



TACKLING INDIGENOUS SMOKING





- **The Face of TIS / TIS Workers**
- **The Pandemic**
- **World No Tobacco Day**
- **Becoming a TIS worker**
- **Resources**
- **Merchandise**
- **Storybooks**
- **MAP (Mini Activity Plan)**



The Face of TIS

Tamika Campbell
Reece Griffin

TIS WORKER

Someone that provides resources and education to groups of people to make sure they understand the importance of Quitting.

They DO NOT provide health or clinical one-on-one advice. They are simply there to promote non-smoking.



The Pandemic

Zoom Group sessions

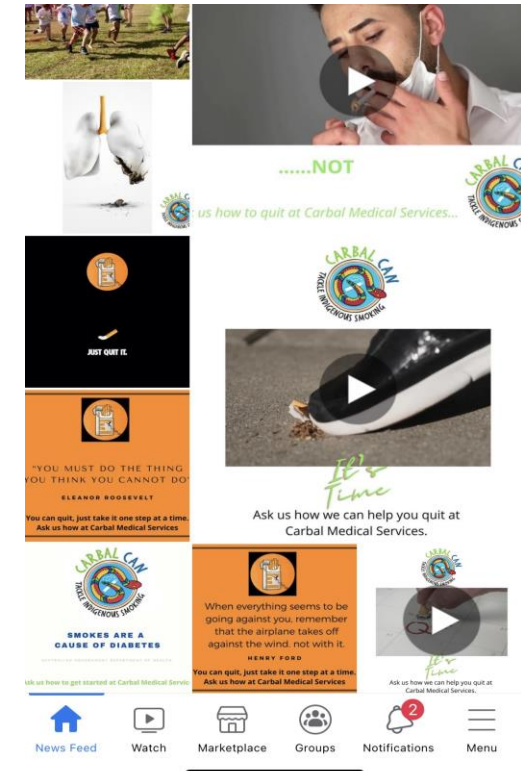


Introduction of Education Bites

V2 - TIS Education Bites: The Cost of Smoking



Increase Social Media content



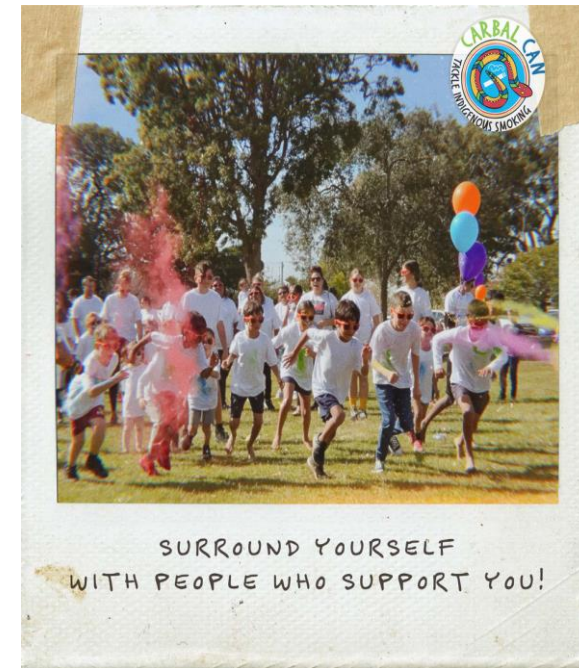
World No Tobacco Day



YOU ARE GREATER THAN YOUR ADDICTION!



A SMOKE-FREE HOME
PROTECTS
YOUR LOVED ONES



SURROUND YOURSELF
WITH PEOPLE WHO SUPPORT YOU!

What is TIS?

TIS stands for Tackling Indigenous Smoking. Its purpose is to encourage people who smoke to quit. It is also aimed at preventing people from starting to smoke.

What is a TIS Worker?

A TIS Worker is someone who provides resources and education to groups of people to make sure they understand the importance of quitting. They DO NOT provide health or clinical one-on-one advice. They are simply there to promote non-smoking.

