



Native American Tobacco Cessation Program Summary

Curriculum Description:

Second Wind is a Stop Smoking Curriculum for American Indian and Alaska Natives. The curriculum is adapted from the American Cancer Society Freshstart Curriculum. It is designed specifically to help support American Indians and Alaska Natives to stop smoking and chewing and remain tobacco free. The facilitator will provide basic information about smoking and chewing tobacco and practical counseling, problem solving skills and social support. The curriculum utilizes motivational interviewing, behavior modification, group support and education. Participants will learn the physical, psychological and behavioral impact of smoking or chewing tobacco. Participants will learn the difference between sacred use and commercial abuse. Sensitivity is given to the culture of Native Americans and other cultures who use tobacco for spiritual or ceremonial purposes.

Facilitator Certification:

Facilitator is certified through the California Rural Indian Health Board (CRIHB), Inc and the Tobacco Education & Prevention Technical Support (TEPTS) Center.

Call: 530-246-5806 to for sign-up or more information.