



National American Indian & Alaska Native

PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

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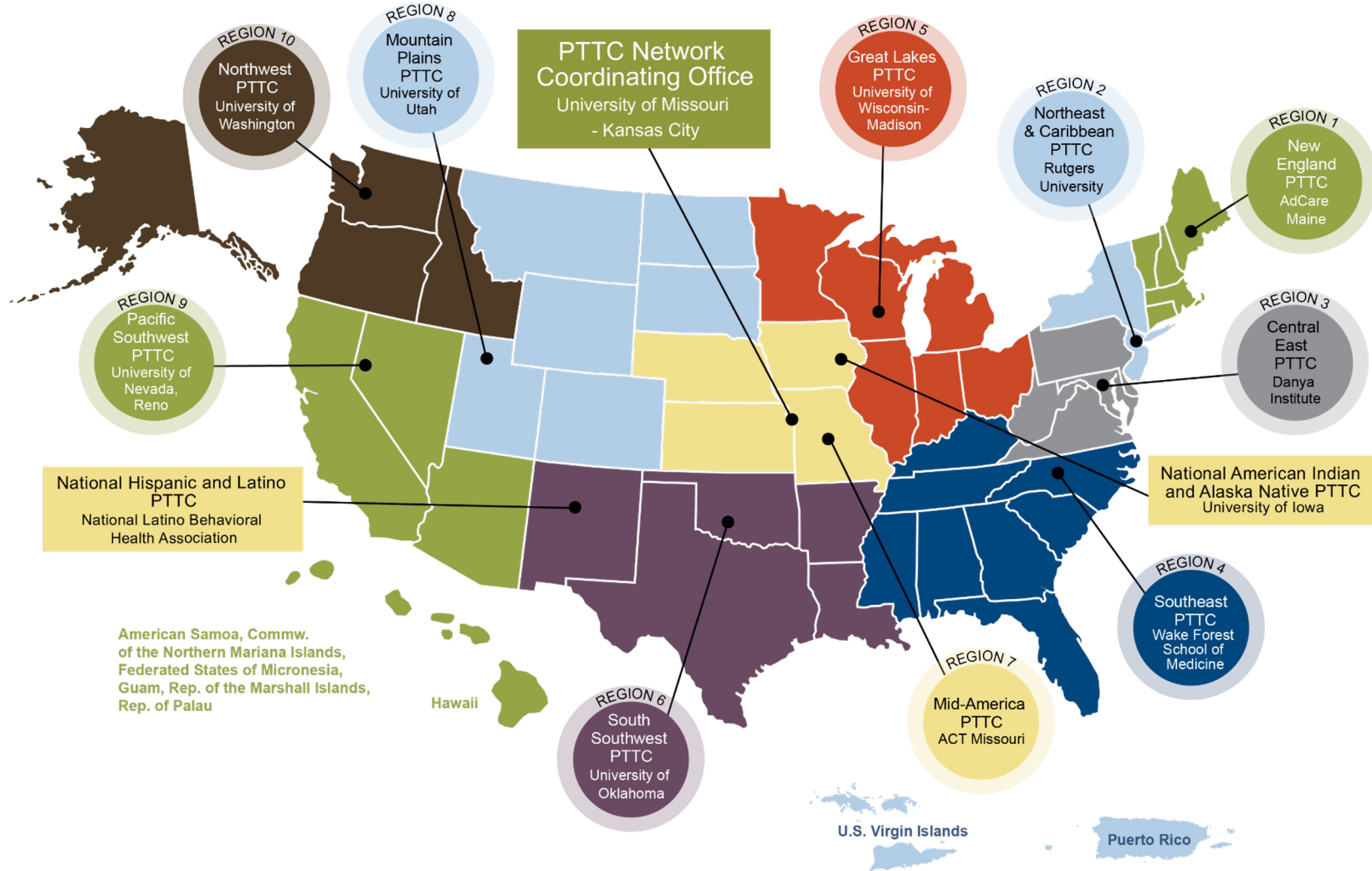
Sacred Vessels, Sacred Smoke: Tobacco Prevention June 30, 2022



PTTC

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Funded by Substance Abuse and Mental Health Services Administration

PTTC Network



American Indian & Alaska Native Prevention Technology Transfer Center

This webinar is provided by the National American Indian & Alaska Native PTTC, a program funded by the Substance Abuse and Mental Health Services Administration (SAMHSA).

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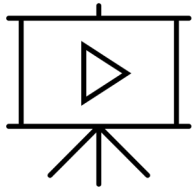
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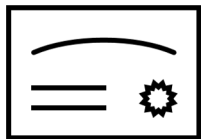


Follow-up

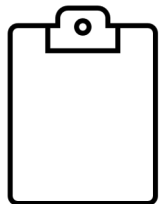
Following today's event, you will receive a follow up email, which will include:



Links to the presentation slides and recording, if applicable



Information about how to request and receive CEUs



Link to our evaluation survey (GPRA)



Post-Event Survey Link: <https://ttc-gpra.org/P?s=597256>



Land Acknowledgement

We would like to take this time to acknowledge the land and pay respect to the Indigenous Nations whose homelands were forcibly taken over and inhabited.

Past and present, we want to honor the land itself and the people who have stewarded it throughout the generations.

This calls us to commit to forever learn how to be better stewards of these lands through action, advocacy, support, and education.

We acknowledge the painful history of genocide and forced occupation of Native American territories, and we respect the many diverse indigenous people connected to this land on which we gather from time immemorial.

While injustices are still being committed against Indigenous people on Turtle Island, today we say thank you to those that stand with Indigenous peoples and acknowledge that land reparations must be made to allow healing for our Indigenous peoples and to mother earth, herself.

