

“GEGO ZAGSWAAKEN” (Don’t smoke) PROGRAM

Individuals can be self-referred or referred by their medical provider who will complete a referral form. The referral form includes name, address, telephone number and name of referring medical provider.

The smoking cessation program assists individuals interested in stopping the use of commercial tobacco by providing educational materials through the use of flyers, articles, and DVD’s on the topics of nicotine, handling nicotine withdrawal symptoms, developing an individualized “quit plan”, selecting appropriate NRT such as the patch, gum inhaler or Chantix and identifying individual smoking triggers while encouraging the use of traditional tobacco for ceremonial and cultural use.

Individuals are requested to complete the Fagerstrom Test for Nicotine Dependence part of the intake process.

“Gego Zagswaaken” promotes smoke-free homes and cars by providing education on the harmful effects of secondhand smoke and amount of carcinogens in cigarette smoke. Education on the effects of secondhand smoke is available.

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