

Pangula Mannamurna Tackling Indigenous Smoking

DANIELLE ASHFORD – TEAM COORDINATOR /
TOBACCO TREATMENT SPECIALIST

KELLY ANDERSON – TOBACCO ACTION WORKER

JADE MAIDEN – EVENTS COORDINATION /
TOBACCO ACTION WORKER

KIRSTEN BUTTON – MEDIA AND MARKETING /
TOBACCO ACTION WORKER



Our team and region

- We have a team of four and we operate within Pangula Mannamurna under the supervision of the clinical services team.
- We oversee a 1300 square kilometre area – otherwise known as the Limestone Coast.
- Our area consists of multiple Aboriginal lands
 - Boandik
 - Moandik
 - Meintangk
 - Ngarrindjerri
 - Ngarkat
 - Potaruwutj

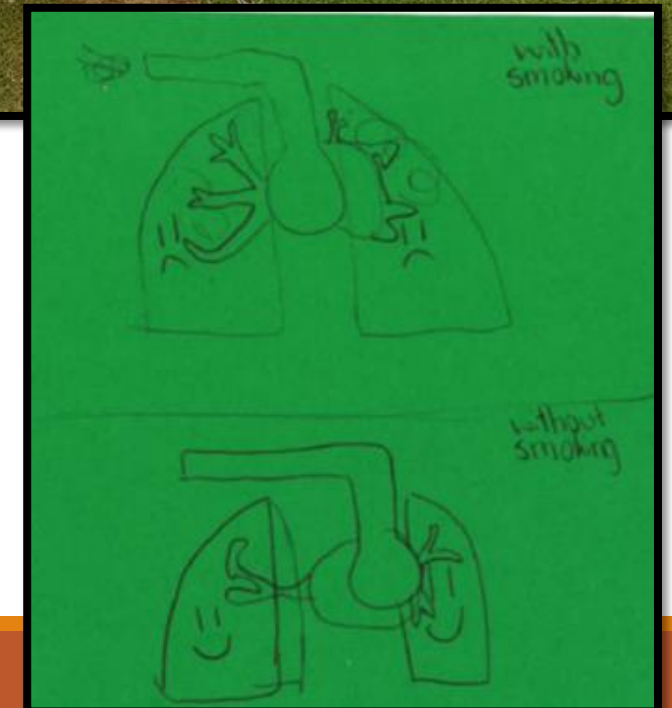
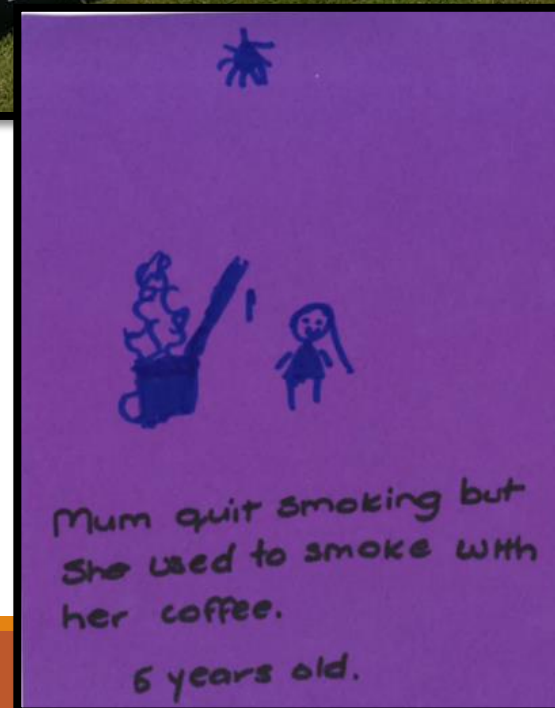
Quality and Reach of community engagement

Reach and Events

- In the past year we have seen over 3000 people.
- This is through events, information sessions within the community and individuals visiting us at Pangula.
- Events regularly include shows, festivals, expos and days of awareness.
- Information sessions include such things as youth groups, school sessions, employees of other organisations.
- Individuals are those who come into Pangula and are either referred to the TIS team or ask to see the team

Events

- Marquee setup
- Promotional gear
- children and teen opinions
- surveys for older people
- Counter
- Brief intervention record
- smokerlyzer recording



Resource Evaluation

Event evaluation form

Event name: |

Main contact person or persons running the event

Description of event

Event goals	Not met/ met / exceeded
Approach	
Event reasons	
Timeline and milestones	
Challenges	Resolutions
Tips for future partnerships	
Data gathered	
NATIONAL INDICATOR MET	

