_13.html](http://www.niichro.com/Tobacco%202002/tob02_13.html)

## **Tobacco Cessation**

**Author:** National Native Addictions Partnership Foundation

**Source:** NNAPF website

**Description:** Provides information on sacred tobacco, some facts and figures on commercial tobacco use, historical context, tobacco cessation today and a link to the resource *Keeping the Sacred in Tobacco*.

**URL:** <http://www.nnapf.org/tobacco-cessation>

## **5.0 Resources for other professionals**

### **5.1 For teachers and youth-workers**

#### **A Culturally Appropriate Tobacco Use Program for Aboriginal Youth**

**Author:** Aboriginal Health Group

**Year:** 2009

**Source:** University of Alberta

**Description:** A sample holistic curriculum (covering the spiritual, mental, emotional and physical) with activities intended for use in the classroom, with youth ages 6-13 years. Provides helpful tips on how to modify an existing program and introduce culturally appropriate terminology and structure activities. Contains a historical context of and factors influencing, commercial tobacco use. Also provides background information on the development and rationale for this project, which stems from an Edmonton-based program called "Butt Out".

**URL:** <http://www.aboriginalhealthgroup.org/admin/uploads/october-09-Booklet.pdf> (or contact through the U of A student groups).

#### **Don't Misuse Tobacco: Keep it sacred**

**Author:** Assembly of First Nations (AFN)

**Year:** 2010

**Source:** AFN





**Description:** A message about smoking from First Nations youth. A concise resource on tobacco the medicine; the effects of smoking on pregnancy, children, among young people, and secondhand. Also includes information on cancer, heart disease, tips on how to break the habit and reasons to quit.

**URL:** Contact AFN directly <http://www.afn.ca/>

### **Keep Tobacco Sacred**

**Author:** Nechi Training, Research and Health Promotions Institute

**Year:** 2011

**Source:** Nechi Training, Research and Health Promotions Institute website

**Description:** Classroom or Workplace tool-kits (\$75.00 and \$95.00, respectively). Includes promotional materials (such as stickers, posters, tattoos, etc.) and resource materials (such as addiction recovery manual) to raise awareness about tobacco abuse and cultural or traditional medicinal tobacco use.

**URL:** <http://nechinook.myshopify.com/products/tobacco-cessation-resource-kit>

### **My journey with tobacco: Youth tobacco cessation tool-kit and facilitator's guide**

**Author:** National Association of Friendship Centres

**Year:** 2011

**Source:** Available in print (to Friendship and affiliated centres) and as PDFs

**Description:** The new and improved toolkit has been developed for urban Aboriginal youth with Aboriginal youth input and involvement. The toolkit contains knowledge and information about tobacco based on traditional Aboriginal perspectives. In addition to the toolkit, the NAFC developed a facilitator's guide which is intended to help workers facilitate youth tobacco cessation support groups and it complements the youth toolkit.

**URL:** <http://www.nafc.ca/youth-tobacco-cessation-tool-kit-and-guide-en.htm>

### **River Run – Smoking Prevention**

**Author:** Brandon, M. & Audibert, T.

**Year:** 2010

**Source:** The Healthy Aboriginal Network

**Description:** B.C.-made comic book that deals with Aboriginal youth and commercial tobacco use.

**URL:** [www.thehealthyaboriginal.net](http://www.thehealthyaboriginal.net) for preview and other comics.

### **Tobacco Education Activities: Ashley's New Dress mini puppet play set, activity book, Smokes N Ladders board game**

**Author:** Curve Lake Health Centre, Waterwood Theatre

**Year:** 2005

**Source:** WshkiiGomang MnoBamaadziwin-Gamig (Curve Lake Health Centre)

**Description:** The kit includes an activity book with information on the history and traditional uses of tobacco, T/F questions, smoking and your body activity and a word search. The kit includes a CD with the story of *Ashley's New Dress*, performed by the youth of Curve Lake, a miniature stage and magnetic figures. The kit also includes *Smokes N Ladders*, a board game on the negative and positive







choices with regards to smoking, all of which are to help educate children and youth on tobacco use and misuse.

