Smoking Stopped - “A Smoking Gun”

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HIGHER GROUND
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Antisocial Personality Behaviour

A pervasive pattern of disregard and violation of the rights of others
Therapeutic Community

- Promote Change & Personal Growth
- Forms a miniature society
- Distinctive roles & clear rules
Staff Buy-In

- Success needs Staff Support
- To role model behaviour
- Health Professionals Behaviour & Attitudes affect Success
- De-normalize smoking
- Goal of 100% Smoke-Free Staff
• Staff smoked along side clients as support
• Conveying smoking had a therapeutic value
• Smoking needed to be de-normalised
• The heath risks exposed
• We offered smoking staff support to quit
• Currently HG has 3 smoking staff
Six Months To GO

• Property Smoke-Free for all Staff
• Pre-Admission Clients Informed
• Cessation Support now standard practice
The Count Down Has Started

We can help you stop smoking
Smoking Cessation Groups

- Withdrawal Techniques
- Processing Anger
- Self Soothing – calming activities
- Relaxation & Meditation
- NRT offered to all Smokers
“No No No Song”
KEEP CALM AND Get Ready for Group Therapy
90 Days To Go

Smoking reduction

• Progressively restricting time
• NRT – patches and lozenges
• Breathing & relaxation coaching
• Smoking cessation groups continued
• Meditation every morning
• Incentives – movie passes
• Introduced nicotine anonymous groups
Smoking is prohibited on this property at all times.
Follow-up Data

90 Days Post Treatment n=100
77% smokers on admission

- 12 smoke free at 90 days
- 65 Tobacco relapse
Relapse Triggers

• Smoking cessation groups stopped
• Barriers common to vulnerable groups
  – Stressful life style
  – Acceptance from peers
  – A “feel-good” that is still legal
  – Accepted and cool around whānau and friends
  – Helps in awkward social situations
  – Lack of supportive accommodation
  – 12 Step Meetings normalised smoking
Combined Addiction Treatment

- Combination treatment more effective
- AOD treatment applies to smoking
- Correlated behaviours
- Complete abstinence reduces risk of relapse
- No evidence of negative effect
- Complete abstinence may increase client’s “sense of mastery” targets all addiction
Conclusion

- Program completely smoke-free
- Residents have extended smoke-free experience
- Residents learning new ways to socialise—smoke-free
- Residents notice their health improvements
- Most are grateful for the opportunity
- We have laid the groundwork for further development
References


2. Perceived barriers to smoking cessation in selected vulnerable groups: a systematic review of the qualitative and quantitative literature (2014). Retrieved from: http://bmjopen.bmj.com/content/4/12/e006414.full