What is Health Promotion?

Health promotion is the sharing of information that assists people in making good life choices. Like, not smoking.

How do I promote Smoking Cessation?

First of all, you start the conversation with families, or groups. If an individual wants more information you provide them with resources and refer them on to the clinic for a one-on-one yarn with the Aboriginal Health Worker. If they want to quit, you also refer them to Quitline.

Being a TIS worker

- Simple handbook
- All Aboriginal health Workers
- Outreach workers

RESOURCES

Corporate Box



This is a box full of support materials for organisations who want to help their workers who smoke, to quit. The idea is that one person within an organisation becomes the TIS champion and encourages others in their quit journey. There's a collection of stress balls, encouragement sayings, a journal to complete and a handbook. You can provide these corporate boxes to any service or organisation that you come in contact with who have smokers.

Presentation Series

We have a collection of PowerPoint Presentations that you can use if you are having a group meeting or doing a school or organisation visit. There are five PowerPoint presentations, and they are aimed at:



- Mothers
- Youth
- Workplaces
- Schools
- The Home

The TIS Online Learning Modules

These online learning modules are based on the PowerPoint presentation series but are hosted on the Carbal website. They are easy to follow modules that you can help clients work through or use them to start a discussion. You can access these by contacting our Education Coordinator Sam Seet sseet@carbal.com.au and she will flick you through a link.

Education Bites



These are 30 second to 1 minute “bites” of education and are hosted on our Facebook page. Make sure you are signed up to the Carbal TIS Facebook page so you can access these quickly and show them to your clients. These are updated fortnightly and focus on whatever the theme of the month is – workplaces, youth, second-hand smoking etc. There are many up now, so go and check them out.





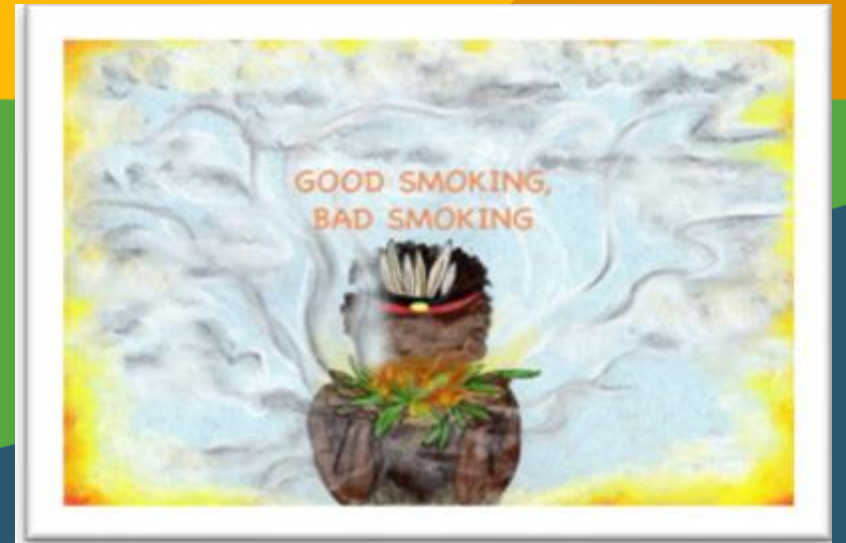
I Want to Quit Card

These cards are available to give to everyone and anyone who smokes. You can sit down and fill it out with them, and then keep talking with them about how they are going. These are also excellent for giving out to groups, at events and after presentations.

The back of the card has a white background with a red border. At the top right is the Carbal Can logo. The main heading is "This is my journey. I CAN DO THIS." in bold black text, with "my" in red. Below it is the sub-heading "These are my reasons for quitting:" in blue. There are three numbered lines for writing: "1.", "2.", and "3.". Below these is the section "My Support Team is" in bold black text. Underneath are four rows of text with lines for writing: "My Carbal TIS Team:", "My Carbal Aboriginal Health Worker:", "My GP:", "My Friends:", "My Family:", and "Other:". The Carbal Can logo is also present in the bottom right corner.