Dekibaota, Elleh Driscoll, Meskwaki and Winnebago Nations

Ttakimaweakwe, Keely Driscoll, Meskwaki and Winnebago Nations

Ki-o-kuk, Sean A. Bear, 1st. Meskwaki



Today's Presenters:

C. Allison Baez, PhD, PTTC Program Manager
Tap Pilam Coahuiltecan Nation

Ken Winters, PhD, Consultant





Key Resources

Nicotine and Vaping focused

AI/AN focused

Background and Foundational Topics

- **Background of tobacco**
- Detrimental effects
- What's in a vape? Pod?
- Youth issues



Terms and Products

- Traditional or sacred tobacco use
 - known as natural tobacco, wild tobacco, mountain smoke, nicotiana rustica, kinnikinnick
- e-cigarettes, vape pens, pods and many other names for the electronic nicotine device (END)
 - early e-cigs: **vape pens**, either pre-filled disposable or rechargeable systems or had e-liquid tanks that could be filled
 - more current e-cigs: **pods or mods** (e.g., JUUL), are small and generate minimal vapor



Brief History of Tobacco with Indigenous Tribes

- Traditional tobacco has been used by American Indian/Alaska Native nations for centuries for ceremonial, religious, or medicinal purposes
 - some historians: originated among Indigenous tribes in South America
- The several traditional ways of tobacco use include
 - as a sacred plant that has healing powers if used properly
 - applied to the skin as a natural insect pesticide during hunting and gathering
 - offered to elders or guests as a sign of respect or thanks
 - used in its purest form or with mixtures during ceremonies



Sacred and Ceremonial vs. Commercial Use of Tobacco

Connecting Prevention Specialists to Native Communities

Sacred and Ceremonial Use of Tobacco in Native American Communities

Sacred and Ceremonial Use of Tobacco

Traditional tobacco has been used for centuries by many Native American and Alaska Native communities as an essential element for spiritual, ceremonial and cultural purposes. Traditional tobacco is natural and comprises of tobacco and/or other plant mixtures grown or harvested with strict guidelines with different tribes having their own unique ways and is fundamentally different from commercial tobacco. Traditional tobacco is sacred and should only be used with awareness and respect.

Commercial tobacco is different from traditional tobacco in the way it is grown, harvested, prepared and used, however because of the Native American cultural connection to tobacco, commercial tobacco manufacturers have targeted Native Americans and Alaska Natives, misappropriating the culture for marketing and other commercial purposes, thus influencing tobacco disparities among racial and ethnic minority groups including Native Americans.

Electronic nicotine delivery systems (ENDS), or e-cigarettes are also a form of commercial tobacco that have been sold as being less harmful and cooler for young people. Tobacco companies are actively marketing and promoting vaping to Native American youth. The extent of long-term health effects by e-cigarettes is still being studied, however the Center for Disease Control (CDC) has stated that e-cigarettes are not safe for youth, young adults, pregnant women, or adults who do not currently use tobacco products.

Some Uses of Traditional Tobacco

- Prayer, healings and blessings
- Medicine
- Smudging
- Gifts for welcoming guests
- Gifts for requesting prayer or sharing of wisdom
- Creation stories
- Pest deterrent

Some Medicinal Uses of Traditional Tobacco

- Asthma
- Childbirth pain
- Toothaches
- Earaches
- Insect bites
- Coughs
- Open wounds
- Snakebites
- Headaches
- GI disorders
- Rheumatism
- Convulsions

Differences Between Traditional Tobacco and Commercial Tobacco

Traditional Tobacco	Commercial Tobacco
Traditional tobacco is Sacred and used for ceremonies, medicine, gifts and other cultural and spiritual purposes	Not sacred, sold for profit and used for pleasure
Used with respect	Not used with respect
Used appropriately with awareness, in moderation in community and social context	Used individually as a personal choice for recreation and or pleasure
Natural/like (wild, in a state of nature, with no additives & absence of negative health consequences)	Not natural, processed, has additives such as nicotine and thousands of other chemicals that cause cancer, heart disease, and other health problems
Not usually inhaled	Inhaled
Not addictive	Designed to be addictive

Contact for More Information:

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This project is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA).



National American Indian & Alaska Native
Prevention Technology Transfer Center Network
Promoting Substance Abuse and Mental Health Services Administration

Sacred and Ceremonial vs. Commercial Use of Tobacco

How to Offer Traditional Tobacco for Requests or as a Gift

Tobacco is often offered as a gift to open communication, to talk to elders, and to make requests to share knowledge and prayers.

Acquire Tobacco: try your best to get traditional ceremonial tobacco. However if you are not able to get that, you may buy loose tobacco without any additives from a tobacco store.

Obtain cloths and yarn/twine: purchase a natural (not synthetic) material cloth such as a broadcloth to place the tobacco in. The cloth should be taken to a sweat lodge and cleansed.

Prepare the tobacco offering: the tobacco tie should be prepared by the person making the offering. While preparing the tobacco, think about your request and have positive thoughts. Cut the fabric into a square (about 4 inches by 4 inches), put some tobacco in the center of the cloth, fold all the ends of the cloth together and tie the tobacco in the cloth with the yarn or twine. You do not have to give a full bag of tobacco for one request.

Offering the tobacco: When making a request with tobacco, it should be offered when you make your initial request and not right before you need the task to be done. This is necessary for those who want to use the tobacco to pray and seek guidance before carrying out your request. It is normal to offer tobacco to a speaker or facilitator as a gift for time spent or to welcome guests.



Sacred Ceremonial Pipes

Another important use of sacred tobacco is with the sacred ceremonial pipe used by several Native American cultures for spiritual ceremonies.

The sacred pipe is sometimes mistakenly referred to as the peace pipe because of the role of smoking the ceremonial pipe to seal a peace treaty, however this is only one of the uses of a sacred pipe by the tribes who use it. Other uses include personal prayer, collective rituals, and healing ceremonies.

