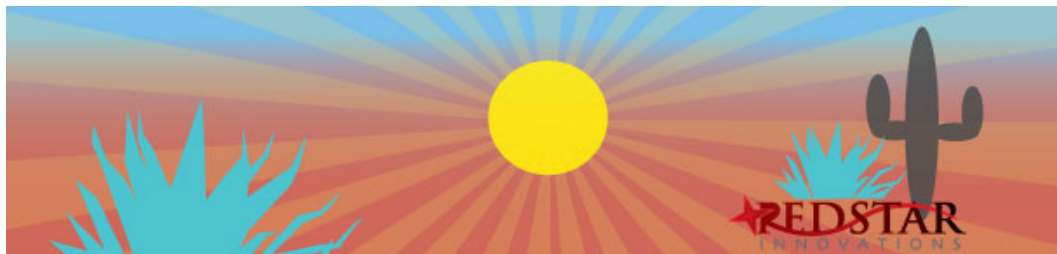




Reclaiming the Health of Our Tribal Nations



WELCOME

The webinar will begin shortly.

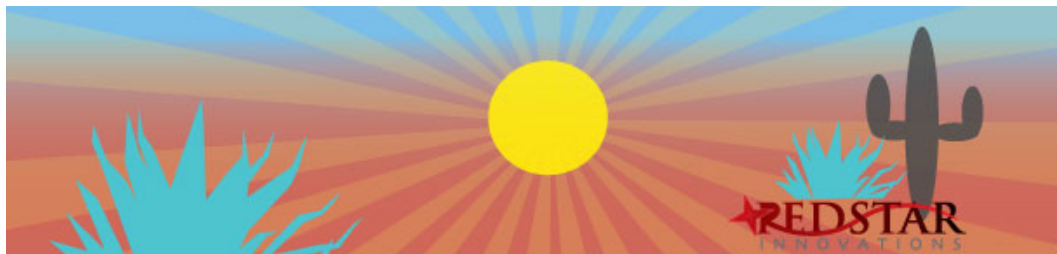
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Reclaiming the Health of Our Tribal Nations



**More than the 5 A's:
Implementing a Commercial Tobacco Cessation Intervention
in Tribal Communities**

September 25, 2014

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A PROMISE

American Indian/Alaska Native Promising Practices to
Reclaim Our Health, Mind, body and spirit through
the Integration of **tobacco & chronic disease**
prevention & Systems and
Environmental change

Disclaimer

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Program Goal



To reduce the burden of commercial tobacco use in tribal communities by disseminating best and promising practices that integrate commercial tobacco prevention and control and chronic disease programming

Strategies Used

- ▣ Basic Tobacco Intervention Skills Certification for Native Communities (University of Arizona HealthCare Partnership)
- ▣ National Workshop with over 150 participants
- ▣ Media Campaign
- ▣ Developing and maintaining a community Wellness Council
- ▣ Creating partnerships-leveraging resources
- ▣ 5 A's Implementation Training & Technical Assistance
- ▣ Developed *More than the 5 A's* Implementation Workbook

A PROMISE Partnership

- National workshop - A PROMISE National Workshop, May 2012 in Tempe, AZ
- 5 A's Implementation and Technical Assistance Training
- Tribe-to-Tribe capacity building through digital stories
- Developed 5 A's Implementation Workbook for Tribal Communities

*More than the 5 A's:
Implementing a
Commercial Tobacco
Cessation
Intervention in Tribal
Communities*



INTER-TRIBAL COUNCIL OF MICHIGAN, INC.
APROMISE PARTNERSHIP

MORE THAN THE 5 A's:
IMPLEMENTING A COMMERCIAL TOBACCO
CESSATION INTERVENTION IN TRIBAL COMMUNITIES

SEPTEMBER 2014

Support for this workbook was provided by Inter-Tribal Council of Michigan, Inc. through a cooperative agreement from the Centers for Disease Control and Prevention (CDC) REACH MNO project. www.cdc.gov

Developed by:



Webinar Objectives

- Be familiar with the 5 A's brief tobacco intervention.
- Be able to navigate the workbook individually or with a team of staff.
- Understand some of the recommended activities for planning and preparing to implement the 5 A's in Tribal settings (as outlined in the workbook).
- Learn about successes, challenges and lessons learned from Tribal programs who have implemented the 5 A's.

Webinar Overview

- Introduce the 5 A's
- Overview of Implementation Workbook
- Overview of Selected Workbook Activities
- Success, Challenges & Lessons Learned
 - Featured Speakers
- Q & A Session

The 5 A's

- Model for treating tobacco dependence
- Clinical guide for treating tobacco use and dependence
- [add info about first developed by Nat'l Cancer...]

