

# Increasing Tobacco's Cessation in Community

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# Tobacco Cessation Pre-COVID

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- **Working with local State Health Department who was providing Fresh Start (American Cancer Society) Cessation Classes. Once every other month.**
- **Attendance was random.**
  - **Participants usually consisted of one or two people.**
  - **Participants rarely completed program.**



# NIHB Cessation Grant 2019-2020 Goals and Objectives

- To increase Cessation by giving out \$20 gas vouchers upon completion of the Fresh Start Cessation Class.
- Promote Tobacco Cessation through Heart Health Fair (February 2020)
- Promote Idaho Quit line (Project Filter)
- Promote Kick Butts Day (March) and NO World Tobacco Day using TIPS ads and/or 1-800-QUITNOW.

# Results of Promotion of \$20 Gas Vouchers for Cessation Classes January – March 2020

- We had a huge increase in participation from the previous year, however we were only able to teach this in person class for 3 months or one quarter for 2020. Total of 13 starting the class with 9 completing the class.
- THEN COVID HAPPENED!! Sent home March 17, 2020
- During that time was unable to ever reach the local State Health Department representative/cessation instructor regarding future of Fresh Start. Fresh Start was removed from the American Cancer Association training.



**FRESH START**  
**Tobacco Cessation Program**

**We Can Help You Quit!**

- Completely **FREE** four consecutive session program
- Learn the most effective steps to quit smoking
- **FREE** patches, gum or lozenges provided at course completion
- Explore Nicotine Replacement Therapy (NRT) & Tobacco Cessation Aids
- Receive professional support & encouragement

**FALL SESSION 2019**

**Wednesdays Noon - 1 p.m.**  
**Starts: October 9th Ends: October 30th**  
*Attend all FOUR consecutive classes, receive FREE NRT & double your chance of successfully quitting*

**LOCATION:** Fort Hall Indian Health Clinic  
33 N. Mission Rd, Ft. Hall, Conference Rm. #163

**REGISTER TODAY:** RSVP Mark Black, Pharmacy 208.238.5429  
or DeeAnne Marshall, Medical 208.238.5410  
For more information visit [www.siphidaho.org](http://www.siphidaho.org)

Provided by Southeastern Idaho Public Health's Tobacco Cessation Program & sponsored by the Idaho Millennium Funds

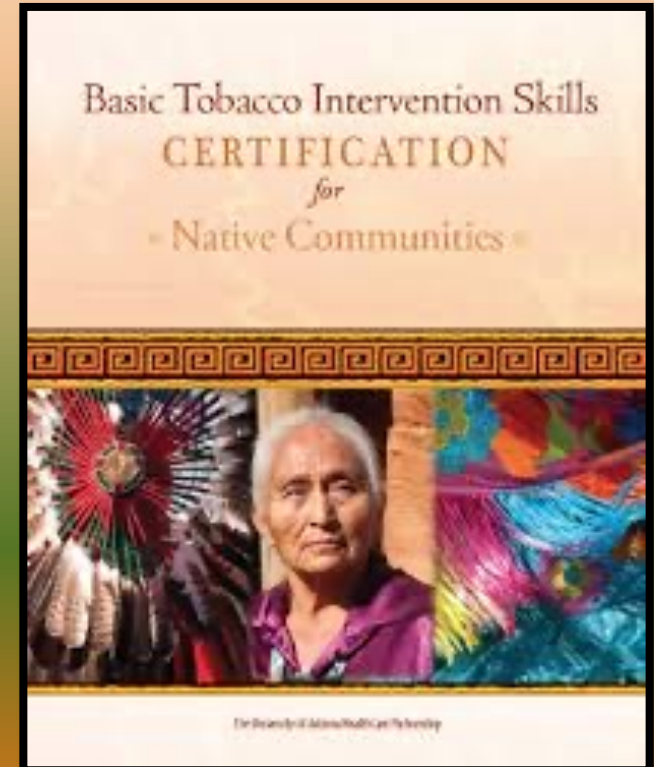
**Lunch Provided**  
Complete the class to receive \$20 gas voucher

# Basic Tobacco Intervention Skills Training,

University of Arizona Healthcare  
partnership Tobacco Dependence Treatment  
Continuing Education Programs

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- **Six modules**
  - **Health Consequences of Commercial Tobacco**
  - **Tobacco Dependence and Treatment**
  - **Tobacco and Culture: Working with Native People**
  - **Intervention Essentials The five “A’s” Model**
    - *Ask, Advise, Assess, Assist, Arrange*
  - **Putting Your Skills Into Action**
  - **Anticipatory Guidance**