Different tribes have their own name for the sacred pipe in their indigenous language. For example, The Lakota sacred pipe is called a *chanupa*, also spelled *chanupa* or *c'anupa* (in Lakota: *čhanyúnpa*), the Meskwaki sacred pipe is called *Ob-wa-kani* (Opwaagun), and the Chippewa (Ojibwe) sacred pipe is called *Pawaagan/Opwaagan*.

Pipe Carriers and their traditional health practices are a key part of Native American cultures, because they are healers who represent a link to the creator. Sacred Pipe Carriers are individuals who have been acknowledged by one or more individuals from the community as healers with spiritual gifts. The community recognizes these individuals by offering them a pipe. Accepting the pipe and its inherent responsibilities as role models, teachers and leaders in the community makes them a pipe carrier.⁴

The sacred pipe is of spiritual significance and should always be treated with respect, care and used only in a sacred manner. It is also important to understand and respect the role of pipe carriers in Native American cultures and knowledge systems.



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Written by:

Cindy Sagoe, B Pharm, MPH

Targeting American Indians/Alaska Natives

- Tobacco companies used promotional strategies targeting AI/ANs and exploited Tribes' ...
 - unique sovereign status exempting them from state cigarette taxes and smoke-free laws
 - existing traditional uses of ceremonial tobacco.
- Tactics included price reductions, coupons, giveaways, gaming promotions, charitable contributions, and sponsorships.
- Tobacco companies built alliances with Tribal leaders to help improve their corporate image and defeat tobacco control policies.

Nicotine & Tobacco Research, 2019, 940–948

doi:10.1093/ntr/nty048

Original investigation

Received May 14, 2017; Editorial Decision February 26, 2018; Accepted March 10, 2018



OXFORD

Original investigation

Tobacco Industry Promotional Strategies Targeting American Indians/Alaska Natives and Exploiting Tribal Sovereignty

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Department of Medicine, Center for Tobacco Control Research and Education, Philip R. Lee Institute for Health Policy Studies, University of California, San Francisco, CA

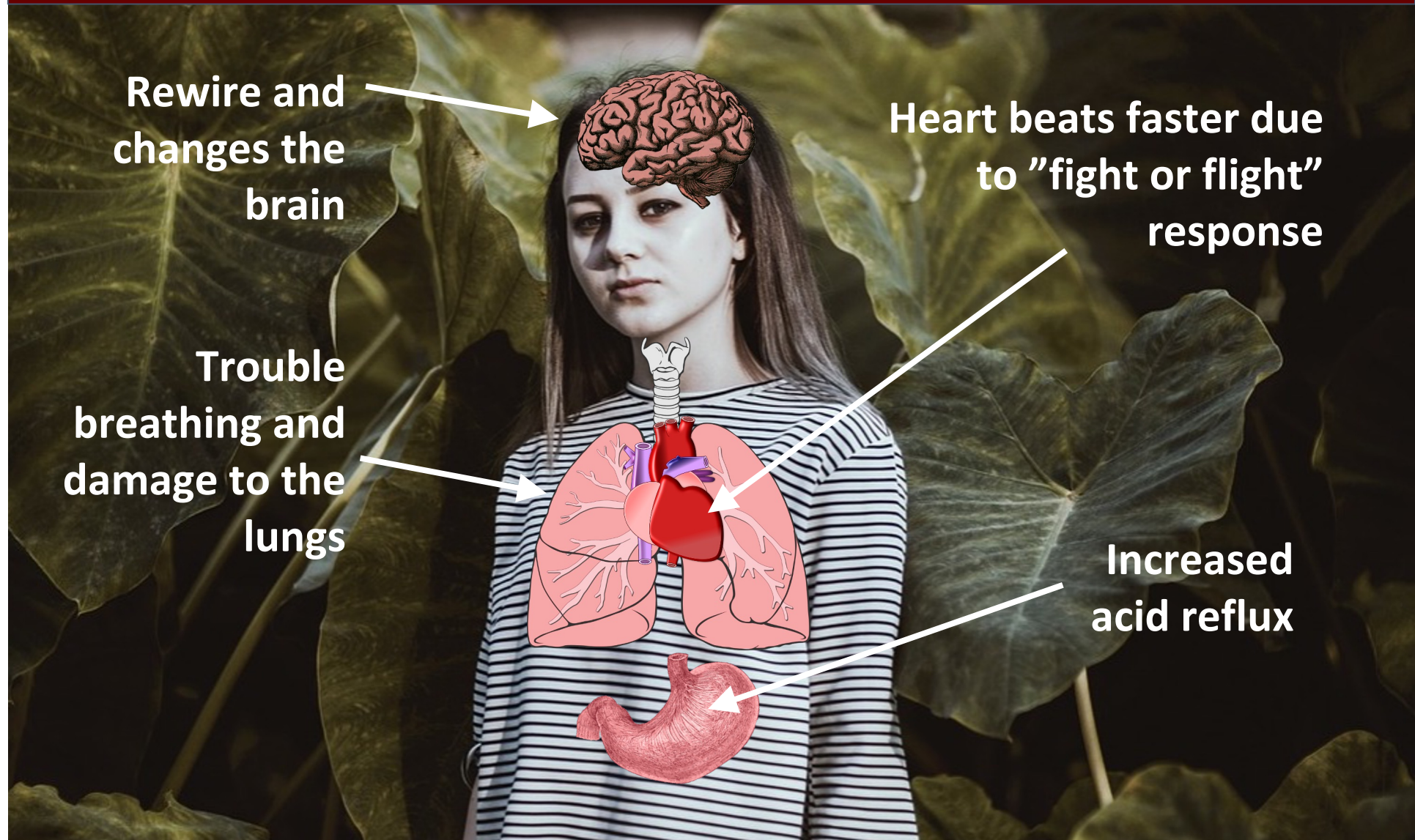
Background and Foundational Topics

- Background of tobacco
- **Detrimental effects**
- What's in a vape? Pod?
- Youth issues



