

# 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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2022 Prevent Cancer Dialogue: Prevention. Screening. Action!

<https://youtu.be/UrZzfgsmIJl>



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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.

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# 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:

1. Evans-Campbell T, Lindhorst T, Huang B, Walters KL. Interpersonal violence in the lives of urban American Indian and Alaska Native women: implications for health, mental , and help-seeking. American journal of public health. Aug 2006;96(8):1416-1422
1. Sullivan TP, Flanagan JC, Dudley DN, Holt LJ, Mazure CM, Mckee SA. correlates of smoking status among women experiencing intimate partner violence: Substance use, post traumatic stress, and coping. The American journal and addictions/American Academy of Psychiatrists in Alcoholism and Addictions. Sept 2015;24(6):546-553



# 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.

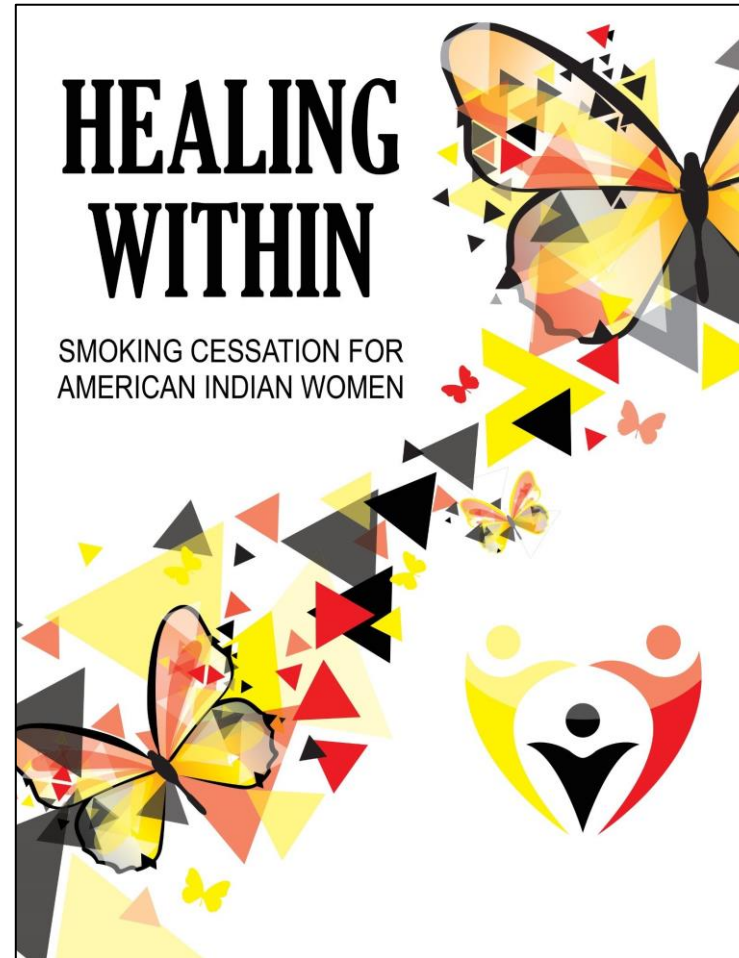




Challenges & Facilitators	Experiences & Resources	Delivery
<b>Challenges to Behavior Change</b> <ul style="list-style-type: none"> <li><b>Individual:</b> Coping skills, trust, low self-esteem</li> <li><b>Interpersonal:</b> Cycle of Abuse</li> <li><b>Family &amp; Friends:</b> Lack of support system, normalization of substance use, intergenerational trauma.</li> <li><b>Systems &amp; Environment:</b> lack of culturally sensitive programs, relocation, institutional racism/history of racism.</li> </ul>	<b>Listen to IPV Survivors</b> <ul style="list-style-type: none"> <li>Listen for behavior change talk</li> <li>Assess needs</li> <li>Assess readiness for change</li> </ul>	<b>Begin Discussion to Quit</b> <ul style="list-style-type: none"> <li>Prioritize trust</li> <li>Screening tools designed to assess smoking cessation</li> <li>Use signs, posters, brochures, videos</li> <li>Pay attention to “Change Talk”</li> <li>Goal Setting</li> </ul>
