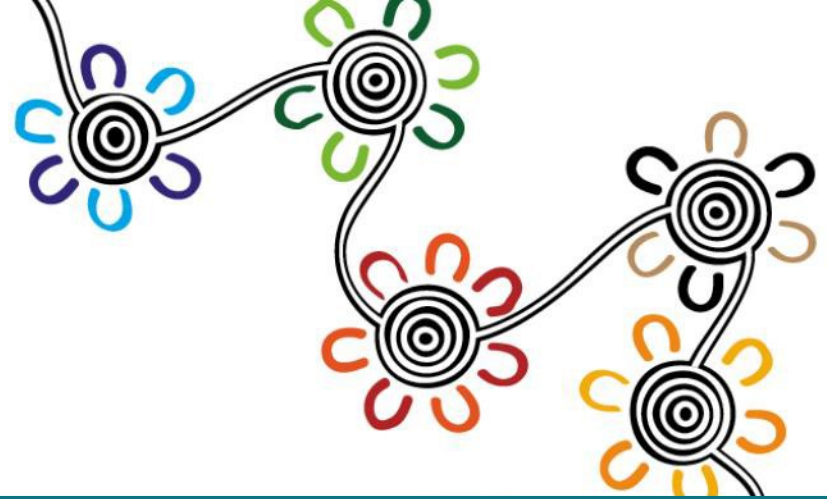


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INDIGENOUS  
SMOKING**

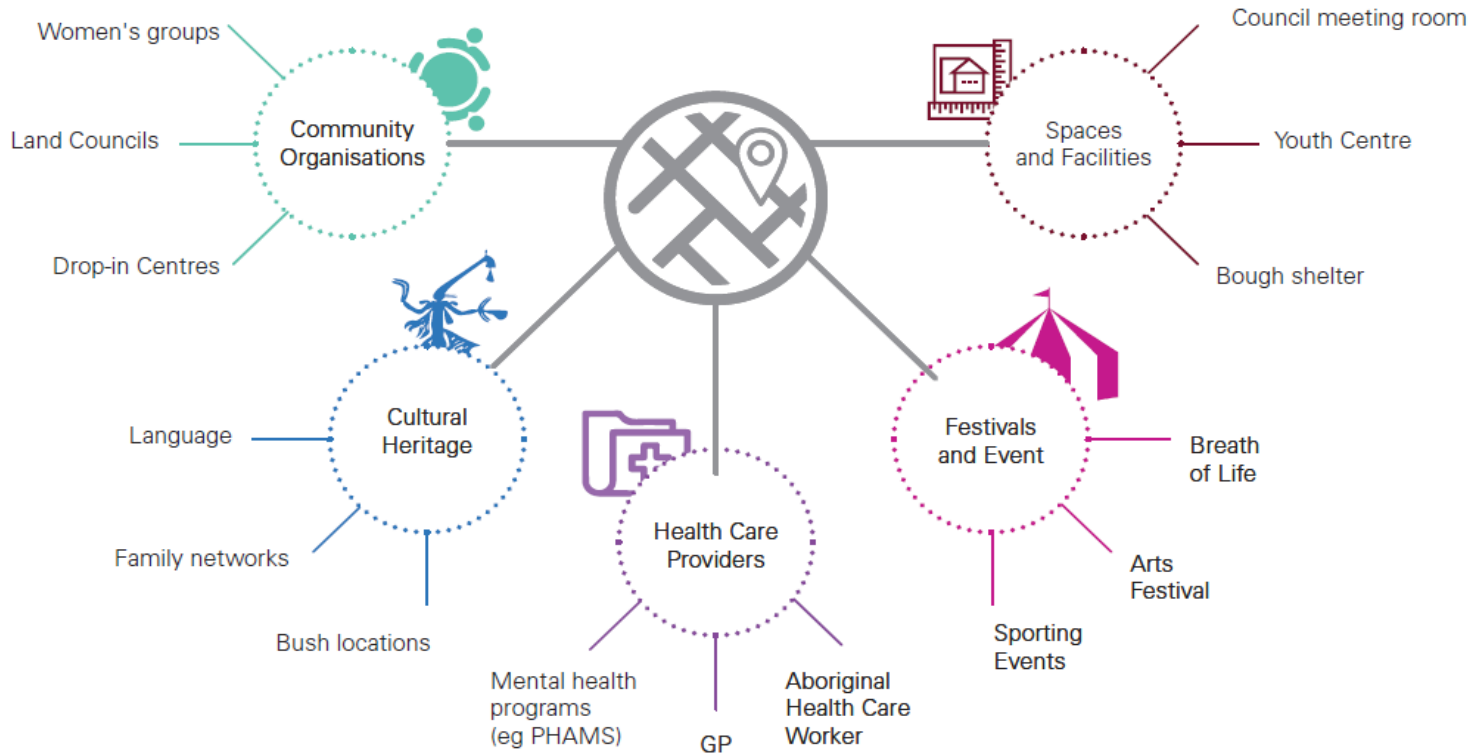


“Responding to the Needs of Our Mob”  