**URL:** Contact Centre to inquire about copies (705)657-2557.

### **Tobacco Talk: Keep it sacred youth tool-kit**

**Author:** Chiefs of Ontario Tobacco Prevention and Education Program

**Year:** 2011

**Source:** Available in print and USB of files through the Chiefs of Ontario

**Description:** Includes literature reviews, relevant booklets and reports, DVD, Public Service Announcement, video challenge videos, anatomy poster, youth manual, tobacco timeline and youth policy approach presentation.

**URL:** <http://www.chiefs-of-ontario.org/>

## **5.2 For facilitators**

### **Quit4Life: Facilitator's Guide. Optional session 3: Traditional tobacco use**

**Author:** Health Canada

**Year:** 2007

**Source:** Health Canada

**Description:** This session is part of a larger program for youth who are interested in smoking cessation. The focus is on the traditional uses of tobacco within First Nations communities and the session is meant to provide a surface understanding of the differences between ceremonial and commercial tobacco use. Also contains statistics on Aboriginal tobacco use.

**URL:** <http://dsp-psd.pwgsc.gc.ca/Collection/H46-2-04-382E.pdf>

### **Adapting and Developing Educational Best Practices and Curricula for Aboriginal Tobacco Cessation Interventions**

**Author:** Connolly, H., D'Hondt, J., Herie, M. & Selby P.

**Year:** 2010

**Source:** *Aboriginal Policy Research: Health and Well-Being*, Volume IX. White, J., Peters, J., Dinsdale, P. & Deavon, D., eds. Toronto: Thompson Educational Publishing, Inc.

**Description:** Outlines the development of the Aboriginal commercial Tobacco cessation speciality course at TEACH by highlighting the process of a two day pilot course. The working group involved adapted the theories of participatory research, community-based research, and the principles of ownership, control, access, and possession to the knowledge translation of education practices. Along with the significant place of relationship-building, the piece also outlines several important lessons derived from this kind of endeavour.

**URL:** Book; scanned version can be found at [www.teachproject.ca](http://www.teachproject.ca).

## **5.3 For social planning/partnerships**





## **A Resource Guide to Address Non-Traditional Tobacco Use**

**Author:** Boomer, J. for First Nations and Inuit Health Branch, Health Canada  
**Year:** 2003  
**Source:** Health Canada  
**Description:** A guide on how to build partnerships to create smoking cessation intervention for non-traditional tobacco use in Aboriginal populations. Contains a breakdown of how to approach building these partnerships, from the first meeting to program implementation.  
**URL:** <http://www.sparc.bc.ca/component/rubberdoc/doc/253-bbt-resource-guide.pdf>

## **Building Bridges Together: A resource guide for intercultural work between Aboriginal and non-Aboriginal people**

**Author:** Graham, S.  
**Year:** 2008  
**Source:** Social Planning and Research Council of British Columbia.  
**Description:** This comprehensive resource contains information and a workbook for planning an intercultural dialogue series between Aboriginal and non-Aboriginal peoples.  
**URL:** [www.sparc.bc.ca](http://www.sparc.bc.ca)

## **Ownership, Control, Access and Possession: First Nations Inherent Right to Govern First Nations Data**

**Author:** Assembly of First Nations (AFN)  
**Year:** 2007  
**Source:** AFN  
**Description:** Outlines the principles, objectives, meaning and ethics of OCAP guidelines, as well as how to comply with them. Although not all communities will choose to follow specific principles, the document highlights the necessity of recognizing First Nations rights over First Nations information. This objective is inherently connected to supporting and promoting First Nations self-governance, as well as investing in community capacity-building.  
**URL:** [www.naho.ca/documents/fnc/english/FNC\\_OCAPInformationResource.pdf](http://www.naho.ca/documents/fnc/english/FNC_OCAPInformationResource.pdf)

## **SAGE Advice: Real-world Approaches to Program Evaluation in Northern, Remote and Aboriginal communities**

**Author:** The CAPTURE Project  
**Year:** 2012  
**Source:** Simon Fraser University  
**Description:** The results of a survey on program evaluation approaches with Northern, remote and Aboriginal communities. Nearly half (44.7%, 261) of respondents across the country provided responses to the survey and the report includes summary comments, as well as qualitative feedback (participant comments). Key themes that emerged are that program evaluations need to be culturally sensitive; should use participatory approaches; should utilize principles of community-based research;