	<b>Existing Cessation Materials</b> <ul style="list-style-type: none"> <li>Pharmacotherapy</li> <li>Smoking cessation education</li> <li>Cultural values, teachings and traditional medicine</li> </ul>	<b>Best Time to Dialogue</b> <ul style="list-style-type: none"> <li>Post crisis period</li> <li>Case management</li> </ul>
	<b>Community Support</b> <ul style="list-style-type: none"> <li>Employment</li> <li>Housing</li> <li>Transportation</li> <li>Health care</li> </ul>	<b>Individual Vs Group Cessation Program</b> <ul style="list-style-type: none"> <li><b>Support groups:</b> connect with other survivors and find mutual support</li> <li><b>Individual programs:</b> fosters one-on-one intersection, trust, and freedom of expression</li> </ul>
<b>Motivators to Behavior Change</b> <ul style="list-style-type: none"> <li>Family</li> <li>Health</li> <li>Public Services and Resources</li> <li>Save Money</li> <li>Tired of Abuse</li> <li>Cultural Values, Teachings and Traditional Medicine</li> </ul>	<b>Pharmacotherapy Programs</b> <ul style="list-style-type: none"> <li>Provide education and resources</li> <li>Referrals</li> </ul>	<b>Intervention Design for Smoking Cessation</b> <ul style="list-style-type: none"> <li><b>Coping skills:</b> Lakota values, family storytelling, traditional tobacco and traditional medicine</li> <li><b>Education:</b> Smoking cessation materials, and education about the available public services in the community</li> </ul>
<b>Behavior Change Strategies</b> <ul style="list-style-type: none"> <li>Smoking Cessation &amp; Health Education</li> <li>Social Support</li> <li>Monetary Support</li> <li>Sense of Self (empowering survivors)</li> </ul>	<b>Tapering Strategies</b> <ul style="list-style-type: none"> <li>Cold Turkey</li> <li>Replacement intervention</li> <li>Tapering strategy education</li> </ul>	

