

On May 11, 2009, all Chickasaw Nation Health System (CNHS) campuses will become tobacco free in an effort to provide a healthy environment for you and your family.

“This innovative step marks another milestone in our mission, to enhance the overall quality of life of the Chickasaw people,” said Governor Bill Anoatubby. “We are excited about the progress our health system has made over the past several years, and we are committed to providing the highest quality health care possible. This includes providing a healthy, smoke-free environment for our employees, patients and visitors.”

As a health care organization, CNHS is committed not just to healing illness, but promoting wellness. By eliminating smoking areas, CNHS hopes to remove triggers that make smoking cessation difficult.

To assist in this transition, CNHS will offer tobacco cessation classes and a variety of other tools to assist employees. Below is a list of resources available. For more information about tools available, call (580) 421-4591.

Tobacco Cessation Classes

Tobacco Cessation Classes are available free of charge. Below are established class dates.

April 20 – June 1

June 15 – July 27

August 10 – September 21

Tobacco Cessation Classes offer basic information about tobacco, problem solving skills and social support.

Classes begin at 5:30 p.m. in the small conference room at Carl Albert Indian Health Facility.

The sessions are every two weeks for two months. The class time is one hour.

For more information, contact Christie Byars, Tobacco Cessation Facilitator, Behavioral Health Department at 580-421-4591.

Nicotine Replacement Therapies

Chickasaw citizens can access nicotine replacement therapies through the MAPS program.

Please contact your regular health care provider to set up an appointment to discuss nicotine replacement therapies and availability.

Oklahoma Quitline

The Oklahoma 1-800-QUITNOW is also available to anyone and offers one-on-one coaching, specialized materials and referrals to community resources.