Event evaluation form

Brief intervention non client

Brief Intervention – non client	Place	Story	Solution	Follow up if any
	Millicent Show	35 year old – Koori male – 24 – 4.47% Approached the tent to introduce himself and his friend. Currently studying Aboriginal culture in Mount Gambier? Really interested in learning more about his smoking and how he can quit Generally a fit man, attends the gym Returned to tent later in the day to talk about the impact his smoking could be having on his dog also.	Information given, spoke about his fitness as a way of distraction while quitting smoking, offered referral to the Quitline, this was declined.	
		16 year old male – ATSI relatives but not Indigenous – smoker since April – had quit for 3 days First result Friday – 10 – 2.23% Second result Saturday – 46 - 7.99% Smoked yarndi mulled with tobacco, spoke about giving up and the effect that it would be having on him at his young age and also that he had only been smoking since April so his chances of quitting were quite good. Had been delaying smoking first thing in the morning.	Spoke to him about his result being quite high and the danger of permanent damage due to age. Recommended seeing someone about his smoking, provided with brochures	Saw this boy again in February 2018 during our road trip, his result was 13, says he has cut down a lot, doesn't smoke tobacco with yarndi anymore.

Resource evaluation form - NATIONAL INDICATOR/S MET:

Resource name:	What's in a cigarette			
Type:	Display with chemicals (non-toxic replacements) listed with names and items beside them. Upright board.			
Trial date:	21/10/2017			
Trial place:	Mount Gambier show			
Attendees:	Jade Maiden, Danielle Ashford, Kelly Anderson, Kirsten Button, John Watson, Kail Williams, Stacey Balnaves, Sarah Killick, Narelle Winterfield, Rowena Hammond, Michelle Thompson, Fiona Thompson, Fiona Wilson, Karen Rigney, Angela Sloan, Krystal Turner, Kylie Blachut-Walkom, Victoria Snow.			
Enjoyable			3	
Engagement	Varied engagement, mostly positive few children got excited to see it in a visual way compared to written ingredients.			
Comments	In the comments that did notice it was a shock to see them individually labelled and noted that it wasn't the full list of chemicals.			
Easy to use	Was more of a visual interaction, the items were			
Appeal			4	
Design	Set out on board label with some ingredients that is in a cigarette.			
Colours	Light colours with white, names listed in black alongside of each item.			
Kids response to			4	
Parents /guardians comments on design	No negative feedback			
Durability		2		
ability to be adapted			3	
facial expressions	Shock, Amazement finding out what's in cigarettes			



Prison Information sessions

- Information sessions within the prison held monthly unless requested more or less frequently
- We have seen 110 inmates since beginning the information sessions in the prison

PowerPoint presentation

- Addiction or Habit
- Nicotine
- the chemicals in cigarettes
- dopamine
- mental illness and smoking / smoking cessation
- the effects of smoking on your body
- rollies / tailor makes / bumpers
- indigenous life expectancy
- second and third hand smoke
- Triggers
- NRT, Supports – Quitline, GP, TIS team, ALO
- Habits and Strategies
- When they leave prison
- Carbon monoxide
- Forward planning

Student information sessions

Problem

School sessions not being booked in or not hearing ANY response back from schools.

- Previous team booking and not showing up to schools
- Incidence of sorry business within our region
- Lack of knowledge by schools as to what we actually do
- Schools not wanting to get parents off side

Solution

- Offered incentive packs if schools booked a minimum of two sessions before the end of term two, the sessions could be anywhere in the year but they had to be booked in.
- During our road trip – more on that in the next section – we visited as many schools as we could book in with.
- This resulted in Information sessions being booked in from 1 school, sports day interest by 3 schools, possibilities from 2 schools.

Following up

When we follow up the inmates from these sessions we complete the table to the right >

How long have you been on the patches?	
What has changed since you have cut down or quit?	PHYSICALLY / EMOTIONALLY / MENTALLY / FINANCIALLY
How have you dealt with your cravings?	
Is there anything different this time quitting?	
Did you lapse? Do you know why?	
Did you or anyone you know use the Quitline? Did this help?	
Other notes	Name

Individual clients

- See all Indigenous people in the Limestone Coast
- Referral processes designed and implemented by our own TIS team.
- Tracking the journey with the person.
- DE identified client case studies
- NRT program – more on that in indicator 3

QUIT SMOKING

Referral form

To the Tackling Indigenous Smoking team.



Name: _____

D.O.B: ___/___/___ Aboriginal and/or Torres Strait Islander? Yes / No (please circle)

Reason for seeing the Tackling Indigenous Smoking team?

QUIT PLAN QUITLINE REFERRAL INFORMATION SUPPORT

NRT PROGRAM OTHER

REFERRED BY _____

Date: ___/___/___

OTHER INFORMATION – (PRESCRIPTIONS / NRT ALREADY GIVEN?)

Where was this referral from?

Click here to enter text.

What made you seek help from the TIS team today?