Nicotine Targets Your Whole Body

tobaccopreventiontoolkit.stanford.edu



Big Picture in Terms of Health

- Use of any tobacco product remains the leading cause of preventable disease and death worldwide (World Health Organization, 2017)
- Commercial tobacco kills more Americans each year than alcohol, cocaine, crack, heroin, homicide, suicide, car accidents, and AIDS combined
- Nicotine users on average have a life expectancy 10 years less than a non-tobacco use
 - est. that 40% of deaths can be attributed to commercial nicotine use





Big Picture in Terms of Health

- Nicotine is more addictive on a milligram for milligram basis than cocaine and heroin
 - est. that about 70% of users of nicotine products eventually show some symptoms of “addiction”
- Addiction to nicotine it is linked to numerous disorders and ailments
 - additional health issue: delivery products also create health problems
- Serious health burdens from long-term nicotine use include.....
 - emergence of several cancers
 - cardiovascular & respiratory disease
 - oral disorders

E-Cig Risk

E-Cigarettes—a review of the evidence—harm versus harm reduction

Susan Feeney¹ , Victoria Rossetti² and Jill Terrien³ 

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- Main conclusions from their review of the research literature...
 1. “Although users may think that e-cigarettes are less harmful than combustible tobacco products, the evidence shows that there are known risks and harms for users.”
 2. “E-cigarettes have varying amounts of toxicants, nicotine, and carcinogens and put the user at risk for lung diseases and COVID-19.”
 3. “Currently, most governing bodies have not approved e-cigarettes as a smoking cessation tool.”

Background and Foundational Topics

- Background of tobacco
- Detrimental effects
- **What's in a vape? Pod?**
- Youth issues



Vaping (should be termed “aerosol-ing”)

Vaping = way to deliver by using a device that creates an aerosol that is inhaled into the user’s lungs

Vaping entered the market in the US around 2006

- now there are hundreds of brands and thousands of flavors
- popular nicotine brands: JUUL, Suorin, SMOK, Zodiac Constellation, and Stiiizy
- common names
 - vapes, vape pens
 - electronic devices
 - e-cigarettes, e-cigs
 - e-hookahs, hookah pens
 - e-vaporizers
 - tanks, tank systems
 - Pods, mods
 - electronic nicotine delivery systems (ENDS)
- popularity among youth a particular public health concern

What is an e-cigarette?



Chemicals in a Vape Aerosol are Also Found Elsewhere

Propylene glycol Antifreeze



Acetone Nail Polish Remover



Ethylbenzene Paints, Pesticides



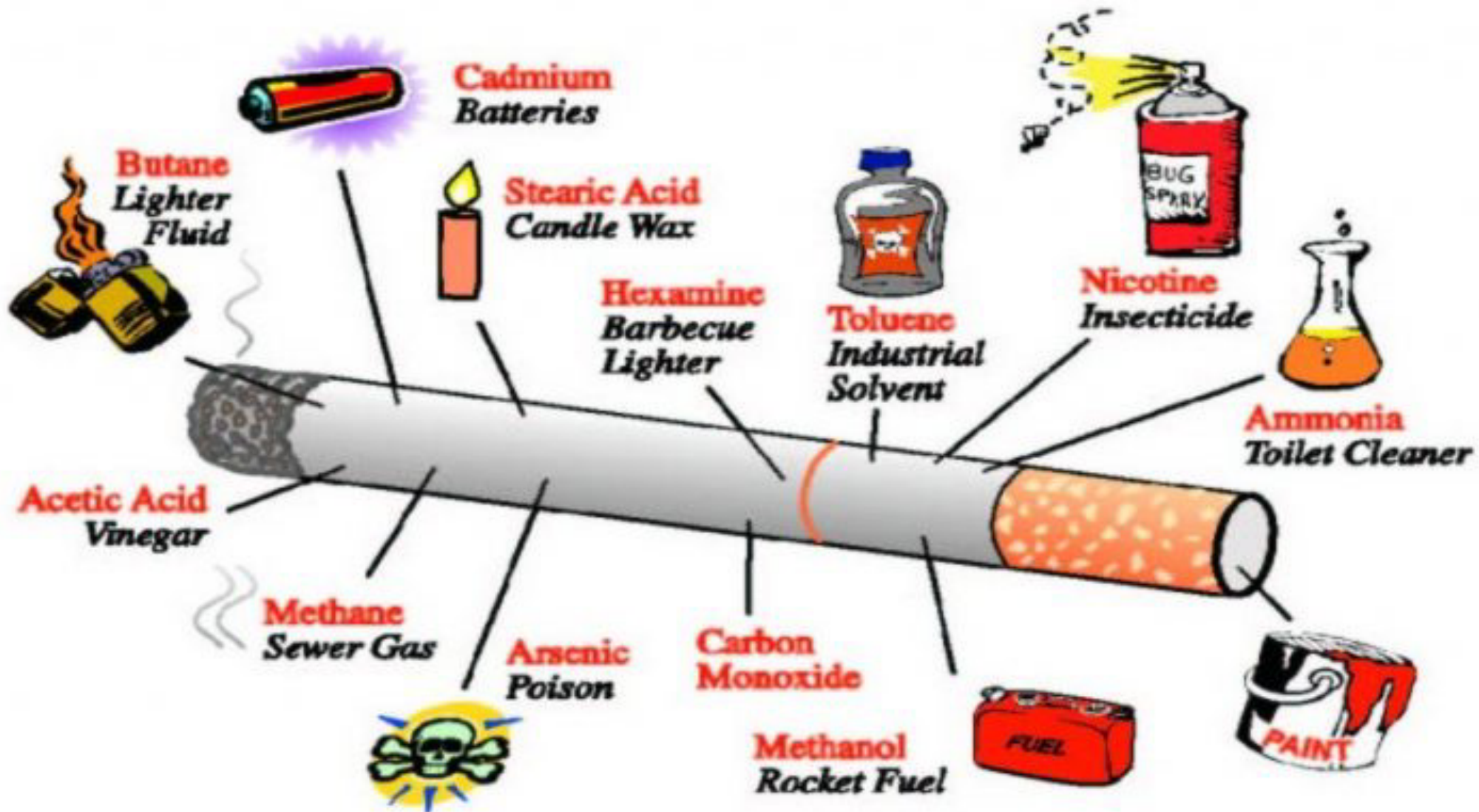
Formaldehyde Embalming



Nicotine Cigarettes



Rubidium Fireworks



Source: <https://ventasvs.com/what-is-inside-a-cigarette/>

Two Truths and a Myth



- A federal law prohibits selling to minors.
- The federal law applies to tribes.
- E-cigs can be used anywhere (including indoors).