The Tackling Indigenous Smoking (TIS)  
Program

# What is the TIS program?



# Regional reach, meeting local needs



# Multi-component approach





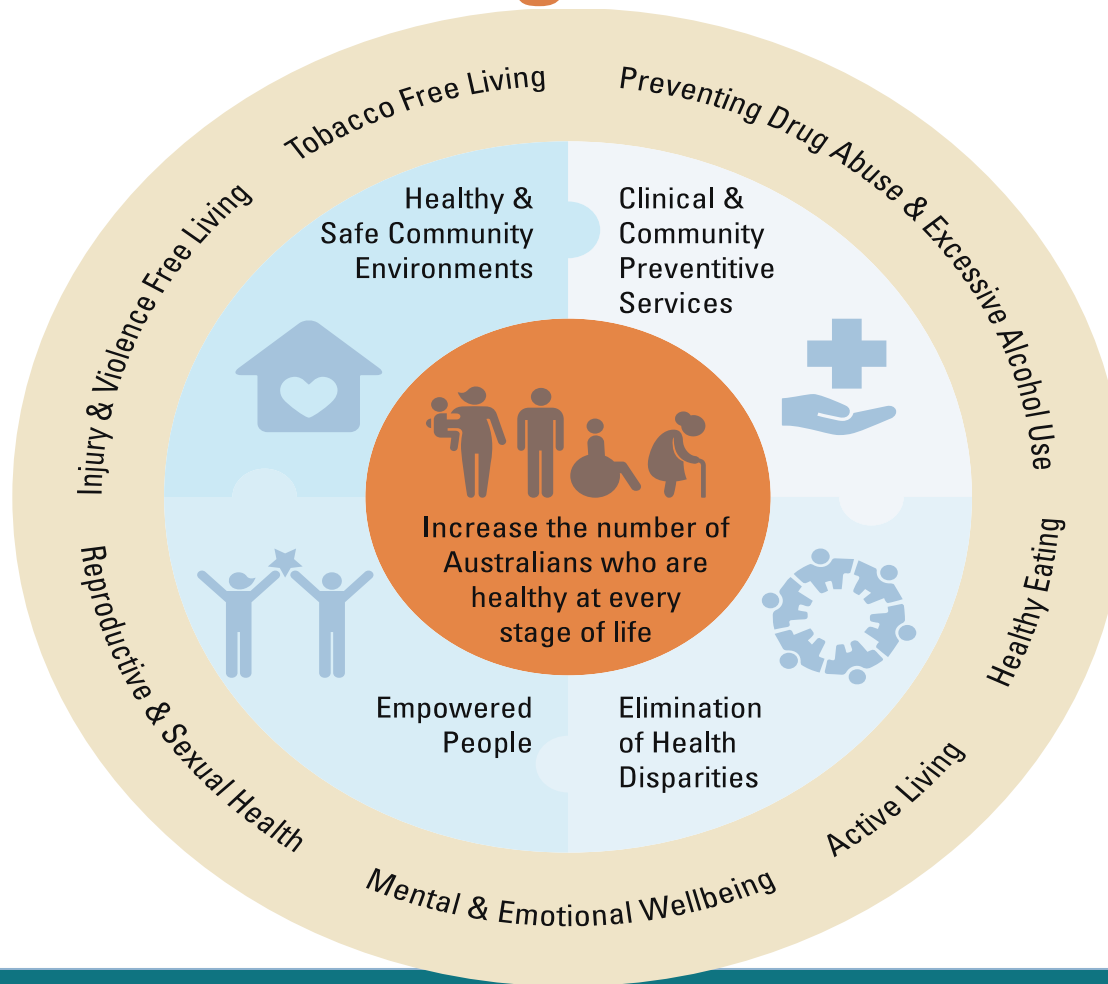
**DON'T  
MAKE  
SMOKES  
YOUR  
STORY**