# HEALING WITHIN

- ▶ *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



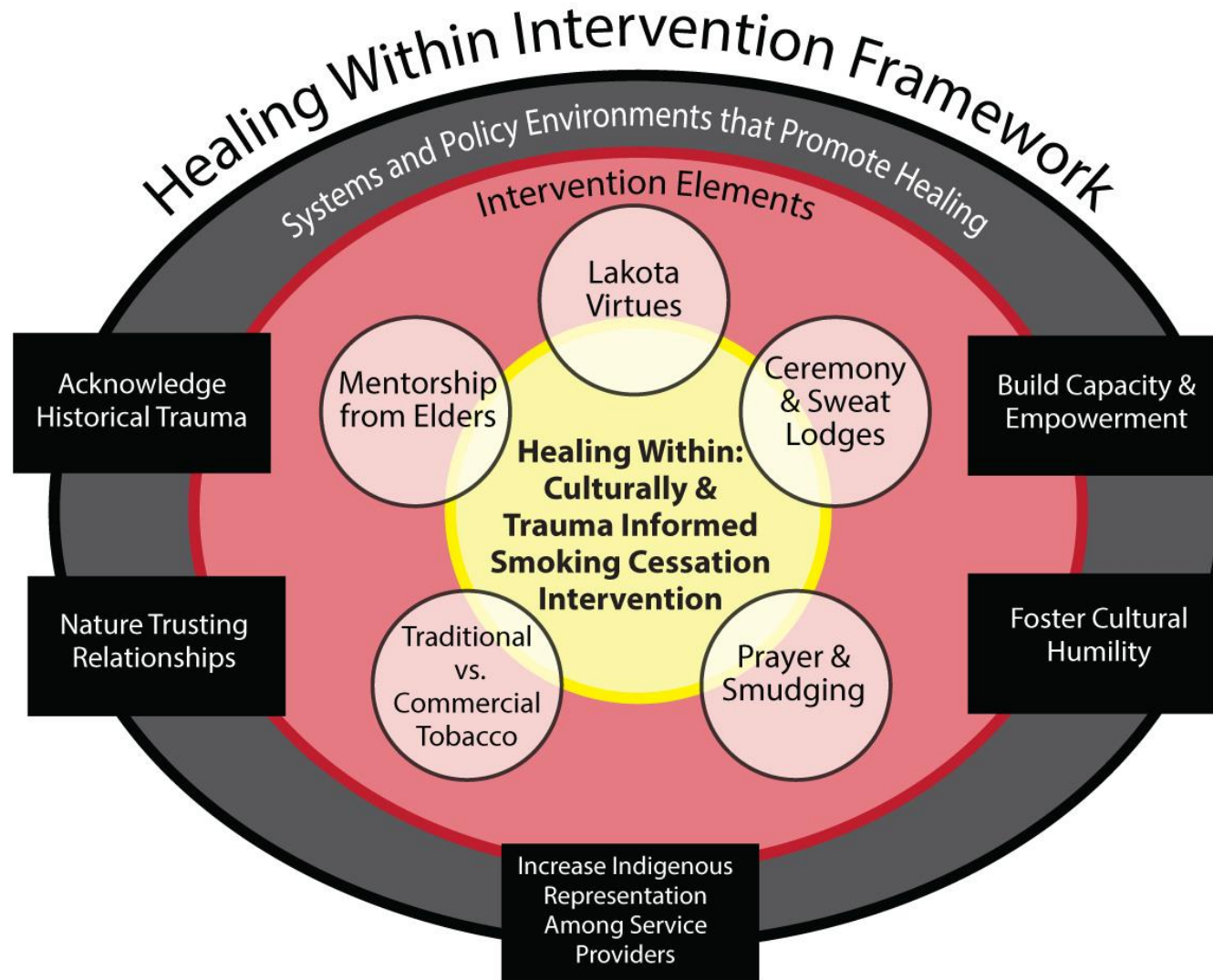


# RELEVANT THEMES

- ▶ 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 (Tawáčin ablakeya ahóič'ipa); and
- ▶ History of the use of commercial tobacco in Lakota communities.