**URL:** need to ensure respectful relationship-building; and need to include community context.  
[www.thecaptureproject.ca/wp-content/uploads/2011/12/Sage-Advice-English.pdf](http://www.thecaptureproject.ca/wp-content/uploads/2011/12/Sage-Advice-English.pdf)

## 6.0 Strategies and policy recommendations

### 6.1 Canada-wide

#### First Generation, Second Generation: An Enhanced First Nations Tobacco Strategy

**Author:** Assembly of First Nations  
**Year:** 2007  
**Source:** Assembly of First Nations  
**Description:** Provides guidelines on how to tailor smoking cessation interventions to First Nations communities. The document outlines the Key Assumptions—such as the relation between tobacco misuse and social deprivation—Strategic Priorities and Critical Success Factors, as well as offers some Proposed Activities and a Proposed Budget in implementing a First Nations-specific tobacco strategy.  
**URL:** Contact AFN directly <http://www.afn.ca/>

### 6.2 Ontario

#### Nahsema Boonichikewin: Youth Tobacco Control Strategy

**Description:** A website for First Nations youth offering stories and fun online activities to prevent commercial tobacco use.  
**URL:** <http://www.nahsema.knet.ca/>

### 6.3 Out-of-province

#### Aboriginal Tobacco Use Strategy

**Author:** The Alberta Alcohol and Drug Abuse Commission (AADAC—now part of Alberta Health Services)  
**Year:** 2002  
**Source:** AADAC  
**Description:** Outlines why a strategy is necessary, the cultural use of tobacco, the consultation process. Provides extensive feedback from various demographics, an overview of what has worked in communities and challenges to implementation.  
**URL:** Currently not available online. Contact Alberta Health Services.







## Honouring our Health: An Aboriginal Tobacco Strategy for British Columbia

**Author:** Aboriginal Health Association of British Columbia.  
**Year:** 2001  
**Source:** British Columbia Ministry of Health and Ministry Responsible for Seniors  
**Description:** Contains a model and framework for maintaining the goals and values of First Nations communities in B.C. to be used in the creation and implementation of tobacco use programs.  
**URL:** <http://www.llbc.leg.bc.ca/public/pubdocs/bcdocs/343378/honouring.pdf>

## Welcome to Tla'Amin Tobacco Control Strategy

**Description:** Offers resources on Sliammon First Nation's tobacco strategy, as well as tobacco facts and related websites. Information on the first ever First Nations Smoker's Clinic, offered at the Healing Lodge, Sliammon First Nation, B.C.  
**URL:** <http://www.sliammonfirstnation.com/cms/tobacco/index.html>

## 6.4 International

### Centre for Excellence in Indigenous Tobacco Control (CEITC)

**Description:** Provides information on CEITC's and related Australian Indigenous tobacco control projects. Offers a history and reasons why people smoke and barriers to quitting. Links can be found to relevant strategies, legislation, research and initiatives. Identifies that the high prevalence and normalisation of tobacco use is at least partially attributable to the process of colonisation, and to disparities in the socioeconomic status of Indigenous Australians.  
**URL:** <http://www.ceitc.org.au>

## 7.0 Resources for people who smoke

### 7.1 Guides for commercial tobacco cessation

#### 7.1.1 DVD

#### In Our Own Words

**Author:** First Nations, Inuit and Métis cancer survivors & Cancer Care Society  
**Year:** 2008  
**Source:** Cancer Care Society website or by request  
**Description:** The video was produced to demystify cancer and provide culturally appropriate cancer information through the voices of First Nations, Métis, and Inuit cancer survivors. The hope is that this DVD will enable First Nations, Métis, and Inuit to become more knowledgeable and less fearful about cancer treatment. This DVD can be used





for public education session and either alone or as a kick-off to a cancer education series. Available in English, French, Oji-Cree, Cree, Ojibwe, Mohawk, Inuktitut, and Michif in DVD format or can be viewed online.

