



## Key Facts about Quitskills



**Quitskills**

Aboriginal and Torres Strait Islander  
Quitskills Program



### Quitskills

Quitskills is a free, nationally recognised smoking cessation training program funded as part of the Tackling Indigenous Smoking initiative. The training provides participants with the confidence to support Aboriginal and Torres Strait Islander people to think about their smoking and support them with any changes they wish to make.

### Why Quitskills?

Quitskills was developed in 2012 in response to the significantly higher smoking rate—and consequent poor health outcomes and lower life expectancy—among the Aboriginal and Torres Strait Islander population.

The program has been delivered nationally to over 1,200 Aboriginal Health Workers and health professionals who work with Aboriginal and Torres Strait Islander clients. Smoke-free initiatives such as this have played a key role in driving smoking cessation rates down with recent data from the Australian Bureau of Statistics (ABS) noting that smoking rates among the Aboriginal and Torres Strait Islander population has fallen by 22 per cent in this time.

### What is new?

The Quitskills training program is progressing to online platforms using webinars, as well as taking steps to build their online presence through their website, Facebook and other online applications. From 1 May 2020, the following three-day courses will be progressively made available online:

- Quitskills brief intervention training for Tackling Indigenous Smoking
- Quitskills for Remote Communities
- Quitskills for Youth Workers
- Quitskills for Maternal Health Workers in Remote Communities

All online courses will be self-paced, so there is no need for the learner to have to complete the course within three days. The new online format will also include live webinars to enable learners to interact directly with educators.

Participants will be issued with a statement of attainment from Aboriginal Health Council SA (RTO 40142) for units of competency upon successful completion. They will also receive a Quitskills merchandise pack promoting your knowledge as a quit smoking professional.

Organisations interested in receiving Quitskills training for their staff via webinars are encouraged to register their interest via email at [Quitskills@cancersa.org.au](mailto:Quitskills@cancersa.org.au) or contact Quitskills on 08 8291 4357. Quitskills will then send out the enrolment pack and instructions on how to access the video resources.

The Quitskills program will continue to offer face to face training in locations right around Australia, when and where community access permits.