E-cigs **CANNOT** be used anywhere

Many regulations ask e-cig users to respect the same laws cigarette users follow.



Background and Foundational Topics

- Background of tobacco
- Detrimental effects
- What's in a vape? Pod?
- **Youth issues**

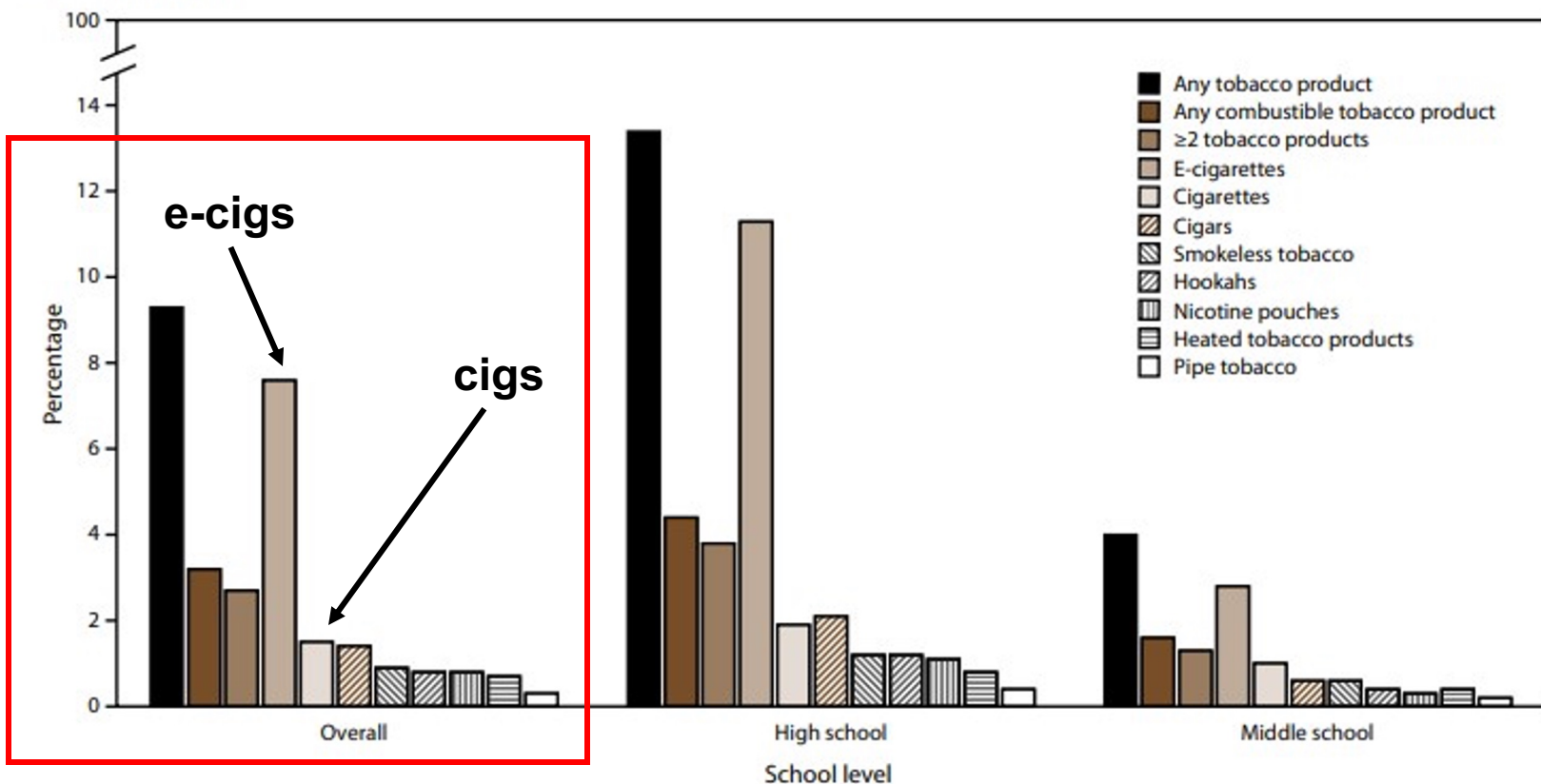


Tobacco Use by Adolescents

2021 data; ~20,500 national sample

Tobacco Product Use and Associated Factors
 Among Middle and High School Students —
 National Youth Tobacco Survey, United States, 2021

FIGURE 1. Percentage of middle and high school students who reported current (past 30-day) use of select tobacco products,* any tobacco product,† any combustible tobacco product,‡ or two or more tobacco product types,¶ by school level** and overall — National Youth Tobacco Survey, United States, 2021



AI/AN adolescent prevalence rates of tobacco use are the highest compared to other racial/ethnic groups

(<https://truthinitiative.org/research-resources/targeted-communities/tobacco-use-american-indianalaska-native-community>)

A person wearing a grey hoodie and a patterned cap is seen from behind, looking out over a vast, hazy landscape. The scene features rolling hills, a body of water, and distant mountains under a cloudy sky. The overall mood is contemplative and serene.