The 5 A's Model

TABLE 1. The Five A's Model ⁷

ASK	Ask the individual about his or her tobacco use and secondhand smoke status.
ADVISE	Advise the individual to consider a smoke-free lifestyle by providing a clear, strong, and personalized message.
ASSESS	Assess the individual's willingness to make a quit attempt within the next 30 days.
ASSIST	Assist the individual in accordance with his or her willingness to quit. <ul style="list-style-type: none">• Ready to quit – offer help in developing a quit plan and/or refer for additional treatment or resources to help quit.• Not ready to quit – provide interventions designed to increase future quit attempts.
ARRANGE	Arrange for follow-up in response to his or her willingness to quit. <ul style="list-style-type: none">• Willing to make a quit attempt – arrange for follow-up contacts starting within the first week after quit date.• Unwilling to make a quit attempt – address tobacco dependence and willingness to quit at next encounter.

5 A's in Tribal Communities

- 5 A's can be used in a variety of healthcare settings
- 1 person or a team of individuals can deliver the 5 A's
- Person-to-person communication can be tailored
- Certification Training: Basic Tobacco Intervention Skills for Native Communities

More than the 5 A's

Developing the Workbook

What was the need?

- Many resources for the 5 A's – especially in clinical settings
- Not a lot out there on how to implement, especially in community based setting such as tribal chronic disease prevention programs and wellness centers

More than the 5 A's

Developing the Workbook

- Developed the Implementation Training and Technical Assistance program in 2013
- Program designed to assist in implementation of the 5 A's through the BTIS for Native Communities [edit this bullet]
- What we learned in 2013 informed the development of the workbook

More than the 5 A's

Developing the Workbook

Participants indicated they wanted more training on:

- Communicating each of the A's (Ask, Advise, Assess, Assist & Arrange)
- Motivating staff to implement a new intervention
- Creating a step-by-step process for planning and implementation

More than the 5 A's

Developing the Workbook

Participants indicated they wanted to be able to explore and/or learn more about:

- Traditional vs. Commercial tobacco (specific to own communities)
- Cultural considerations when talking about tobacco in Tribal communities
- Chronic disease and tobacco use
- E-cigarettes

More than the 5 A's

Developing the Workbook

Workbook Title:

A key theme that came out of the implementation training and feedback was this idea that the 5 A's were more than steps – they were about one person helping another person quit.

- It's about people
- It's about communication
- *One person CAN help another person quit commercial tobacco!*

Intended Audience

Ideally, individuals using this workbook:

- Work in a community-based, health promotion program in a Tribal community or with AI/AN people in an urban setting
- Have been trained in the 5 A's intervention
- Are ready to create a plan to incorporate the intervention into their current program

Workbook Aims

After completing the workbook, you will be able to:

- Better understand how a brief intervention can be used to encourage commercial tobacco cessation activities in a Tribal community
- Describe the steps of the 5 A's intervention (Ask, Advise, Assess, Assist & Arrange)
- Identify possible opportunities and challenges unique to Tribal settings, which will lead to an increased comfort level in communicating each of the steps

Workbook Aims (cont.)

- Create a commercial tobacco-free culture in the program or community by becoming an advocate for promoting tobacco-free living
- Implement the 5 A's intervention to align with existing chronic disease prevention programs
- Monitor and track tobacco cessation activities in order to make continual improvements

More than the 5 A's

Developing the Workbook

- **Module 1:** Brief Interventions and Tribal Communities
- **Module 2:** How Will the 5 A's Look in Your Community?
- **Module 3:** Implementation Plan – Phase I: You and the 5 A's
- **Module 4:** Implementation Plan – Phase II: The 5 A's and Your Program
- **Module 5:** Implementation Plan – Phase III: Setting Up for Success

Workbook Activities

- Take a strength-based approach
- Address a variety of learning styles
- Designed for group or individual

Selected Workbook Activities

- Activity 1.2 Communicating in Your Community
- Activity 2.3 Traditional Tobacco
- Activity 2.5 The 5 A's Challenge
- Activity 3.5 Fitting the 5 A's Into Your Daily Activities
- Resource: Implementation Plan Checklist

Activity 1.2: Communicating in Your Community

Type of Activity: Individual response with group discussion

- Purpose: encourage you to think about how you might communicate with clients or community members

