



Shannon Chrisman

## Chrisman Leads Tobacco Prevention

Hello. I am Shannon Chrisman and I'm pleased to be the new Tobacco Prevention & Education coordinator.

I was born and raised in Alaska and I am a member of the Siletz Tribe. In 1993, I graduated from Southern Oregon University in Ashland, Ore., with a degree in psychology. I have worked primarily in the social service fields and have held positions with Head Start in Washington as a family advocate and as a women's and single-parents' counselor for the Alaska Job Corps Center in Palmer.

In September, my family relocated from Portland to the Newport area. My husband, Steve Chrisman, is a regional sales executive for Chinook Winds Casino. We have a 2-year-old daughter named Cheney.

I am excited to be on board here and am interested in ways I can better serve the community in tobacco prevention. My duties center on fulfilling the objectives of the Tobacco Prevention Grant from the Oregon Health Division. These include assisting tribal and community members in the 11-county service area with support and guidance to quit tobacco products as well as promoting healthy, smoke-free environments for children and families.

My office is located at the Siletz Community Health Clinic and I can be reached at 1-800-648-0449, ext. 661, or 541-444-1030, ext. 661. I look forward to working with the community and getting to know you.

If you are a current smoker, our program would benefit greatly from your input. Please take a few minutes to complete the following survey and mail it or drop it off at the Siletz Clinic. Filling in your name is optional, but if you let us know who you are, we'll enter you into a drawing for a \$25 Fred Meyer gift card. Thank you for your support.

### Kick Butts Day!

April 4, 2001, is Kick Butts Day, a national (becoming global) event encouraging activism and leadership among young people in elementary, middle, and high schools. It's billed as a day for the kids of America to stand up to tobacco and for us **adults** to **stand up** for kids.

Kids across the country are coming up with exciting and creative activities to fight youth tobacco use in their own communities. You can, too. Use your voice today.

For exciting and interesting information, log on to [www.tobaccofreekids.org](http://www.tobaccofreekids.org) and find out what's being done in our schools and communities.

## Tobacco Prevention and Education Program Survey

Please complete the enclosed survey. Any comments, suggestions, or ideas are greatly appreciated. This tool will help me complete the objectives of the Tobacco Prevention and Education Program. Mail the survey to or drop it off at:

Siletz Community Health Clinic  
Tobacco Prevention Program  
Attn: Shannon Chrisman  
107 SE Swan Ave.  
P.O. Box 320  
Siletz, OR 97380

### Information (optional)

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

### Questionnaire

At what age did you begin to smoke? \_\_\_\_\_

How many years **total** would you guess you've been smoking? \_\_\_\_\_

Have you ever tried to quit? \_\_\_\_\_

How many times have you tried to stop smoking? \_\_\_\_\_

What methods have you tried when quitting (cessation classes, hypnosis, cold turkey, weaning slowly, using medications - Zyban, patches, or nicotine gum, etc.)? \_\_\_\_\_

When was the **most recent** time you attempted to quit, if at all? \_\_\_\_\_

This most recent time, how long did you stay quit? \_\_\_\_\_

What happened that got you off track? \_\_\_\_\_

How many cigarettes do you smoke per day now? \_\_\_\_\_

Are you ready to try to stop smoking now? \_\_\_\_\_

In general, what do you think we could do differently to get community members interested in quitting? \_\_\_\_\_

Do you have ideas on how the Tobacco Prevention Program could provide better support and assistance to people trying to quit? \_\_\_\_\_

**Thank you!**

All information on this questionnaire will be kept confidential.