



PUYU WANTIKATINHI
LEAVE THE SMOKES ALONE

Tackling Indigenous Smoking Program

Bega Garnbirringu Health Services

Presenter: Sachin Khera



Bega
Garnbirringu
HEALTH SERVICE

Acknowledgement

“I would like to acknowledge the Traditional Owners of the land. I would also like to pay my respect to the Elders past and present and offer my acknowledgement and respect to other Aboriginal and Torres Strait Islanders who are present”.



Bega Garnbirringu Health Services

- Aboriginal Community Controlled Health Organisation (ACCHO), established in 1983.
- “Bega Garnbirringu” means “sickness gets better”.
- Comprised of clinical services, social support services and registered training centre.
- More than 110 staff serving around 8500 clients every year.



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Goldfields Rehabilitation Services Incorporation (GRSI)

- Based in Kalgoorlie.
- Provides holistic and supervised residential rehabilitation treatment services for drugs and alcohol affected people aged 18 and over.
- Also provide service to clients who have been affected by sexual violence and cannabis issues.
- Can accommodate up to 12 residents at any time.



Smoke-free Rehab program



Aim: To provide smoking cessation education and support to the residents at the GRSI management by delivering six weeks smoke-free program.

Strategies:

- Tailor the course contents to suit participants.
- Deliver education in an informal set up.
- Record smoking assessment at every session to analyse the progress.
- Refer participants to appropriate support services, including Bega clinic and Quitline.

Course contents

- Health effects of smoking and benefits of quitting
- Understanding the smoking behaviour: chemical, habit & emotional dependence
- Recognising and dealing with: conflicts, fear of failure, fear of moods, guilt, stress, social situations, anger
- Strategies to avoid smoking
- Quitting methods: cold turkey, cutting down, postponing, NRTs & prescription medications
- Withdrawal symptoms and coping strategies
- Coping without cigarettes emotionally: discuss grief curve and anger
- Staying stopped in short term: discuss short term benefits of not smoking
- Staying stopped in long term: Set a quit date; avoiding a return to smoking; situations that may trigger smoking
- Relaxation exercises and fun activities

Evaluation

1. **Pre and post surveys** – completed by each participant at first and last session.
2. **Smoking assessments** – recorded at every session. It included CO smokerlyser reading; number of cigarettes smoked each day; time of first cigarette after waking up.

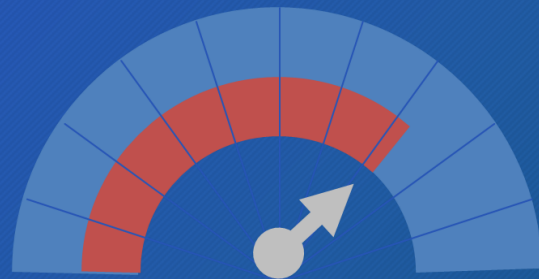
Post program evaluation results 2017



Increase in knowledge



Three out of five attempted to
quit smoking during the course



Increase in confidence (7.2/10)



Recommend to others (9.3/10)

What's next?

- Continue to run the program in 2019.
- Used as a gold standard to design prison and other programs.
- TIS team is liaising with GRSI on updating smoke-free policy and installing signage.

Thank You

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