Why do you think teens use e-cigs/vapes?

source: tobaccopreventiontoolkit.stanford.edu

Its No Secret: Tobacco Industry Wants to “Recruit” Future Users Smokers

tobaccopreventiontoolkit.stanford.edu

“Today's teen-ager is tomorrow's potential regular customer and the overwhelming majority of smokers first begin to smoke while in their teens. . . .”

-March 31, 1981 Philip Morris Report (1)

“At least a part of the success of Marlboro Red during its most rapid growth period was because it became the brand of choice among teenagers who then stuck with it as they grew older. ”

-March 31, 1981 Philip Morris Report (2)

Its No Secret: Tobacco Industry Wants to “Recruit” Future E-Cig Users



image: Canva.com

#1: High-Potency Nicotine

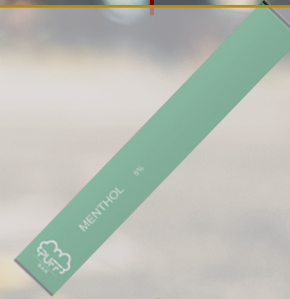
tobaccopreventiontoolkit.stanford.edu

1 Pack of Cigarettes
≈20 mg of nicotine

1 JUUL pod
≈41.3 mg of
nicotine

1 Puff bar
≈50 mg of
nicotine

1 Suorin pod
≈90 mg of
nicotine



=20

CIGARETTES

≈41

CIGARETTES

≈50

CIGARETTES

≈90

CIGARETTES



#2: Lure of Flavors

tobaccopreventiontoolkit.stanford.edu



15,500

tobacco flavors
and counting

FlavorsHookKids.org

NS, BOOGER SUGAR, BANANA BUTT, HONEY DOO DOO, BARNEY PEBBLES, DRAGON'S BLOOD, D



#3: Social Media Targeting



Young social media influencers and other third party influencers were **paid** to make this look cool

“They liked my edgy style and that I appealed to the younger market” – Christina, paid JUUL influencer

KEEP IT SACRED



Reminder: Big Picture of Health Impacts

- Nicotine is more addictive on a milligram for milligram basis than cocaine and heroin
 - est. that about 70% of users of nicotine products eventually show some symptoms of “addiction”
- Addiction to nicotine it is linked to numerous disorders and ailments
 - additional health issue: delivery products also create health problems
- Serious health burdens from long-term nicotine use include.....
 - emergence of several cancers
 - cardiovascular & respiratory disease
 - oral disorders

What is the Mental Health Impact of Nicotine Use?

- Science so far has not found a causal link between nicotine and mental illness.
- But the likelihood of using nicotine is higher with people who have mental illness (examples: psychosis, major depression and ADHD).





Source: <https://why.org/segments/keep-it-sacred-smoking-indigenous-people-tradition-and-conflict/>

Prevention

- Commercial tobacco not only harms the essence of who you are, but everything around you.



Prevention

- These prevention approaches have the potential to address the problem of tobacco abuse in AI/AN country in several ways:
 - to reduce the number of youth who initiate tobacco use
 - to increase the number of current users to stop
 - and to increase the number of abusive users to seek treatment for nicotine addiction



Prevention – Macro-Level Policy Focus

- One major strategy in nicotine prevention and education is aimed at policy development
 - these include the rules and regulations surrounding limitations placed on the rights and freedoms for smokers in public places
 - research suggesting the health dangers of secondhand smoke has been a major impetus for such legislation
- Other approaches
 1. raise the cost; one local community in Minnesota passed an ordinance that the minimum price for a pack of cigarettes is \$10
 2. restrict youth access (e.g., ban on vending cigarette vending machines; compliance checks at retail outlets to enforce federal minimum age of 21)
 3. restrict retail sales in certain areas of a community (e.g., near a school)
 4. ban appealing flavors
 5. limit nicotine levels of e-cigarettes (in about 30 countries but not the US)
- For Indian Country, local laws and regulations do not apply
 - working with tribal governments becomes essential if policy-related prevention efforts are to be pursued



Prevention Resource

<https://keepitsacred.itcni.org/tobacco-and-tradition/youth-tobacco/>



Youth and Tobacco

Prevention: Common Features of AI/AN Nicotine Use Prevention and Education Programs and Resources

1. Traditional tobacco use

- Emphasis on...
 - stories about the introduction of natural tobacco to Indigenous people
 - the sacred plant can heal when used properly
 - the important role of those who grow and cultivate it
 - harmful when used improperly

Prevention: Common Features of AI/AN Nicotine Use Prevention and Education Programs and Resources

2. Health impacts when use is abused

- Emphasis on...
 - commercial products contain many toxic chemicals
 - cancerous causing
 - contributes to other diseases, disorders, ailments, including addiction
 - exposure to second hand smoke a health risk
 - vaping considered safer than traditional cigarette but not harmless

Prevention: Common Features of AI/AN Nicotine Use Prevention and Education Programs and Resources

3. Quitting is hard once use becomes a habit

- Emphasis on....
 - nicotine is a powerful drug that causes a strong addiction
 - many benefits of quitting
 - many strategies can help a person quit

Prevention: Youth Focus

- In addition to risk for nicotine addiction, youth can experience a variety of negative health effects due to nicotine use, including disruption of the normal brain development, impaired lung growth, and other respiratory symptoms (e.g., asthma)
- Comprehensive nicotine control efforts have dramatically reduced the rates of cigarette smoking among youth in the past few decades
- As we have noted earlier, whereas cigarette use is on the decline, vaping use is on the increase
- School based programs are common and popular, despite mixed results
 - they are a cost-efficient delivery method of prevention for all youth

Family as Prevention: Youth Focus

Pro-health parenting practices include effective monitoring of all risk behaviors, setting family rules, and appropriate application of consequences.

The smoking environment in the home and family management practices have been shown to be associated with risk of smoking behaviors of family members.

