

Section/Number: Tobacco Cessation – 02	Approval Date: (DD/MM/YY)
Subject: Culturally Safe Counselling Service for People Quitting Smoking	Amendment Dates:
<p><u>Policy</u></p> <p>Local community governments can improve the health of residents by taking a number of actions that reduce the harmful impact of tobacco use in their communities. Programs, policies and bylaws all have a role to play in ensuring youth do not start to smoke, assisting smokers to quit and protecting people from exposure to second-hand smoke.</p> <p>Sixty percent of Aboriginal people in Canada are smokers. The <u>Community Government Name</u> goal is to engage residents to decrease and prevent the misuse of tobacco.</p> <p>Therefore, the <u>Community Government Name</u> will offer culturally appropriate stop smoking support programs. Activities offered through this program may include weekly support groups, Elder support, cultural teachings, one-on-one support, physical activities, as well as teachings and managing the stop smoking program through arts and crafts.</p>	
Definitions	

Guidelines:

1. Observe the diversity of participants and recognize their different interests: First Nations, Dene, Metis, and Inuit.
2. Understand and identify the various client supports needed respecting individual situations. (i.e.: income, employment level, education, etc.)
3. Incorporating aboriginal perspectives and teachings. Acknowledge the history of tobacco use and where appropriate the differences between sacred and commercial tobacco use.
4. Aboriginal 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.
5. Family and community-centred over individual-centred healing: Individual commitment to changing commercial tobacco use is essential; however, true healing may involve a whole community.
6. Factual knowledge about addiction and the process of change is essential. 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.
7. Work toward implementing policy/by-law of more smoke-free spaces in the community.
8. Focusing on and sharing strengths: A community- and individual-strengths approach is more empowering and highlights self-determination. (i.e.: 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.)
9. Keep classes informal and ensuring all participants have the opportunity to speak.
10. Elder teachings about the traditional uses of tobacco, giving thanks and respecting and caring for the body are important to those who practice traditional Aboriginal culture.

Attachments

Harmful Effects of Tobacco Use – SMP

Smoke Free Outdoor Public Spaces Policy

Culturally Safe Counselling Services for People Quitting Smoking SMP

References

<http://www.tobacowise.com/common/pages/UserFile.aspx?fileId=76661>

http://www.naho.ca/jah/english/jah05_02/V5_I2_Cultural_01.pdf

<https://www.nicotinedependenceclinic.com/English/teach/SiteAssets/Pages/Special-Populations/>

[Indigenous%20Resources%20for%20Commercial%20Tobacco%20Cessation.pdf](https://www.nicotinedependenceclinic.com/English/teach/SiteAssets/Pages/Special-Populations/Indigenous%20Resources%20for%20Commercial%20Tobacco%20Cessation.pdf)