**"I QUIT FOR MY FAMILY"  
- TED**

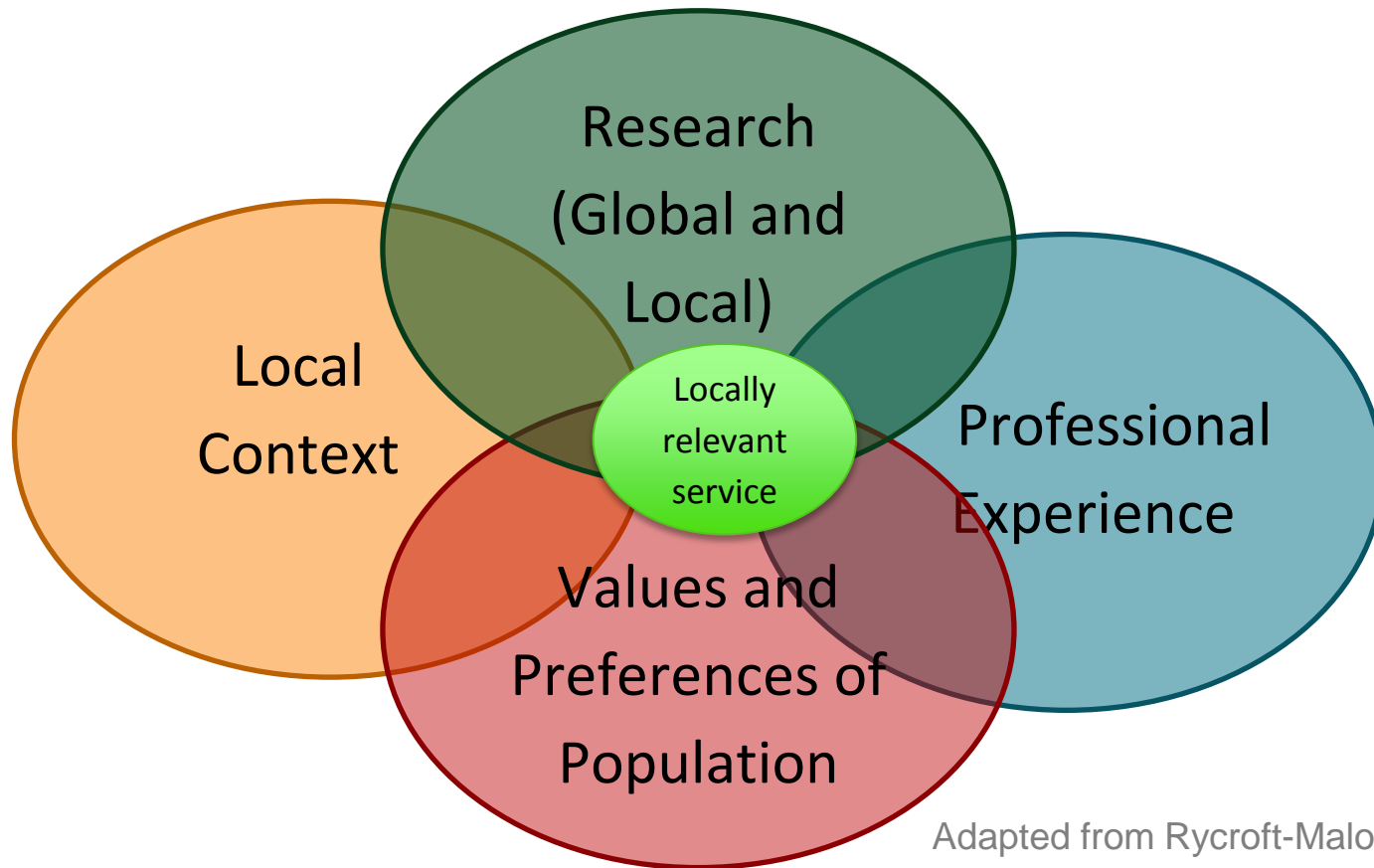


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INDIGENOUS  
SMOKING**

# Systems thinking



# Evidence-based approach



Adapted from Rycroft-Malone et al. 2004

# Monitoring and evaluation





# Outcomes Focus



TIS impact  
What teams intend to CHANGE





# TIS-funded organisation stories

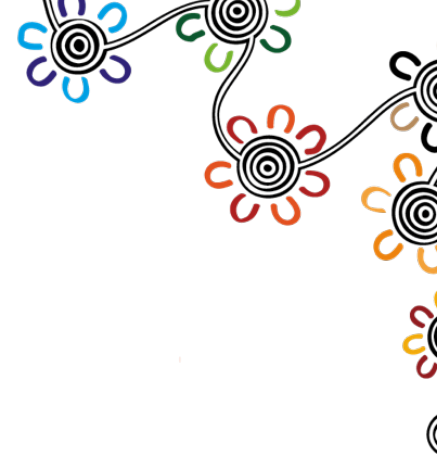


# Prison quit smoking program

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



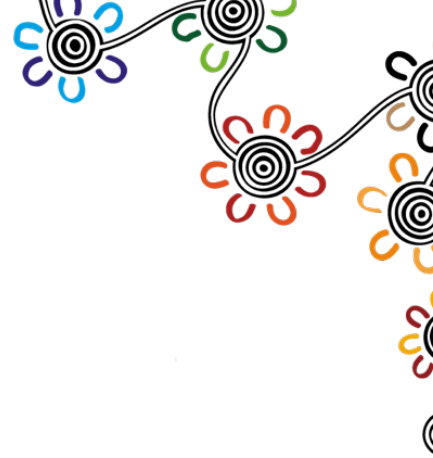
# Evaluation

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*



**Chantelle Mobourne**  
*Tobacco Action Worker*

**Week 1**

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

**Week 2**

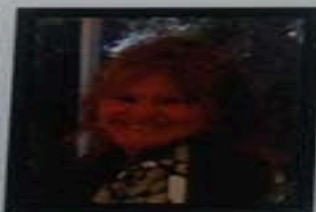
**"Changing your environment"**  
11am-1:30pm **30 March 2017**

**Week 3**

**"Adjusting behaviour"**  
11am-1:30pm **6th April 2017**

**Week 4**

**"Managing emotions"**  
11am-1:30pm **13th April 2017**  
**Light Lunch Provided**



**Karen Maggs**  
*Tobacco Action Worker*

*To register contact  
Chantelle Mobourne on  
(03) 5155 8485 or  
0427967211*



**Carolyn Alkemade**  
*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



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SMOKING**



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# 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?



AHCWA

Aboriginal Health Council  
of Western Australia

# 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 Programs geographical outreach delivery expands from it's primary location in the Perth CBD:

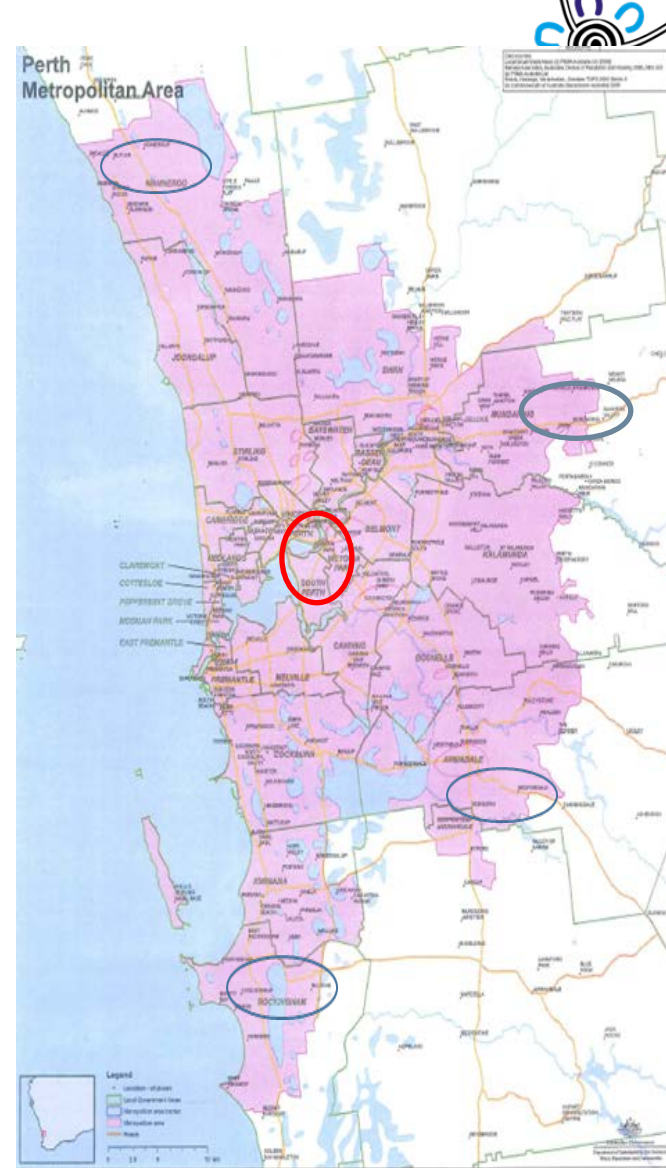
50kms North to Butler

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

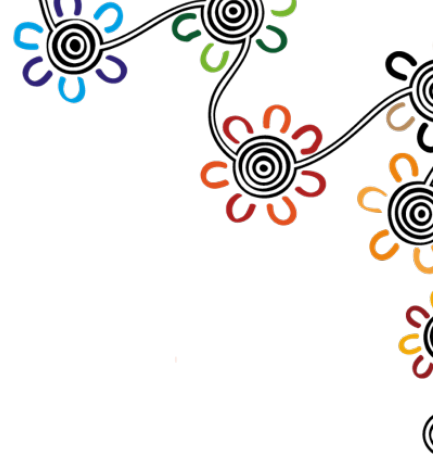


22 Member Services

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 individuals 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:

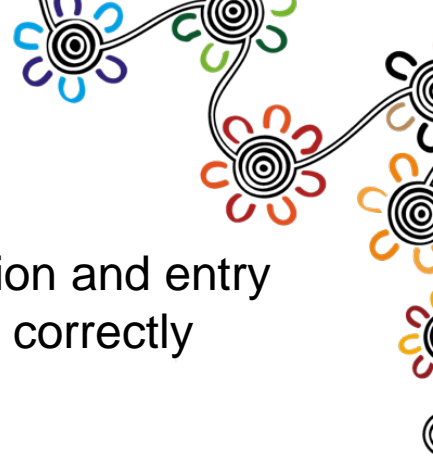
- Effective transparent MoU between AHCWA and local AMS
- Increase in referral pathways between AHCWA and local AMS
- Increase in awareness and understanding from the community of quitting pathways
- Increase in the reduction of clients smoking intake
- Increase in the number of clients seeking Nicotine 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!!!!***