Source: Jackson C, Dickinson D. Enabling parents who smoke to prevent their children from initiating smoking: results from a 3-year intervention evaluation. *Arch Pediatr Adolesc Med.* 2006 Jan;160(1):56-62. doi: 10.1001/archpedi.160.1.56. PubMed PMID: 16389212

Steeger CM, Epstein M, Hill KG, Kristman-Valente AN, Bailey JA, Lee JO, Kosterman R. Time-varying effects of family smoking and family management on adolescent daily smoking: The moderating roles of behavioral disinhibition and anxiety. *Drug Alcohol Depend.* 2019 Nov 1;204:107572. doi: 10.1016/j.drugalcdep.2019.107572. Epub 2019 Sep 21. PubMed PMID: 31585356.

Prevention: Youth Focus

Keys to Effective AI/AN Youth Prevention Programs

- Give youth a voice in the prevention program's content and activities
- Make the project/resource fun
- Provide a safe and positive environment
- Encourage youth and adult partnerships
- Offer training that is relevant, experiential and interactive
- Provide opportunities for reflection and feedback



Looking For Ideas? See What's Going on This Month

Great American Smokeout

Smoking is the number one cause of preventable death in the U.S. Commercial tobacco kills more Americans than AIDS, alcohol, car accidents, murders, suicides, drugs, and fires combined.

The Great American Smokeout is November 20th. Here's what you can do:

- Calculate the cost of smoking, take quizzes, and get tools to quit at [cancer.org](https://www.cancer.org)
- Host a Clean Up A Butt event in your community (Cigarette Butt, That Is)
- Host a Tobacco Trade-In Day (Ask people to trade in their tobacco products for something else)
- Organize a concert, rally, or poetry slam for Your Cause
- Host a showing of TRUTH videos at your school, or create a tobacco prevention video of your own: [thetruth.com](https://www.thetruth.com)

Need more Ideas? Check out: [Dosomething.org](https://www.dosomething.org)





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Focus on priority populations

Circles of Tobacco Wisdom: Learning About Traditional and Commercial Tobacco with Native Elders

Melanie Nadeau MPH ^{a, b}  , Norby Blake ^{c, d}, John Poupart MPA ^{f, g}, Kristine Rhodes MPH ^{b, e}, Jean L. Forster PhD, MPH ^b



Tribal Solutions

- Many tribes have strengthened prevention related policies and regulations, including the prohibition of sales to minors and instituting smoke free policies.
- Also, sustaining cultural values and traditions by the spiritual use of tobacco in ceremonies can have a preventative effect.

Tobacco Use Bans

- On November 6, 2021, the Navajo Nation enacted the *Air is Life Act of 2021* (Níłch' Éí Bee Ííná), the first comprehensive ban on commercial tobacco products on American Indian tribal lands
 - the prohibition includes casinos, other businesses, and public Navajo buildings and lands—covers conventional cigarettes, e-cigarettes, cigars, and similar products
 - act permits tobacco used for ceremonial purposes and use of any tobacco product in a person's home



Traditional Ways to Use Traditional Tobacco

Indigenous nations: traditional stories of how tobacco was introduced to their communities.

Stories emphasize the sacredness: the plant, its powers to both heal, and potential to harm us

Stories about original tobacco: 18,000 years ago.



