“Responding to the Needs of Our Mob”
The Tackling Indigenous Smoking (TIS) Program
What is the TIS program?
Regional reach, meeting local needs
Multi-component approach
DON'T MAKE SMOKES YOUR STORY

"I QUIT FOR MY FAMILY"
- TED
Systems thinking

Increase the number of Australians who are healthy at every stage of life

Healthy & Safe Community Environments

Clinical & Community Preventative Services

Empowered People

Elimination of Health Disparities

Tackling Indigenous Smoking

(Adapted from Centers for Disease Control and Prevention, 2016)
Evidence-based approach

Adapted from Rycroft-Malone et al. 2004
Monitoring and evaluation

Are the project activities on track (monitoring)

How can we keep on track? (CQI)

Are we achieving what we intended? (evaluation)
Outcomes Focus

TIS impact
What teams intend to CHANGE
TIS-funded organisation stories
Prison quit smoking program

Danielle Ashford, Tackling Indigenous Smoking coordinator, Pangula Mannamurna Aboriginal Corporation, Mount Gambier South Australia
The program

• Session 1
  • Information about smoking
  • Collect a brief smoking history/ CO breath test

• Patches provided through prison GP 2 weeks later.

• Session 2 (one month after session 1)
  • Changes in smoking habits
  • Triggers that they found hard to cope with.

• Session 3 (one month after session 2)
  • Further follow up similar to session 2
Evaluation

Program completed with 26 inmates
• Staff continuity is important
• Cigarettes are currency and can be linked to bullying
• Second hand smoke is an issue especially at night

Program participants were:
• Happier
• More motivated,
• Had more energy
• Were breathing better
• Had fewer asthmatic symptoms
• Were sleeping better
• Had saved money
Taking a whole of community approach

Chris Cookson, Regional Tobacco Coordinator, Sunrise Health Services Aboriginal Corporation, Katherine NT
Waru Dyooraahba Noorwundyuk (We Quit Tobacco)

Presented on behalf of Paul Patten, Regional Tackling Indigenous Smoking Coordinator, Gippsland Tobacco Action and Healthy Lifestyles Team
Would you like to learn ways to quit smoking? Join us!!!

Waru Dyooraahba Noorwundyuk Group
Women’s Group

A free, four week program presented by the Gippsland Tobacco Action & Healthy Lifestyle Team
at, 37-55 Dalmahoy street, Bairnsdale, Elders Lounge @ GEGAC

Open to all Aboriginal Community members and their families

Week 1
“Physical effects of tobacco / Medications to help you quit”
11am-1:30pm 23rd March 2017

Chantelle Mobourne
Tobacco Action Worker

Week 2
“Changing your environment”
11am-1:30pm 30 March 2017
Week 3
“Adjusting behaviour”
11am-1:30pm 6th April 2017

Week 4
“Managing emotions”
11am-1:30pm 13th April 2017
Light Lunch Provided

To register contact Chantelle Mobourne on (03) 5155 8488 or 0427 987 211

Karen Maggs
Tobacco Action Worker

Carolyn Alkmemade
Tobacco Treatment Specialist Nurse

Start your journey to a healthy life
Some evaluation highlights:

- 5/95 (5.3%) had quit at the end of the course
- 67/95 (70.5%) reduced number of cigarettes smoked/day
- 48/95 (50.5%) had increased time to first cigarette
- 47/95 (49.5%) had reduced CO levels
Social marketing campaign

Presented on behalf of READY MOB Tackling Smoking and Healthy Lifestyles team, Galambila Aboriginal Health Service, NSW
Butt Out Kids About

- Focus on second hand smoke
- Includes local community members
- Education about second hand smoke
- Build enthusiasm for smoke free homes and cars
30 second TVC

#smokefreecommunity
#READYMOB #buttoutkidsabout
School Education Program

Presented on behalf of Solid Mob, Bullinah Aboriginal Health Service
Amazing Race to Happy

- Engages students in interactive learning
- Successful collaboration with other organisations Students exposed to other services in their area
- Targeted messages
- Evaluation tools built in from the start
THE AMAZING RACE to happy
Evaluation

- What have you learnt?
- Which check point did you like?
- What did you enjoy about the Amazing Race?
- What would you like to see in the Amazing Race?
- What does Solid Mob do?
Aboriginal Health Council of Western Australia

Tackling Indigenous Smoking Program

‘Quit Today for a Healthier Tomorrow – Promoting Smoke-free Western Australian Aboriginal Communities, protecting our next generation’.
Meet AHCWA’s Tackling Indigenous Smoking Team!

