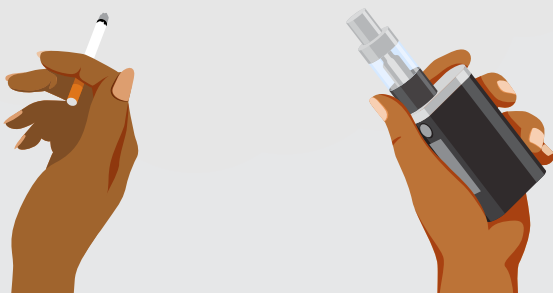
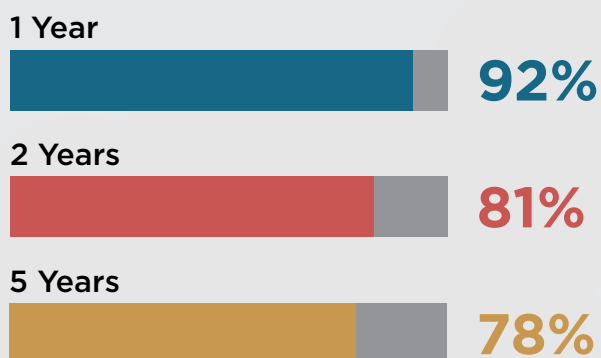


Redding Rancheria Tribal Health System Smoking Cessation Program






The **Redding Rancheria Tribal Health System** has a comprehensive smoking cessation program with a remarkably high success rate.

Quitting success rate of our patients



Our approach

-  Integrated
-  Holistic
-  Culturally relevant

Western Medicine

- » Free nicotine patches to the patient and family
- » Free medication to reduce cravings

Behavioral Health

- » Individual & group therapy
- » Hypnotherapy
- » ACEs assessment

Traditional Healing

- » Sweat lodge
- » Smudging with sage, songs, stick games

Other keys to our success

- » **Onsite smoking cessation counselor** who is approachable and accessible 24/7 for calls
- » **Treating the entire household**—immediate and extended family—as a unit
- » **Training the doctors** to understand how smoking cessation treatment works

For more information contact

Glen Hayward RN, BSN, MS

Executive Director

GlenH@Redding-Rancheria.com



ca-tccc.org