# Second Wind Tobacco Cessation Class

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- **Took three sessions that were about four hours long to complete the training to become a facilitator.**
- **Six sessions that can be facilitated in about four one hour sessions.**
- **Can be taught in person or over zoom.**
- **Can be taught in a group or in person.**
- **Provides the participant with worksheets, reading material, supplemental forms stress management, exercises, etc..**



# Duke University Tobacco Treatment Specialist Training Program

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- **There is a cost involved. (\$1250) (\$300 for testing)**
- **Four day intensive evidence-based training.**
- **Certification at the completion.**
- **National Certification after completion of training, 280 hrs. of tobacco treatment practice, and completion of testing.**
- **Can receive continuing credit for medical and behavioral health professionals.**

# Cessation Classes



- **Started Cessation Classes last fall virtually and had two people attend.**
- **Made three more attempts at classes advertised through social media, put handouts in Brake for Breakfast bags and handed out at COVID events. Put flyer in newspaper.**
- **Reached out clinic and found out our referral numbers were extremely low and decreasing for the past couple of years.**



# Increase in Referrals from Clinic



**AMERICAN INDIAN  
COMMERCIAL TOBACCO QUITLINE  
1.855.372.0037**

Call today to receive free, culturally-tailored help, including:

- Up to 10 coaching calls per quit attempt with a dedicated Native coach
- 8 weeks of free patches, gum, or lozenges
- Focus on commercial tobacco use
- Open to men, women, and elders of all ages and tribal nations
- Free diapers and wipes for eligible participants for up to 12 months

For our future generations, call today.

**PROJECT FILTER**  
KEEP IT SACRED

**AMERICAN INDIAN**  
Commercial Tobacco Program

The American Indian Commercial Tobacco quitline was developed with feedback from tribal members from several states, across the country.

IDAHO DEPARTMENT OF HEALTH & WELFARE  
HEALTHY PEOPLE  
DECEMBER 2020

- **GPRAs numbers were not very high for Tobacco Cessation.**
- **Create new referral system in EHS (electronic health record)**
- **Provider refers patient for cessation and gives them my contact information**
- *I go over first Second Wind Cessation session with them*
- *Set them up with 2 week supply of NRT's*
- *Set them up with Idaho Quit-line for additional support and 4 week supply NRT's*
- *Schedule them for remaining Second Wind Group sessions.*

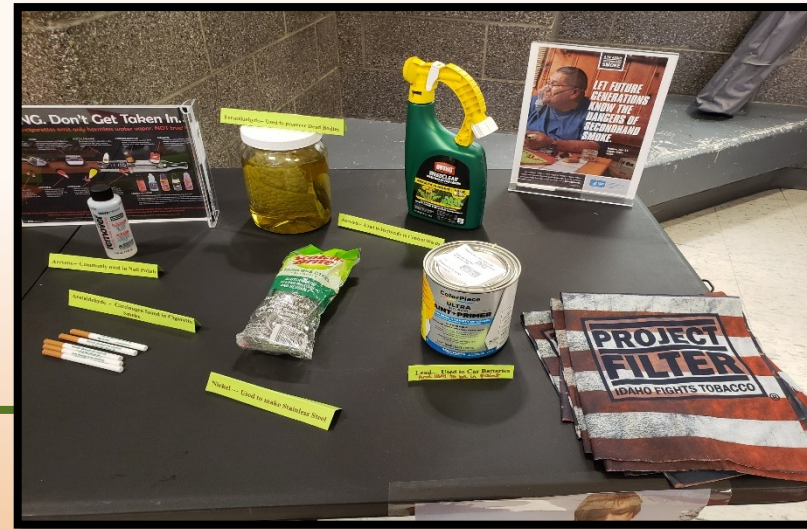
# Vaping Detectors

(NIHB GRANT PROJECT)



- **Will install eight vaping detectors in High School (PoE)**
- *One in each of four bathrooms*
- *Two in each locker room*
- **Will detect vape, smoke, THC, gunshot and excessive banging, hazardous gases. Has emergency 911 capability.**
- **Vandalism and tamper resistant.**
- **Administration has ability to monitor virtually in real time.**
- **CREATE AND ADD VAPING TO SCHOOL POLICY and Update disciplinary measures (include cessation class if there is multiple violations) (CARES funding available)**

# OTHER THINGS WE ARE DOING?



- **Youth Tobacco Surveys. Create baseline of data regarding youth and Commercial Tobacco (vaping)**
- **Boot camp creating signage with youth that will be used around reservation.**
- **Signage and policy for Skate Park on dangers of Commercial Tobacco**
- **PSA about vaping with tribal youth and WE R NATIVE.**
- **Incorporate a Quit Assist Application for Smart Phones.**

<https://youtu.be/A1zgBqN3b5M>





# QUESTIONS?

