



Office of Clinical and Preventive Services
Division of Clinical and Community Services



Basic Tobacco Intervention Skills

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**NATIONAL
&
COMMUNITY-BASED
SERVICES**

CONFERENCE



Janna Vallo, MPA, CPS

Commercial Tobacco
Control and Prevention
Coordinator

Albuquerque Area
Southwest Tribal
Epidemiology Center

Theresa Clay, MS

Health Promotion Disease
Prevention

Indian Health Service –
Albuquerque Area

Introduction




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Approach	reach out in a culturally sensitive and relevant manner
Assess	screen for tobacco use and exposure to secondhand tobacco smoke
Intervene	conduct an Integrated Five A Model brief intervention
Educate	leverage self-management resources and pharmacotherapy options
Document	record details of your treatment interventions
Support	follow up to encourage success during the process of quitting commercial tobacco
Refer	connect tobacco users with supportive resources and relevant intensive treatment services

Play Video
Health Risk Behaviors

Play Video

Health Consequences of Commercial Tobacco

Module 1:

Health Consequences of commercial tobacco

**What should it matter if one bowl is dark
and the other pale, if each is of good design
and serves its purpose well?**

~ Hopi

Play Video

Tobacco Dependence treatment works

PLAY VIDEO

Environmental Tobacco
(Secondhand Smoke)

Module 2: tobacco dependence and treatment

**Nothing is separate from us.
We are all one body of People.
We must struggle to share our human lives with each other.
We must fight against those forces
which will take our humanity from us.
We must ensure that life continues.
We must be responsible to that life.
With that humanity and the strength
which comes from our shared responsibility
for this life, the People shall continue.**

Excerpt from "The People Shall Continue,"
by Simon J. Ortiz

Module 3:

Tobacco and culture: working with Native People

**I will come to you
And take you by the hand,
Let you walk with me in my paths,
The paths of moccasin footprints,
in search of things,
of my people I love.**

Excerpt from "How an Indian Looks at Life,"
by Lucy Lowden Jemez

Play Video

Commercial vs. traditional tobacco

Module 4: Integrated five a model

**Half on the Earth, half in the heart,
the remedies for all the things
which grieve us wait for those who know
the words to use to find them.**

Excerpt from "The Remedies,"
by Joseph Bruchac

Module 5: putting your skills into action

**Happily I recover.
Happily my interior becomes cool.
Happily my eyes regain their power.
Happily my head becomes cool.
Happily my limbs regain their power.
Happily I hear again.
Happily for me the spell is taken off.
Happily may I walk.
Impervious to pain, may I walk.
Feeling light within, may I walk.
With lively feelings, may I walk.**

Excerpt from "A Navajo Night Chant,"
by Joy Harjo

Play Video
Not ready to quit

Module 6: Follow-up Interventions

Hold On

**Hold on to what is good,
Even if it's a handful of earth.
Hold on to what you believe,
Even if it's a tree that stands by itself.
Hold on to what you must do,
Even if it's a long way from here.
Hold on to your life,
Even if it's easier to let go.
Hold on to my hand,
Even if someday I'll be gone away from you.**

~ A Pueblo Indian Prayer

Play Video
Slip and Relapse + Staying Quit

Play Video
Not willing to quit

Play Video

Watch & Learn: In Summary

Take a deep Breath!

Relax...Test time!

Open book: Utilize this as a resource.
Especially when you begin to practice.

Good luck!

Turn in tests, and return name tags!

Thank you!