Storybooks

- **We have two TIS storybooks, one that talks about what good and bad smoking are and the other aimed at young mums and the dangers of second-hand smoke.**
- **Upwards education**
- **Increased reach for Health Promotion.**
- **Watch this space. The adventures of Biondi and Jannali and the smokes, targeted at older primary younger secondary.**

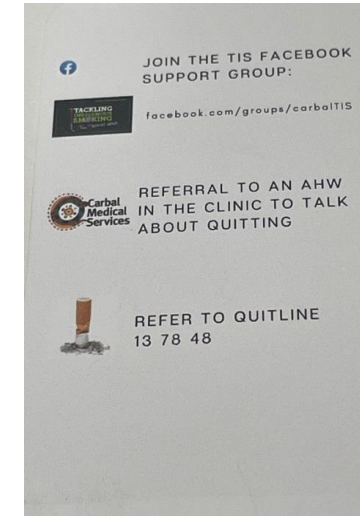
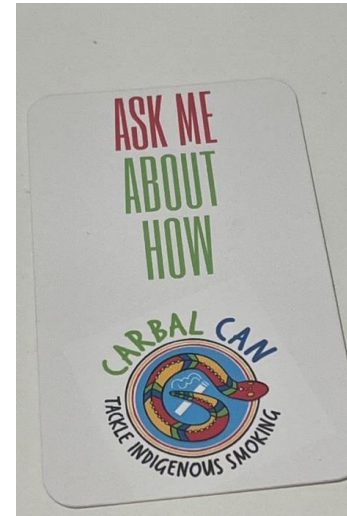
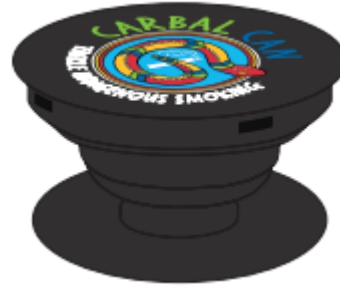


Merchandise

Merchandise is an incentive and a promotional tool to make people aware of TIS and its importance

We have three tiers of incentive:

- **Quick Win** – when you have a conversation about quitting and they take an “I want to quit card”
- **Commitment** – when they join up to the TIS Support group on FB, do a Quitline Referral or attend a presentation.
- **Demonstration** – when they have quit for 6 weeks or more. Then there is Event-specific merchandise and merchandise for Staff.



MAP's

Mini Activity Plans.

- Weekly from each staff member
- Focus on a particular indicator
- Continuous collection of data for Bi Annual Reporting

FOCUS ON FAMILIES

ACTIVITY	AIMED AT	SUGGESTED RESOURCES TO USE	OUTCOMES	INDICATOR REFERENCE (DE Only)
Provide "giving up smoking" advice	Young Mums (and Dads) who smoke	<ul style="list-style-type: none"> • Story books • TIS online module for young mums 	How many young mums did you provide advice to?	Indicator 5
			How many young dads did you provide advice to?	Indicator 5
			How many storybooks did you give out?	Indicator 1
			How many times did you access the TIS Online module?	Indicator 1
Set up a presentation time for young mums and dads at risk of smoking – group session		TIS Presentation Series for Young Mums	What is the date and time of your group?	Indicator 5
			How many people attended?	Indicator 5
			Of these, how many were smokers?	Indicator 5
			Of those who are smokers, how many want to quit?	Indicator 5
Refer any smokers to Quitline		Quitline referral process	How many Quitline referrals did you make?	Indicator 3
Refer smokers to the Clinic for AHW assistance		Carbal Clinic referral process	How many referrals did you make to the clinic?	Indicator 3

Questions & answers

Tamika Campbell
TIS Manager
Carbal Aboriginal & Torres Strait Islander Health Service.
tcampbell@carbal.com.au