**URL:** [www.cancer.ca/Ontario/Support%20Services/Videos/In%20Our%20Own%20Words.aspx?sc\\_lang=en](http://www.cancer.ca/Ontario/Support%20Services/Videos/In%20Our%20Own%20Words.aspx?sc_lang=en)

## **The Gift of Sacred Tobacco**

**Author:** The Enaahtig Healing Lodge

**Description:** “A documentary examining the intent with which tobacco was given to us and how we have used it ever since.” Tells the story of skywoman and sacred tobacco as a life-giving medicine. Offers testimonials and interviews with people who smoke, have smoked and knowledgeable community members. This is also an excellent resource for facilitators.

**URL:** [www.enaahdig.ca](http://www.enaahdig.ca)

## **7.1.2 Website**

### **Tobacco Wise**

**Author:** Aboriginal Tobacco Program

**Year:** 2008

**Source:** Cancer Care Ontario

**Description:** Website that provides resources and fact sheets on the differences between commercial tobacco and sacred tobacco; can be used as handouts. Also has a tab that links to stories and personal experiences of tobacco use.

**URL:** <http://www.tobacrowise.com/resources/>

## **7.1.3 Online documents**

### **Tobacco: A Cultural Approach to Addiction and Recovery for Aboriginal Youth**

**Author:** Kelly, M. & Smith, K.

**Year:** 2002

**Source:** Nechi Institute, Training, Research & Health Promotion and the Aboriginal Youth Network

**Description:** A manual intended for Aboriginal youth who smoke that is accompanied by a “Medicine Bag”; a well-rounded tool-kit that provides the cultural context for spiritual and traditional versus commercial tobacco use. Includes a collection of stories interspersed with facts about smoking, as well as frames smoking as an addiction and examines the question “why” with regards to commercial tobacco use. The tool-kit offers an action plan for commercial tobacco cessation.

**URL:** [http://www.woodstockfirstnation.com/tobacco\\_manual72.pdf](http://www.woodstockfirstnation.com/tobacco_manual72.pdf)





## Healing from Smoking: A Step by Step Guide for Smokers –Nunavut version

**Author:** Merryl Hammond

**Year:** 2004

**Source:** Nunavik Regional Board of Health and Social Services

**Description:** An extensive guide geared toward Innu peoples that teaches about smoking, addiction and recovery; helps people who smoke to prepare their body and mind, as well as spiritually and socially for recovery. The resource helps to link addiction to life history, to plan a recovery and it offers self-assessment checklists along the way.

**URL:** <http://www.pauktuutit.ca/pdf/HFS-Nunavut%20E%20low%20res.pdf>

## (Also see) Healing from Smoking –Québec and Labrador version

**Year:** 2005

**Source:** (Adapted from original by) First Nations of Québec and Labrador Health and Social Services Commission

**Description:** This adapted version of the original Hammond document along with activity books and campaign posters can be found on the CSSSPNQL/FNQLHSSC site.

**URL:** <http://www.cssspnql.com/eng/sante/documents/Liberertabaceng.pdf>







## 9.0 Themes and implications

A number of themes and implications for research, policy and practice can be derived from the many resources and other materials identified in this environmental scan. These are summarized below:

- **The 4 R's of Indigenous research: respect, relevance, reciprocity and responsibility**  
Recognizing the history of colonization and exploitation of Indigenous peoples in Canada and elsewhere, research should, whenever possible, be conducted by and for Indigenous peoples. Ideally, this means that research should be initiated, directed and designed by Indigenous peoples. At the very least, community members should be substantively and meaningfully involved in each step of the research process. Research also needs to be owned by, and accessible to, the communities in which it is carried out. Developing trust through community member involvement demonstrates respect and helps to ensure the relevance and cultural safety of the products of research.
- **Incorporating Indigenous perspectives and teachings**  
Although there is no pan-Aboriginal approach, culture or set of beliefs, there are certain teachings to consider when developing commercial tobacco cessation programming. These include: acknowledging the history of tobacco use and, where appropriate, the differences between sacred and commercial tobacco use. Other teachings—for example, the Seven Grandfather teachings—may also be applicable to health education and interventions and are examples of integrating culturally-relevant perspectives. However, it is important to emphasize that culturally-specific teachings do not apply to every community or Nation.
- **Holistic approach to health**  
Indigenous health, addiction and recovery needs to be addressed in a holistic way. An example of a holistic approach can be seen in the teachings of the Medicine Wheel that stress good health as a balance between the mental, spiritual, emotional and physical aspects of the person, family, community and Nation. Many people follow the teachings of the Medicine Wheel, however there are various ways of conceptualizing holistic health.
- **Family- and community-centred over individual-centred healing**  
Many authors have noted that healing needs to be family- and community-centred. Individual commitment to changing commercial tobacco use is essential; however, true healing may involve a whole community.
- **Contextualizing health disparities**  
Health disparities between Indigenous peoples and the larger Canadian population are not restricted to the effects of commercial tobacco use and therefore, point to historically-determined, structural causes of "dis-ease". The history of colonialism and its policies account for processes of social upheaval, intergenerational trauma and marginalization, among others. As some authors mention, addiction can be framed as a coping mechanism for these complex histories. With this in mind, interventions may work best in conjunction with broader programming that considers employment, housing, stress,





nutrition, other substance use, depression, health care access, etc. Commercial tobacco cessation programs need to consider the broader socio-economic factors that stem from systemic inequalities, which in turn determine health.

- **Increase availability and relevance of information and resources**

Clients, participants and community members need to be informed about, and have access to, culturally-safe information on the risks of commercial tobacco use and various treatment options (including traditional medicines). Commercial tobacco use should be framed as an addiction and people who smoke need information and treatment that is culturally relevant, appropriate and effective.

- **Work toward denormalizing commercial tobacco use**

A number of community-level strategies can help curb availability and acceptance of commercial tobacco use. These include denormalization of use via the implementation of more smoke-free spaces; applying band-imposed taxes on commercial tobacco products that could fund cessation interventions; and addressing contraband.

- **Be sensitive to the experiences of different demographics**

Commercial tobacco research and interventions should consider how the experiences of commercial tobacco use and cessation—and subsequent relevant program activities—may differ for youth or for women, which may also differ from those for men, older adults, two-spirited peoples, pregnant women, etc. For example, youth account for a large proportion of the Indigenous Canadian population and many youth use commercial tobacco. Prevention interventions and cessation programs for youth, as for other specific populations, need to be tailored to their unique needs.

- **Question the appropriateness of certain models**

Many of the materials reviewed in this resource had differing perspectives on approaches to recovery, addiction and healing. Some authors questioned the transferability of mainstream Western biomedical models of addressing addiction, such as the concept of "best practices" or the "stages of change". Listening to expert Indigenous advice, researching options/alternatives and community consultation are all pivotal in tailoring programs to community needs and providing appropriate programming.

- **Focusing on and sharing strengths**

An abundance of Indigenous health research stems from a deficit model of thinking: focusing on depressing statistics and "weaknesses". A community- and individual-strengths approach is more empowering and highlights self-determination. One way of facilitating this kind of work is to provide testimonials of personal triumph over commercial tobacco dependence. Another example might be to emphasize the traditional place of tobacco in some Indigenous cultures to remind us of the strength of these and other long-standing teachings.

The sharing of stories and storytelling can also be done in a circle to establish trust, to encourage sharing of personal experiences and wisdom and to promote equality between program members.





These themes are not exhaustive—they merely highlight the wealth of information and approaches contained in the resources in this review. If you know of other resources or materials that are not included here, please let us know by emailing us at [teach@camh.net](mailto:teach@camh.net)

We welcome your comments and feedback! Miigwech.

Photos courtesy of Peter Anson and were taken on Lake Temiskaming (2010). The header image of tobacco ties is by Yvette Nolan from the [www.nativeearth.ca](http://www.nativeearth.ca) site, and the photo of sacred tobacco was taken by Karina Czyzewski. The image in the bottom righthand corner is of kinnikinnick or bearberry. However, the mixture of its leaves, tobacco and other herbs or medicines can also be referred to as kinnikinnick (“what is mixed”). Design produced, and image coloured, by Karina Czyzewski and was accessed from <http://www.arcticrose.wordpress.com>.

