



2022 Tobacco Art Contest
First Place Winner

Commercial Tobacco Prevention for Youth

- The TEP is committed to preventing future generations from using commercial nicotine products, & providing cessation support for young minds.

THE TEP PROVIDES:

- Tobacco cessation support to local middle-schools, utilizing a youth tailored curriculum, Project SUNSET (Stop the Use of Nicotine Start Engaging Traditions).
- This culturally relevant curriculum reviews the differences between commercial & traditional tobacco, negative health effects of smoking & vaping, withdrawal coping strategies, & ways to quit.

TOBACCO YOUTH ACTIVITIES

- Education and prevention at local tribes
- Family oriented outreach at local tribes discussing dangers of tobacco in communities
- Youth tobacco art contest
- Youth tobacco digital stories workshop

Public Health Diabetes and Tobacco Programs

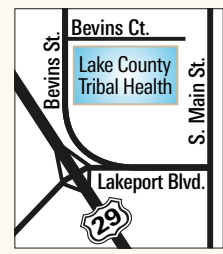
DIABETES PREVENTION PROGRAM (DPP)
Designed to help reduce the risk of type 2 diabetes, lose weight, and find a healthy lifestyle balance.
Contact Registered Dietician..... Ext. 1629

DIABETES SELF-MANAGEMENT WORKSHOP (DSME)
Designed to help you learn skills to better manage your diabetes.
Contact HRSA Coordinator..... Ext. 1470

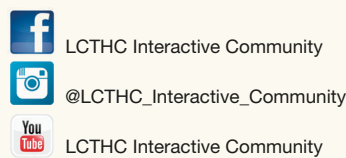
CHRONIC DISEASE SELF-MANAGEMENT WORKSHOP (CDSME)
Workshop designed to support and manage ongoing health conditions such as arthritis, heart disease, diabetes, chronic pain, high blood pressure, obesity, lung disease, and cancer.
Contact HRSA Coordinator..... Ext. 1470

DIGITAL STORIES WORKSHOP
Workshop designed to guide participants in telling their story of wellness.
Contact DPP Data Coordinator..... Ext. 1613

KWA XHO COMMUNITY GARDEN
Seasonal organic garden open to patients of LCTHC.
Contact Garden Coordinator..... Ext. 1625



925 Bevins Ct.
Lakeport, CA 95453
Phone: 707-263-8382
Fax: 707-263-7169
Website: www.lcthc.com



Tobacco Education Program



Tribal Community Coalition
Cessation Support & Services
Education

Prevention



Lake County Tribal Health

Modern Medicine Personalized Care
925 Bevins Ct., Lakeport • www.lcthc.com

LAKE COUNTY TRIBAL HEALTH PROVIDES ACCESS TO
QUALITY HEALTHCARE TO OUR LOCAL COMMUNITY.

Join the Tobacco Education Tribal Community Coalition!



Tribal Community Coalition

WHAT IS THE TCC?

The Tribal Community Coalition (TCC) is a group of motivated individuals making a difference to protect our elders, youth, and Native community members.

WHY JOIN?

- Create safe recreational areas for youth on local rancherias
- Protect youth and elders by working with TEP staff to improve services and programs
- Promote culture and traditions to protect youth, adults and elders from the harm of commercial tobacco use
- Fight epidemic of youth and adult vaping

How to Join

Contact the Tobacco Community Engagement and Outreach Coordinator (707) 263-8382 ext.1119.

The Coalition meets quarterly. The Coalition also hosts monthly Sub-Coalition meetings for individuals actively working with partnered tribes on their rancheria's outdoor smoke-free policy.

Tobacco Education Program

The Tobacco Education Program (TEP) began in July 2020 after receiving 2020-2025 grant funding from the California Tobacco Control Program under the California Department of Public Health.

The grants purpose is to reduce Tobacco-related disparities in American Indian communities.

TEP OBJECTIVES:

- Adopt & implement an Ask, Advise, Refer protocol within the LCTHC clinic, to refer patients to the TEP for cessation services.
- Implement Tobacco Cessation Workshops for referred patients who wish to quit commercial tobacco use.
- Partner with at least 2 of the 6 Consortium Tribes to adopt & implement a smoke-free outdoor policy for recreational areas on the rancheria where youth congregate.

Tobacco Cessation Services Include:

- In-person/Zoom Tobacco Cessation Workshops
- Prevention Education
- Customized Treatment Plans
- Individual Sessions (In person/Phone/or Zoom)
- Pharmacy Cessation Assistance
- Youth Cessation Support

To Find Out More or Set Up Services

Contact your provider & ask to be referred to the Tobacco Education Program, or:

Contact Tobacco Cessation Specialist
(707) 263-8382 ext. 1634, or
(707) 349-3753 (cell)