Who you communicate with

- Elders
- Youth
- Ceremonial leaders
- Person of the opposite sex

How you communicate

- Formal & informal
- Non-verbal
- Privacy



Activity 2.3: Traditional Tobacco

Type of Activity: individual reflection with group share-out

- Purpose: explore whether or not traditional tobacco is used in your community to better understand what clients may be experiencing or thinking when it comes to tobacco use and cessation

Respectful of sacred use

- Option to not participate in activity if considered inappropriate or not respectful

Sharing of community knowledge

- What you know about traditional tobacco and it's use
- How people learn about traditional tobacco (e.g., from elders or in stories)
- When is it appropriate or inappropriate to talk about traditional tobacco

Activity 2.5: The 5 A's Challenge

Type of Activity: hands-on, in pairs or team

- Purpose: review each of the 5 A's in a fun and interactive way

Interactive

- Kinesthetic learning
- Friendly competition

Memory skills

- Order of the 5 A's
- Different forms of communicating (e.g., how to **Advise** a client)



Activity 3.5: Fitting the 5 A's into Your Daily Activities

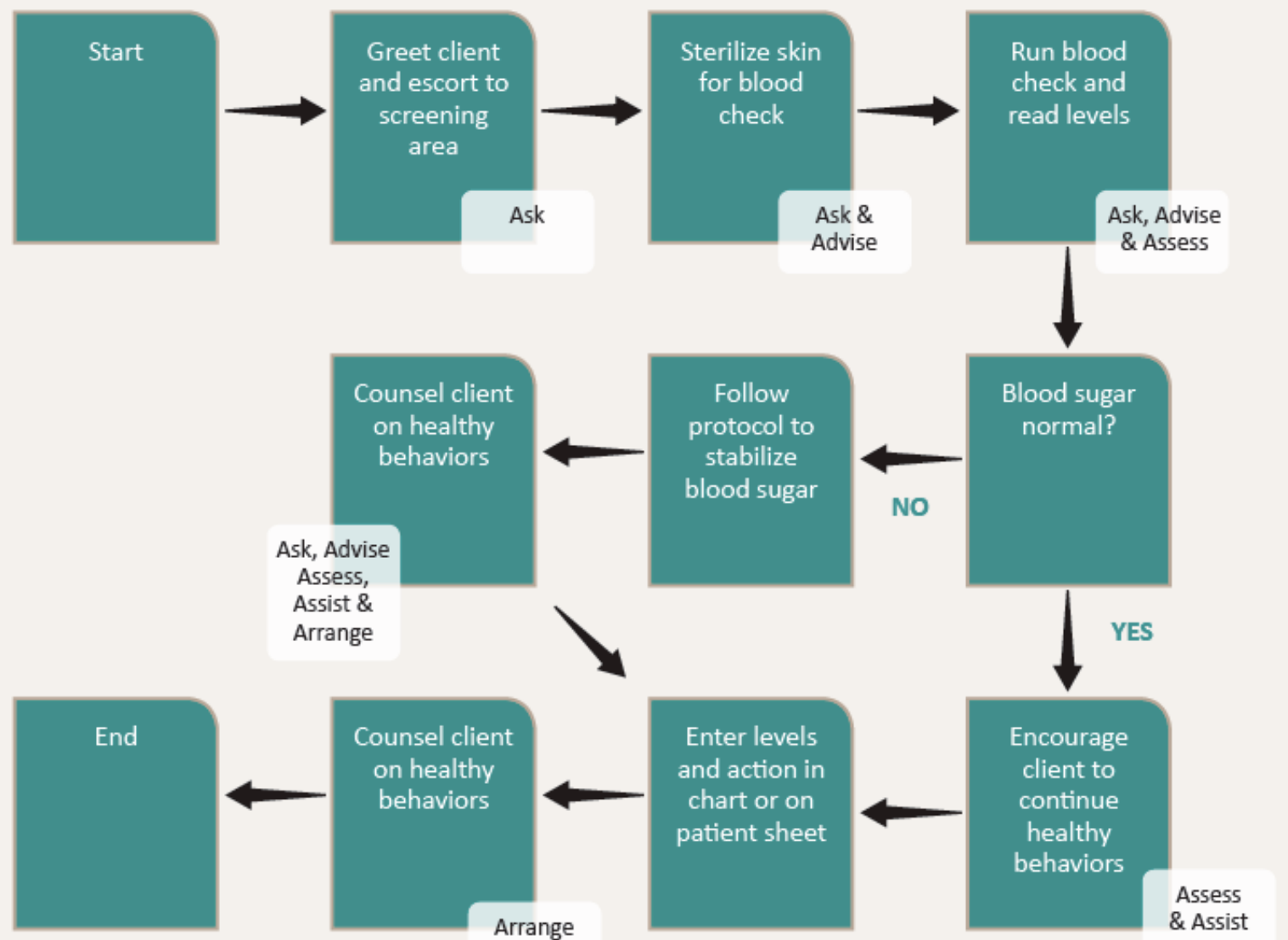
Type of Activity: hands-on flowchart, individual