Click here to enter text.

What would you have done if you could not see the TIS team?

Click here to enter text.

Changes / habits	Initial visit	1 st visit	2 nd visit	3 rd visit	4 th visit
Smokerlyzer result	Choose an item.	Choose an item.	Choose an item.	Choose an item.	Choose an item.
Fagerstrom result					
Smokes inside home	Choose an item.	Choose an item.	Choose an item.	Choose an item.	Choose an item.
Smokes inside car	Choose an item.	Choose an item.	Choose an item.	Choose an item.	Choose an item.
Smoking YarnDI with tobacco	Choose an item.	Choose an item.	Choose an item.	Choose an item.	Choose an item.
Oxygen levels					
pulse					
Breathing					
Blood pressure					
Sleeping					
Diagnosed illnesses from smoking	Choose an item.	Choose an item.	Choose an item.	Choose an item.	Choose an item.
Weight					
Mental health					
Symptoms since quitting					
Cravings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tension	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Depression	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mental vagueness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Hyperactivity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Light-headedness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Weight gain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Missing handling the cigarette	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anxiety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Irritability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lack of concentration	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Insomnia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Headaches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Happy Healthy Little Me



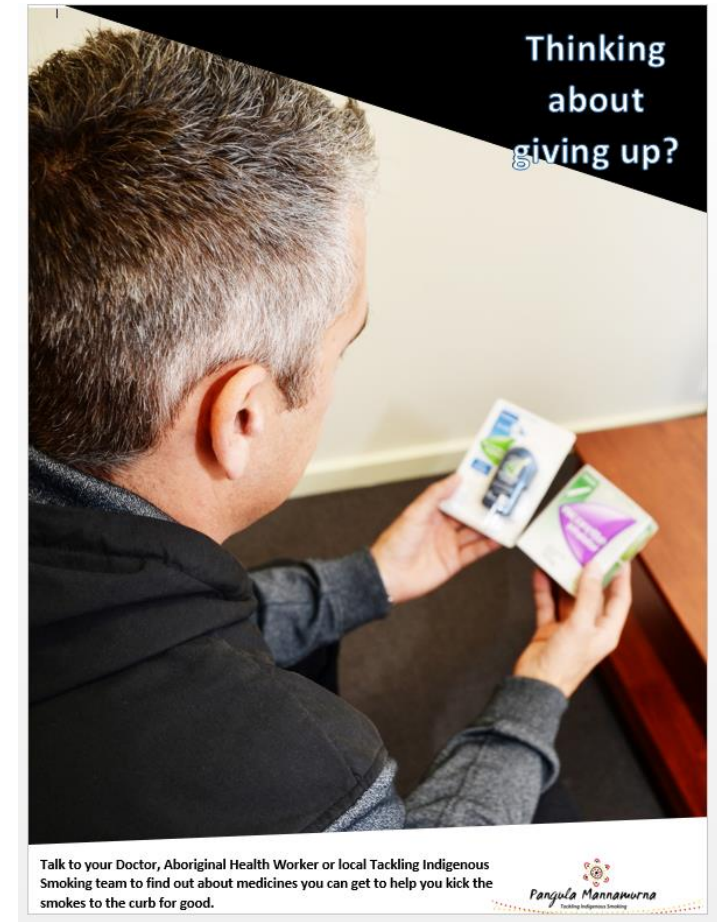
- Developed within our team
- Distributed across Australia to other TIS teams / Aboriginal and Torres Strait Islander services (12)

Aims

- Engagement of children and parents about smoking
- Encourage discussion with children about not smoking
- Encouraging people to seek assistance to quit smoking
- Ability to be personalised for families and children



Social Marketing



Organisations involved
in tobacco reduction in
this region

External organisations

- Mount Gambier based – outreach services
- A greater focus on building partnerships with external organisations
- Increase awareness of TIS within our regions organisations.
- Provide TIS activities and services for implementation within their organisation to better enhance their services.

Organisation case study / strength of partner relationships

Organization name:

Main contact person

Organizational client goals	Not met/ met / exceeded
Approach	
Reason for choosing organization	
Timeline and milestones	
Challenges	Resolutions
•	•
Tips for future partnerships	
Data about the partnership	

