The Development of a Smoking Cessation for American Indian Women Experiencing Intimate Partner Violence: A Culturally Relevant and Trauma-Informed Approach

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https://youtu.be/UrZzfqsmlJ1
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Colonization of Tobacco

- “Tobacco” is said to have been a term in Taíno, a language of the Arawakan people, but was claimed by the Spanish in 1550—claiming of language was one of the first forms of colonization, setting a dangerous precedent.

- European settlers continued this pattern of colonization by industrializing and modifying tobacco—developing the tobacco plant as a plantation crop.
BACKGROUND

► American Indian (AI) women experience intimate partner violence (IPV) 30% more than any other racial group.

► Northern Plains Tribal women smokers who have experienced IPV suffer from higher rates of post-traumatic trauma, anxiety, and depression (34.1% to 40.9%) than Northern Plains Tribal women smokers who have not experienced IPV.

► Yet, to date, there have been no smoking cessation interventions developed specifically for this understudied population that addresses the joint association of IPV and smoking behavior.

References:

SPECIFIC AIMS

► Through qualitative methods, we will identify shared cultural knowledge, attitudes and beliefs about smoking cessation, co-occurring conditions and perceived barriers to quitting among Lakota Tribal women experiencing intimate partner violence (IPV).

► We will understand the traumatic implications of IPV specific to the experience of Lakota Tribal women and the connection between trauma and smoking in this vulnerable population.

► Grounded in Lakota values and cultural teachings around health for Lakota women experiencing IPV, we will develop a trauma-informed and culturally-relevant smoking cessation intervention.
METHODS

► 13 Key Informant Interviews with service providers who work with IPV women.
  ► Explored feasibility and mechanisms for the delivery, timing, and support of a smoking cessation intervention.

► 8 focus groups among urban-dwelling AI women who have experienced IPV (5 Former Smokers Groups and 3 Current Smokers Groups).
  ► Identified perceived barriers and promoters for quitting. PTSD, anxiety and other triggers for smoking and perception on use pharmacotherapy were examined.
## Challenges & Facilitators

### Challenges to Behavior Change
- **Individual**: Coping skills, trust, low self-esteem
- **Interpersonal**: Cycle of Abuse
- **Family & Friends**: Lack of support system, normalization of substance use, intergenerational trauma.
- **Systems & Environment**: lack of culturally sensitive programs, relocation, institutional racism/history of racism.

### Motivators to Behavior Change
- Family
- Health
- Public Services and Resources
- Save Money
- Tired of Abuse
- Cultural Values, Teachings and Traditional Medicine

### Behavior Change Strategies
- Smoking Cessation & Health Education
- Social Support
- Monetary Support
- Sense of Self (empowering survivors)

## Experiences & Resources

### Listen to IPV Survivors
- Listen for behavior change talk
- Assess needs
- Assess readiness for change

### Existing Cessation Materials
- Pharmacotherapy
- Smoking cessation education
- Cultural values, teachings and traditional medicine

### Community Support
- Employment
- Housing
- Transportation
- Health care

### Pharmacotherapy Programs
- Provide education and resources
- Referrals

### Tapering Strategies
- Cold Turkey
- Replacement intervention
- Tapering strategy education

## Delivery

### Begin Discussion to Quit
- Prioritize trust
- Screening tools designed to assess smoking cessation
- Use signs, posters, brochures, videos
- Pay attention to “Change Talk”
- Goal Setting

### Best Time to Dialogue
- Post crisis period
- Case management

### Individual Vs Group Cessation Program
- **Support groups**: connect with other survivors and find mutual support
- **Individual programs**: fosters one-on-one intersection, trust, and freedom of expression

### Intervention Design for Smoking Cessation
- **Coping skills**: Lakota values, family storytelling, traditional tobacco and traditional medicine
- **Education**: Smoking cessation materials, and education about the available public services in the community
Healing Within is an 8-week smoking cessation program designed for American Indian women, addressing healing through cultural identity and choosing healthy behaviors.

This program is
- trauma-informed
- culturally tailored
- mindfulness-based
RELEVANT THEMES

► Use of Lakota cultural values, teachings and mind-body strategies;

► Intergenerational storytelling to overcome trauma;

► Mentorship and social support among women was believed to support behavior change;

► Looking after yourself in a peaceful mind (Tawáčiŋ ablakeya ahóič’ipa); and

► History of the use of commercial tobacco in Lakota communities.
INTERVENTION FRAMEWORK

Healing Within Intervention Framework

Systems and Policy Environments that Promote Healing

Intervention Elements

- Lakota Virtues
- Mentorship from Elders
- Ceremony & Sweat Lodges
- Traditional vs. Commercial Tobacco
- Prayer & Smudging

Healing Within: Culturally & Trauma Informed Smoking Cessation Intervention

- Acknowledge Historical Trauma
- Build Capacity & Empowerment
- Nature Trusting Relationships
- Foster Cultural Humility
- Increase Indigenous Representation Among Service Providers
TRAUMA INFORMED CULTURALLY RELEVANT SMOKING CESSATION:
COMPONENTS OF THE INTERVENTION: INTERGENERATIONAL STORYTELLING

*Kimímela’s Story*

“When Kimímela was born and brought home to her grandmother, her grandmother looked at her and named her Kimímela Win (Butterfly Woman). Her grandmother spoke as she held Kimímela in her arms, telling her the importance of her birth and how her sweet spirit has brought life and hope to her family, people, and community from Até Wakȟáŋ Tháŋka. Kimímela’s grandmother continued to speak to her little spirit and said "As a butterfly grows and changes so will you Kimímela. You will grow and in life will face many challenges as you change with the seasons you will grow in wisdom. You will bring beauty and knowledge of Até Wakȟáŋ Tháŋka to us all".
COMPONENTS OF THE INTERVENTION:
Tawáčiŋ ablakeya ahóič’ipa (Mindfulness)

Até, Wakȟáŋ Tȟáŋka Wówaŋšila maku ye, wičhótiȟawačhiŋ na naŋi omakiyaye. Čhaŋté mitȟáwa kiŋ mayušká ye héčhel mazaŋni kte, Wiŋyaŋ na, Uŋčí se, Iná na, čhuŋwíŋtku pi na, na hasáŋni pi, na tȟožáŋ tku pi na, Čhuwé na mitȟáŋ, maštke ob Úŋšimalapi ye héčhel tákuni ikákği sni na tákuni áya ıcıya unkupi kte sni ye.

Ate Wakan Tanka Have mercy on me, help me in my mind, and my spirit. Heal my heart so that I can be a healed woman, grandmother, mother, daughter, wife, aunt, sister, niece, and friend. Have pity on me, have compassion so that I can be free of the bondage of addiction.
NEXT STEPS

► “Healing Within” -- cessation intervention is inspired by the voices of Northern Plains Tribal women for Northern Plains Tribal women.
► We developed a manual, a facilitator’s guide, a participant workbook, and Lakota mindfulness videos, which will be reviewed by health professionals in the next 6 months.
► Last summer we submitted our proposal to NIH. If funded, we will pilot test the intervention among Northern Plains Tribal women in Rapid City, SD.
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This research project has been approved by the Great Plains Area Indian Health Service Institutional Review Board (#GP-18-R-02).
Ahéhee’
(Thank you)

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