- Purpose: determine where the 5 A's can best be included in the flow of your existing tasks

Flowchart

- Flowchart of daily tasks (Activity 3.4)
- Look carefully at client interaction to determine most appropriate and efficient times to deliver one or more of the 5 A's

Jolene's Flowchart - Fitting in the 5 A's



Resource: Implementation Plan Checklist

Purpose: organize your implementation plan with list of tasks to complete in order to plan and prepare to implment the 5 A's

- Phase I – You and the 5 A's
- Phase II – The 5 A's and Your Program
- Phase II – Setting Up for Success

Resource: Implementation Plan Checklist

APP_Workbook_FINAL_Pilot_edits8.14.14.pdf

Table 13. Implementation Plan Checklist

TASK	
Phase I: You and the 5's	
Step 1: Adapt the 5 A's – Make it Your Own	
5 A's in Your Own Words	✓
Step 2: Consider Your Current Program	
Quick Check of Current Program	✓
Step 3: Fit the 5 A's into Your Daily Activities	
Client Interaction	✓
Flowchart a Daily Activity	✓
Fitting in the 5 A's Part I (Individual flowchart)	✓
Your 5 A's Flow (Table)	✓
Step 4: Check in With Your Supervisor (if needed)	
Obtain necessary approvals from supervisor	✓
Phase II: The 5 A's and Your Program	
Step 1: Fit the 5A's Into Your Program	
Fitting in the 5 A's Part II (Program flowchart)	✓
Program 5 A's Flow (Table)	✓
Coordinate Trainings for other Staff (as needed)	✓
Step 2: Develop an Implementation Process	
Implementation Process Table (When, Who & How)	✓
Step 3: Document Your Work	
Create a 5 A's Client Form	✓
Practice Using Form with Staff	✓

COMMERCIAL TOBACCO INTERVENTION

COMMERCIAL TOBACCO INTERVENTION

Step 1: Identify a 5 A's Champion	
Identify a 5 A's Champion	✓
Step 2: Create a Tobacco-free Community	
Spread the News about the 5 A's	✓
Make Your Space Tobacco-free Friendly	✓
Step 3: Track Your Progress	
Determine What Information to Track	✓
Update or revise 5 A's Client Form (if needed)	✓
Develop Your 5 A's Tracking Form	✓
Step 4: Identify Successes & Challenges	
Your Successes & Challenges	✓
Step 5: Use Findings to Make Decisions and Maintain the 5 A's	
Monitor and Use Data to Make Decisions	✓

This checklist is available for download at www.redstar1.org/resources.

Wow! This checklist shows all you have done to prepare to implement and deliver the 5 A's. In the first phase, you started by looking at how the 5 A's could fit into your daily activities. In the second phase, you looked beyond yourself, to the program, to develop an implementation process for the 5 A's that could be integrated into your program's existing services. Finally, in the last phase, you set a foundation for success by creating a tobacco-free environment and developing a form to track your progress and maintain the 5 A's.

What's left to do? Now is the time to bring together all that you have learned and achieved in this workbook and implement your plan. Use the Implementation Checklist as your guide for implementing the 5 A's. Revisit some of the activities you worked through to

personalize the 5 A's, including Communicating in Your Community and the 5 A's in Your Own Words. Take your personalized approach for communicating the 5 A's and combine it with the Implementation Process you have developed. You have designed a process that considers the uniqueness of your community and works best for how your program already provide services. Be sure to use the 5 A's Client Form and the 5 A's Tracking Form when you deliver the 5 A's in your setting. All the work you do to implement the 5 A's is important because you are promoting a healthy, tobacco-free lifestyle. You have the opportunity to be the champion for a tobacco-free community and to make this intervention More than the 5 A's!

Successes & Challenges

[Save for slides from PYT & PIMC]

Lessons Learned

- [Save for slides from PYT & PIMC]

Lessons Learned

- Being respectful and having a good rapport with clients is one of the most important things!
- Roles and schedule changes (hours and duties) affected the implementation process so be flexible and have a plan.
- A quick tip pamphlet that is personalized to your community is a helpful tool.

Questions?



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Thank you!

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