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INDIGENOUS  
SMOKING**



**AHCWA**  
Aboriginal Health Council  
of Western Australia

**‘Quit Today for a healthier  
tomorrow’!!**



**Thank you**

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INDIGENOUS  
SMOKING**



# Impact through evidence based change: a year in the life of NBPU TIS

# Who we are:



**NINTI ONE** INNOVATION  
FOR REMOTE  
AUSTRALIA

Lead organisation



THE UNIVERSITY OF  
**SYDNEY**

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



UNIVERSITY OF  
CANBERRA



HEALTH RESEARCH  
INSTITUTE

Responsible for the  
evidence base



Australian Indigenous  
*HealthInfoNet*

Edith Cowan University, Perth  
Host TIS portal (TISRIC)

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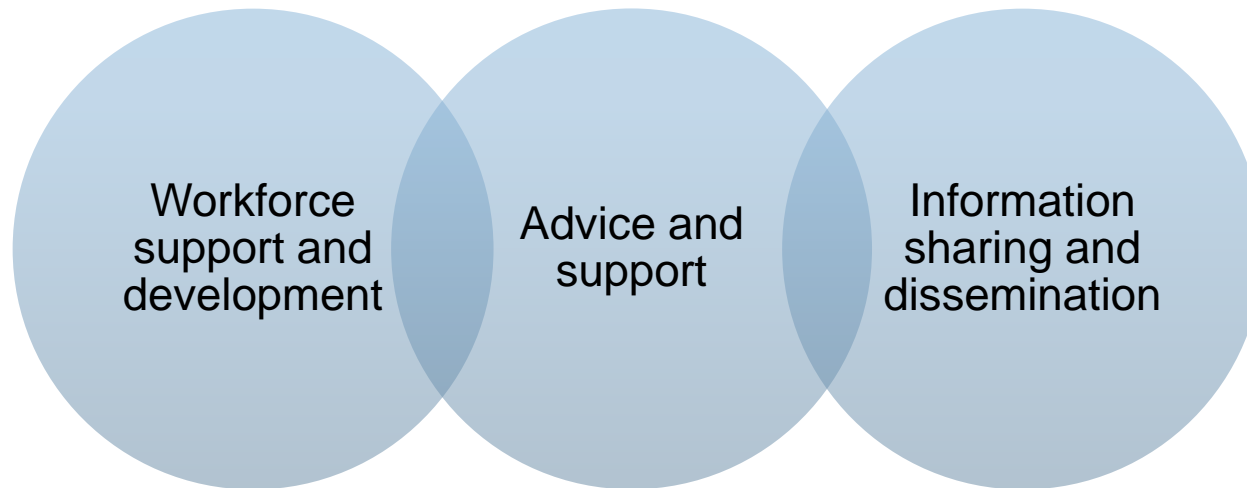


**GRANT RECIPIENTS**  
(TIS-Funded Organisations)



**National Evaluator**  
Cultural & Indigenous Research  
Centre Australia (CIRCA)

# Role and activities in 2016



Working with grant recipients to develop

## Action Plans:

- Strategy and theory of change
- Training

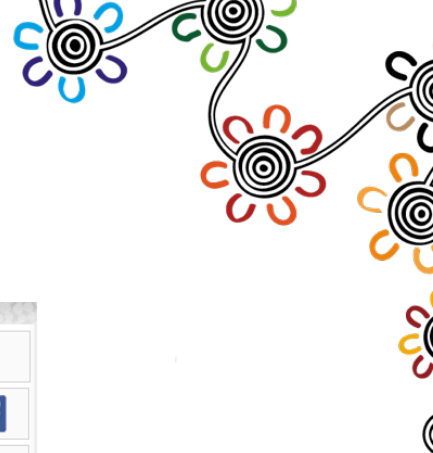
## Monitoring and evaluation:

- Performance indicators
- Data collection

## Evidence Based Practice

- Accessing evidence
- Producing evidence

# The TIS Portal



Home » Tobacco » Tackling Indigenous Smoking portal Print

## Tackling Indigenous Smoking 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](#)



### More on this topic...

Bibliography

[About TIS Programme](#)

[Contact NBPU TIS](#)

### About NBPU TIS

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INDIGENOUS  
SMOKING**

### Follow NBPU TIS

Tweets by @TISprogramme

NBPU TIS @TISprogramme



“We need to build the bridge for Indigenous people to walk across and bridges take some time to build”