Sacred Medicines to Our Tribal Communities

Sage



Tobacco



Cedar

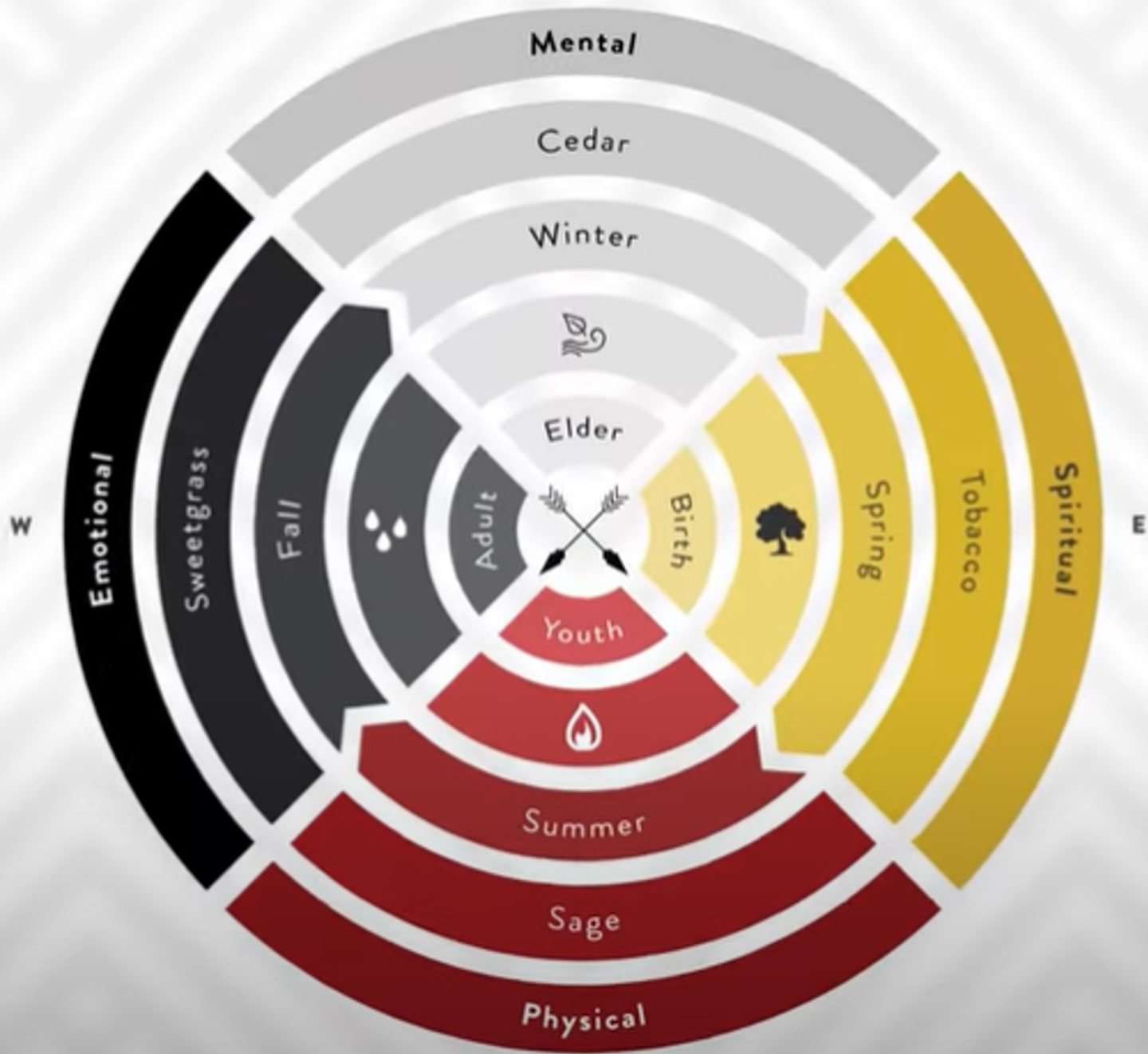


Sweetgrass



**Which Sacred Medicine
Do You Use Most Often
and Why?**





Source: Tribal Trade https://www.youtube.com/watch?v=DZzfOFj6_d0

What are the Sacred Medicines Used For?

- Ceremony
- Smudging
- Offering



Using Tobacco Traditionally





Tobacco

- Considered most sacred
- Used in the Eastern direction on the Medicine Wheel



Traditional Ways to Use Traditional Tobacco

Pipe Ceremony

Non-smoke offering

Smoke rituals

Gift to an elder

Thanksgiving for other gifts from the Creator



Good attitudes and thoughts while working with traditional tobacco:

promote physical,
spiritual,
emotional,
and community well-being.





SACRED TRADITIONAL TOBACCO FOR HEALTHY NATIVE COMMUNITIES

A BALANCED COMMUNITY FOR HEALTH

- ▶ Tribal leadership support & engagement
- ▶ Community engagement
- ▶ Cultural connectedness & healing
- ▶ Youth leadership & youth-led advocacy



source: Keep it Sacred



**Comments?
Questions?
Stories?**



Post-Event Survey Link: <https://ttc-gpra.org/P?s=597256>



About National AI/AN PTTC

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Treatment



The Challenges of Quitting Nicotine Addiction

- The majority of smokers would like to stop smoking, and each year about half try to quit permanently
- Yet, only about 6 percent of smokers are able to quit in any given year, and many of them relapse
- Most smokers will need to make multiple attempts before they are able to quit permanently

The Challenges of Quitting Nicotine Addiction

- What's it like to quit a nicotine addiction? Similar to quitting other drugs
 - a lot of self-control is needed
 - nicotine withdrawal has several symptoms...
 - disrupts one's appetite, attention and sleep; causes irritability
 - withdrawal symptoms can occur within few hours after last use of nicotine
 - can linger for a few days, and for months for some, for those trying to quit
 - constant triggers as you go about routines that used to involve use
 - stressful events emerge and nicotine feels like the perfect relief

Three Major Treatment Approaches

1. Nicotine replacement therapies (NRT)

2. Medications

1. Cognitive-Behavioral Treatment (CBT) approaches



NRT



- Nicotine replacement therapies are gum, patches, and nasal spray and inhalers
- Standard treatment for those who find smoking cessation difficult
- They alleviate the physiological aspects of withdrawal by providing low dose of nicotine to the person
- Helps eliminates exposure to carcinogens without requiring abstinence from nicotine
- NRT can be expensive and may require consistent support from healthcare professionals to sustain recovery.

Medications

- Pharmacological approaches aim at reducing the impact of nicotine on the nicotine receptors in the brain
- Examples: Varenicline (trade name Chantix), which is a partial nicotinic agonist, and bupropion (Zyban for smoking cessation), which is a norepinephrine-dopamine reuptake inhibitor (NDNI)
- Currently, these are not approved for youth younger than 18 years old, yet the American Academy of Pediatrics recommends they can be offered to youth who want treatment

Behavioral Therapies

- Main focus on helping clients identify environmental triggers of craving and strategies to avoid and manage them, and developing ways to address withdrawal symptoms
- Four examples....
 1. Brief advice (5 A's approach)
 - Ask about nicotine use
 - Advise the user to stop using nicotine products
 - Assess willingness to quit
 - Assist the user to formulate a quit plan
 - Arrange for follow-up to assess the need for further advising and encouragement.

Behavioral Therapies

2. Not on Tobacco (American Lung Association)

- for teens in school setting
- 10-group sessions separated by gender
- involves providing support, guidance, instructions on how to quit
- problem solving and coping skills development to prevent and deal with relapse



Behavioral Therapies

3. Motivational enhancement or motivational interview strategies involve strengthening tobacco user's desire for quitting and reducing ambivalence about quitting through expressing empathy, addressing resistance without confrontation, and supporting individuals' self-efficacy
3. Contingency management interventions follow two simple principles: first, that nicotine use is maintained by the reinforcing effects of nicotine and that use of it can be reduced by the availability of alternative, non-drug reinforcers; core feature is providing tangible reinforcers (e.g., incentives, prizes, privileges) when the target behavior occurs (e.g., reduce frequency of using; increase number of days not using nicotine)



Switching to Vaping as a Treatment Option?



- Are e-cigarettes a better cessation aid than NRT for those who find it difficult to quit?
- Mixed results; many return to cigarette use
 - insufficient evidence to recommend vaping for smoking cessation among adolescents and adults
 - often the individual becomes a dual user
- Yet some indications from a recent study that for those with numerous prior quitting attempts, a switch to e-cigs may be beneficial



**Comments?
Questions?
Stories?**