Number of participants

Assessing the strength of partner relationships

	Disagree								Agree	
1. Effective communication: regular, straightforward communication based on trust and clear and simple reporting.	1	2	3	4	5	6	7	8	9	10
2. Common values: a clear understanding of each other's values with mutual commitment to shared goals and responsible behaviour to each other.	1	2	3	4	5	6	7	8	9	10
3. Long-term commitment: commitment to supporting core activities	1	2	3	4	5	6	7	8	9	10
4. Transparency: clear expectations of roles and responsibilities	1	2	3	4	5	6	7	8	9	10
5. Shared learning: help with networking and cross-fertilization of good ideas, sharing of expertise.	1	2	3	4	5	6	7	8	9	10
6. Contextual awareness: a deep understanding of the local context and work on the ground.	1	2	3	4	5	6	7	8	9	10
7. Organizational growth: support that allows partners to 'scale up' their work.	1	2	3	4	5	6	7	8	9	10
8. Participatory processes: a strong emphasis that the relationship should be a partnership. The importance of sharing processes, for example around monitoring and evaluation.	1	2	3	4	5	6	7	8	9	10
9. Moral support: a key factor (both ways) for keeping us motivated.	1	2	3	4	5	6	7	8	9	10

Source: <http://www.how-matters.org/about/>

Accessible on the TISRIC under Tools and resources to monitor and evaluate your program

Building capacity to support quitting

Training for staff

- 12 / 32 current Pangula staff have done some form of smoking cessation training
- In total 21 / 59 staff in the past 2 years have completed some form of smoking cessation training
- A further 5 will complete Quitskills in May and 3 will repeat quitskills training
- One certified Tobacco Treatment Specialist

ICAN QUIT STUDY – Now SISTAQUIT

Increased opportunity to reach a target group and recognition by community

Incentives provided by study for clients to participate

NRT provided for participating pregnant women

Links with other organisations and many professionals across the country

Further training for our staff

Reimbursement for time

Increase in people accessing the team and referrals to the Quitline

Excellent chance to gather both qualitative and quantitative data



NRT Provision program

- The need for NRT for clients that was not patches / champix
- How we could do it?
- Design of NRT provision program
- Approval and Implementation
- Measuring and evaluating

Referrals to appropriate
quitting support

Employee's at Pangula

- regular surveys to assess smoking rates, attitudes, changes etc.
- minimizing the impact of smoking on our staff and our clients at the health service
- improvements to the smoke free policy

Question	2017 staff survey	2018 staff survey	
11. Do you think that smoking regulations are effectively communicated / advertised?	31.3% no 25% yes 43.8% not sure	45% no 45 % yes 10% not sure	20% more do believe the regulations are effectively communicated
12. Do you think the smoking regulations are sufficiently enforced?	43.8% no 25% yes 31.3% not sure	55% no 25% yes 20% not sure	11.2% more believe the regulations are not sufficiently enforced
13. Do you feel that Pangula Mannamurna's smoking policy is sufficient?	6.3% no 43.8% yes 49.9% not sure	15% no 45% yes 40% not sure	8.7% more believe that the smoke free policy is insufficient
15. Do you feel that non – smoking staff and client s are adequately protected from second hand smoke?	37.5% no 62.5% yes	60% no 40% yes	22.5% more said that non – smoking staff and client s were NOT adequately protected from second hand smoke.

Quitline

- Quitline referrals low
- People refusing service if referred to Quitline
- Survey and results

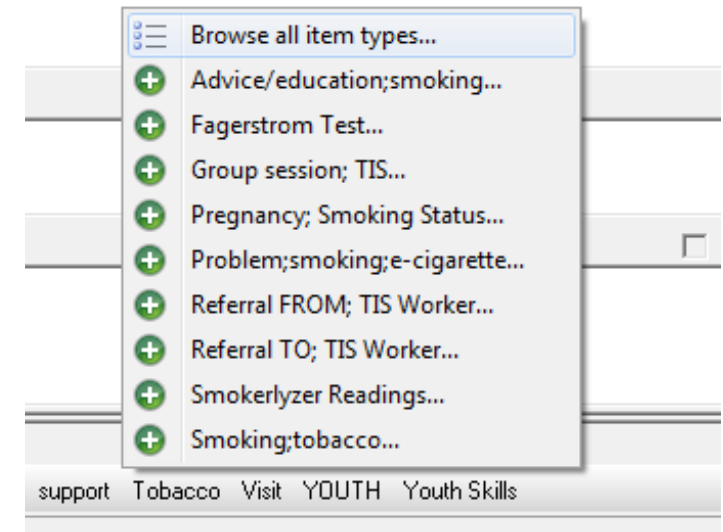
Communicare

Data we collect in communicare

- Any data that is already on the TIS tab
- Smokerlyzer readings

Communicare TIS tab update

- more reliable data
- better targeted data



Amount of people seeing any health professional / TIS team at Pangula

Supporting smoke free environments

Smoke free policy Pangula

Updated smoke free policy

Staff involvement in this process

Assisting other organizations

Mount Gambier Prison

Building our solid foundation

Assistance for Indigenous inmates and staff at the Mount Gambier prison

Putting together the action plan

Getting it to the manager

Implementation

Monitoring and Evaluation

QUESTIONS / COMMENTS

???