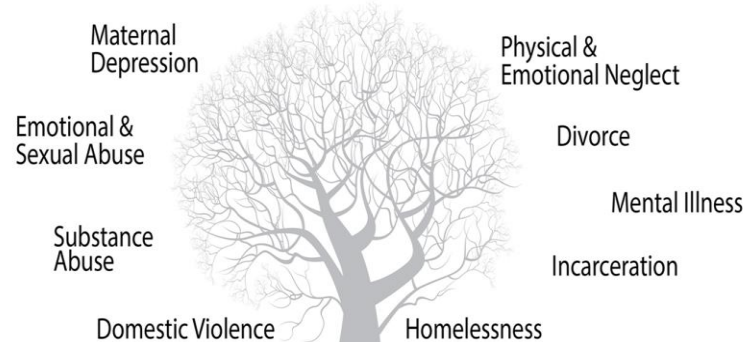


# INTERVENTION FRAMEWORK

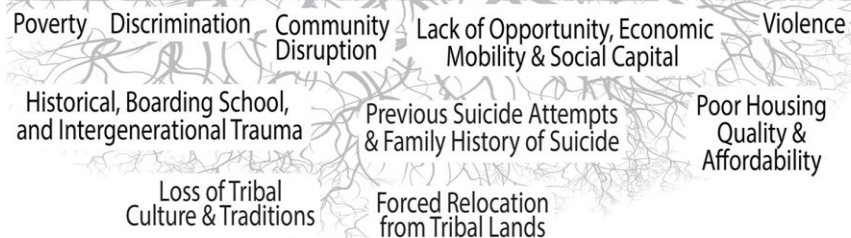


# TRAUMA INFORMED CULTURALLY RELEVANT SMOKING CESSATION:

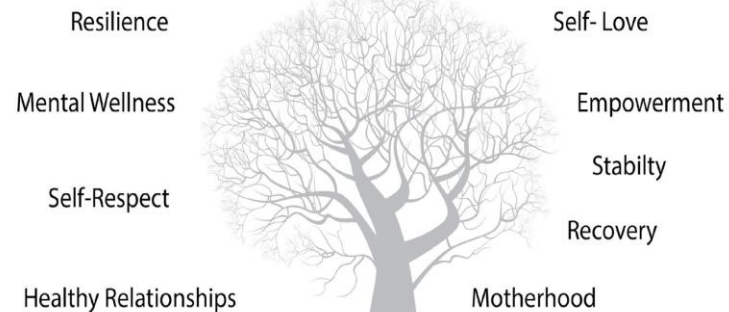
## The Pair of ACEs Adverse Childhood Experiences



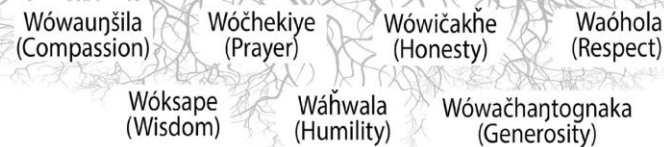
## Adverse Community Environments



## WICOZANI TREE



## Mindful → Intentional + Purpose



# 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 Wakǵán Tǵánka. 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 Wakǵán Tǵánka to us all".*





# COMPONENTS OF THE INTERVENTION:

## Tawáčin ablakeya ahóič'ipa (Mindfulness)

*Até, Wakháŋ Thánka Wówaunšila maku ye,  
wičhóthhawačhin na naǵi omakiyaye. Čhaŋté  
mitháwa kiŋ mayušká ye héčhel mazaŋní kte,  
Winyan na, Uŋčí se, Iná na, čhuŋwíŋtku pi na,  
na hasáŋni pi, na thóžán tku pi na, Čhuwé na  
mithán, mašké ob Úŋšimalapi ye héčhel  
tákuni ikákǵi sní na tákuni áya iciya unkupi  
kte sni ye.*

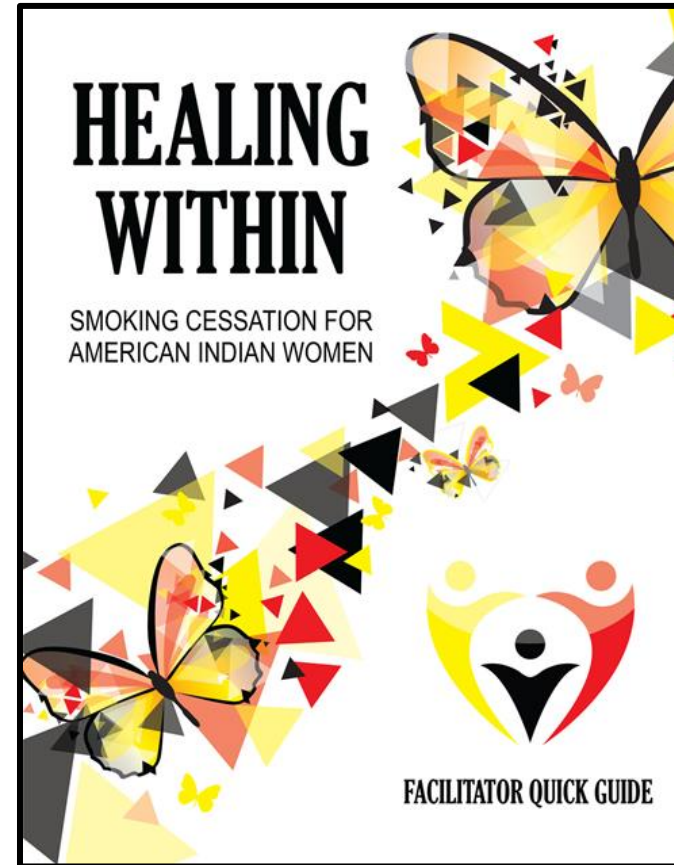
Ate Wakan Tanka Have mercy on me, help me in my mind, and my spirit. Heal my heart so that I can be a healed woman, grandmother, mother, daughter, wife, aunt, sister, niece, and friend. Have pity on me, have compassion so that I can be free of the bondage of addiction.





# 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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