Tricia Pearce
Regional Tobacco Coordinator

Rickesha Burdett
Tobacco Action Worker

Leah Bregazzi
Tobacco Action Worker

Rekisha Eades
Tobacco Action Worker
Perth Metropolitan Area

The Program’s geographical outreach delivery expands from its primary location in the Perth CBD:

- 50kms North to Butler
- 50kms North East to Stoneville
- 50kms South East to Armadale
- 80kms South to Mandurah

*Anywhere between these points*
TIS Team provides Tobacco Cessation Support to AHCWA’s Aboriginal Community Controlled Health Service (ACCHS) Members

22 Member Services

8 Regions

- Kimberley Region
- Pilbara Region
- Murchison/Gascoyne Region
- Central Desert Region
- Goldfields Region
- Wheatbelt Region
- Perth Metropolitan Region
- South West Region
Programme Objective:

Working to facilitate a Tobacco Cessation Support Service in partnership with local Aboriginal Medical Service (AMS)
‘What we want to do’:

Reduce an individual's intake of tobacco and increase their access to quitting support pathways.

‘How we are going to do it’:

Providing tobacco cessation support services located in a clinical environment.

‘Why we are doing it’:

To provide clients the reassurance and opportunity to access ongoing regular cessation support, as they commence their journey towards becoming smoke-free.

A person is more likely to succeed in quitting, knowing they have access to ongoing support.
Expected Outcomes:

- Effective transparent MoU between AHCWA and local AMS
- Increase in referral pathways between AHCWA and local AMS
- Increase in awareness and understanding from the community of quitting pathways
- Increase in the reduction of clients smoking intake
- Increase in the number of clients seeking Nicotine Replacement Therapy (NRTs) assistance
- Increase in the number of calls to Quitline support
- Number of clients who have no desire to quit smoking, but have created a smoke-free environment for their families
Measuring change / Impact:

* MoU with local AMS

* Review of AMS data system to obtain evidence, that data collection and entry on a clients smoking status, and quit smoking support services is correctly recorded

* Number of client engagement with the TIS Team

* Number of client participation in a ‘Smoking History Survey’

* Number of client participation in a ‘Quit Smoking Support Plan’

* Number of referrals to Quitline support

* Access to Quitline data

* Number of smoke-free home/or car pledges
TIS Program Progress

In November 2016 both parties signed off on the MoU

Both parties working together to achieve better health outcomes for the clients

Both parties providing support to staff who are requiring access to relevant training and / or upskilling to assist in; identifying, providing assistance and support to clients, through their quit smoking journey

Great ongoing working relationship with the Quitline Aboriginal Liaison Team (QALT) over the past 5 years
Since the 20 February 2017, when the AHCWA TIS program and staff of the local AMS commenced their working relationship:

✓ 98 clients have accessed the information stall
✓ 3 clients have completed a ‘Smoking History’ Survey
✓ 3 clients have completed a ‘Quit Smoking Support’ Plan
✓ 9 clients have completed a referral form seeking Quitline support
Evaluation:

The Key Message

‘Always carefully plan your evaluation’

‘Be very clear about what it is you are evaluating’

‘Try testing or piloting your data collection method on colleagues before using it’

‘You can use one of several data collection methods at the same time’

Never let your hard work go to waste!!!!
‘Quit Today for a healthier tomorrow’!!

Thank you
Impact through evidence based change: a year in the life of NBPU TIS
Who we are:

Smoking Research Unit,
Mind and Brain Centre
(Clinical input)

Lead organisation

Edith Cowan University, Perth
Host TIS portal (TISRIC)

Responsible for the evidence base
Role and activities in 2016

- **Workforce support and development**
- **Advice and support**
- **Information sharing and dissemination**

Working with grant recipients to develop:

- **Action Plans:**
  - Strategy and theory of change
  - Training

- **Monitoring and evaluation:**
  - Performance indicators
  - Data collection

- **Evidence Based Practice**
  - Accessing evidence
  - Producing evidence
The TIS Portal

Welcome to the Tackling Indigenous Smoking (TIS) portal. This portal hosts information for organisations funded through the national Tackling Indigenous Smoking Programme, but will also be useful for people working in the many other initiatives that support Aboriginal and Torres Strait Islander people to quit or reduce their smoking.

This portal is where you will find information on the Tackling Indigenous Smoking Resource and Information Centre (TISRIC). The TISRIC has been developed by the National Best Practice Unit for Tackling Indigenous Smoking (NBPU TIS) and is tailored to the needs of TIS organisations, with information on: planning your activities and interventions; activities that work; resources that work; and how to determine how well your activities work.

You will also have access to publications, resources, and information about projects and activities that relate to tobacco cessation. Workforce information includes job opportunities, funding sources and other organisations interested in tobacco control. The events section has information on courses and training, conferences, workshops and other events. These resources have been brought together in one place to help you in your job to support your clients and communities.

This web resource also links to the TIS Yarning Place and many social media platforms to encourage information sharing and collaboration among TIS-funded organisations.

About the Tackling Indigenous Smoking Resource and Information Centre
“We need to build the bridge for Indigenous people to walk across and bridges take some time to build”