



Working for Mental Health

breathe easy

...lifting the burden of smoking

Next steps for the *breathe easy* project...

Mental Health Coordinating Council

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Aim:

To reduce smoke-related harm in people with a mental health problem

Goals:

To create a better awareness of the need to address smoking;

To enhance the capacity of services to address smoking;

To reduce the rate of smoking.

Review of survey results...

- Organisation's want to do more to address smoking
- Gaps in knowledge, skills and resources available
- Policies need updating to make practices consistent
- Access to NRT is an issue

A Change Management Approach

A whole systems approach that will focus on:

Staff development

Assistance for consumers and staff

Policy development



Culture Change^{1, 2}

Why Change Management?

- Focussing on one element e.g. staff training is not enough to impact rate of smoking;
- It's important to include everyone who may be affected for change to occur;
- Need organisations to incorporate addressing smoking in existing services as easily as possible;

Why Change Management?

- Any change is difficult, so addressing smoking in different ways increases responsibility rather than leaving to one area or person;
- Need to create more supportive environments for people to quit if they want to.

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5 Demonstration Sites:

- Hunter Joblink - Newcastle;
- Billabong Clubhouse - Tamworth;
- Personal Helpers & Mentors Program (PHaMs), Schizophrenia Fellowship - Shoalhaven;
- Supported Accommodation, Uniting Care Mental Health - Parramatta
- Neami South East Sydney - Hurstville

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1. Staff Development:

- Providing sites training in smoking cessation and issues around mental health
- Guidelines of how to run a Smokers Support Group (SANE Smoke Free Kit)

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2. Policy Development:

- Assisting sites to review and update smoking policies
- Providing advice on how to implement policies

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3. Support for Consumers

- Guidelines for staff to run Smoker Support Groups
- Funding for subsidised NRT
- Information on smoking and mental health

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Encouraging sites to build networks with
AHSs, GPs, pharmacists, other
community organisations, etc.



More support for staff and consumers

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Evaluation to see impact of project activities on:

- Organisational & individual changes in attitudes, policies and practices
- Smoking rates
- Quit attempts
- Interest in quitting
- Confidence in quitting

Resources

NEW Information Sheets

- 'Smoking & Your Mental Health'
- 'Supporting someone with a mental health problem to quit smoking'
- 'The relationship between smoking and disadvantage and what community services can do'
- 'The impacts of smoking and the benefits of quitting'

All available on MHCC and Cancer Council NSW websites

www.mhcc.org.au - *breathe easy*

www.cancercouncil.com.au - Tackling Tobacco

Resources

- SANE Smoke Free Kit
 - facilitators manual to run a support group for smokers
- Cancer Council NSW website
 - Info about training & resources
- NSW Health website
 - Information & resources
- Quitline 13 78 48

For more information visit
www.mhcc.org.au

References:

1. Pascaris, A., Shields, L.R. and Wolf, J. (2008). The work and recovery project: changing organizational culture and practice in New York City outpatient services. *Psychiatric Rehabilitation Journal*, 32(1) 47-54.
2. Williams, J.M. and Ziedonis, D. (2004). Addressing tobacco among individuals with a mental illness or an addiction. *Addictive Behaviours*, 29: 1067-1083.