
National Best Practice Unit –
Tackling Indigenous Smoking

JURISDICTIONAL WORKSHOP REPORT WESTERN AUSTRALIA

9 September 2021



October 2021

Introduction

The Tackling Indigenous Smoking (TIS) jurisdictional workshops are an important way in which the National Best Practice Unit Tackling Indigenous Smoking (NBPU TIS) provides support to the TIS teams located in the Regional Tobacco Control Grant (RTCG) organisations.

The workshops aim to:

- develop and create working relationships with TIS teams and Project Officers with the National Best Practice Unit
- promote an evidence-based approach to tackling smoking in Aboriginal and Torres Strait Islander communities;
- share best practice of 'what works' and develop a community of practice amongst TIS teams (peer-to-peer learning and network building);
- provide a forum for resolving implementation challenges;
- provide training and tools to assist TIS teams in program delivery; and
- ensure a shared understanding of the TIS program

There are six jurisdictional TIS workshops per year¹.

The Western Australia Jurisdictional Workshop

Due to travel restrictions resulting from the COVID-19 pandemic, the Western Australia TIS jurisdictional workshop was held using a 'Zoom to Room' format. Fortunately the Western Australia-based TIS teams were able to gather in a single location, with presenters attending via a videoconference link.

The workshop was held over a full day on its planned date of 9 September 2021.

Attendance

The workshop was attended by 55 participants, including 39 representatives from all eight Grant Recipients in Western Australia. All TIS team participants attended face-to-face, with presenters attending remotely through Zoom due to the COVID-19 pandemic.

See [Attachment B](#) for a list of participants.

Program

A draft workshop program was developed on the basis of consultation with TIS teams from the jurisdiction through an online survey. See [Attachment A](#) for an outline of the program as distributed to participants ahead of the workshop.

Summaries of the Workshop sessions are as follows – please see participant presentations on the Jurisdictional Workshop presentations page of the TIS Website² for details.

¹ The workshops for New South Wales and the Australian Capital Territory, and for Tasmania and Victoria are combined.

² See <https://tacklingsmoking.org.au/resources/jurisdictional-workshop-presentations/>.

1. Housekeeping (Maxine Turner, Senior NBPU Project Officer)

2. Welcome to Country & Introductions

Tina Ewen welcomed participants to Country. Tina is a TIS Coordinator at Puntukurnu Aboriginal Medical Service and is a Noongar woman from the Whadjuk nation who are the traditional owners of the Perth region.

3. NBPU TIS Update (Eileen Van Iersel, Manager NBPU TIS)

Eileen spoke gave a brief update about what has been happening in the NBPU TIS during the last year.

There was a reminder of the NBPU TIS Consortium Structure and the staff structure of the NBPU TIS including the role of Professor Tom Calma as TIS National Coordinator, Rod Reeve as Project Director of the NBPU TIS, Associate Professor Penney Upton and Ashleigh Parnell of HealthInfonet.

As a result of COVID-19, the NBPU TIS has had to look at ways of doing things differently. This has included recruiting a Project Officer based in Sydney to provide support to the NSW and ACT TIS team, and another based in Alice Springs who is picking up the NT and QLD teams. The NBPU currently has a vacancy in the Project Officer role for South Australian, Victorian and Tasmanian teams, with these teams being supported by other NBPU TIS staff while the recruitment process is completed.

Eileen informed participants of how the NBPU TIS works with Grant Recipients. In particular, she reminded teams that when developing resources (e.g. brochures, posters, advertisements etc.) to send drafts to the NBPU TIS for comments on the accuracy of information, the evidence base, and best practice.

She also talked briefly about the Tackling Indigenous Smoking website. This is the place for teams to get so much information to support the work that they are doing.

Despite COVID-19, the NBPU TIS has continued to convene workshops both face to face and virtual.

Eileen concluded by reminding teams of the dates for the reporting period and when 6 monthly Performance Reports are due in 2022.

4. National Co-ordinator – Latest Update for the TIS Program and Q&A (Prof. Tom Calma AO, National Co-ordinator TIS)

Professor Tom gave an overview of the TIS program which was helpful to new staff entering the work of TIS. There has been a big turnover of staff in programs across the country and WA is no different.

Professor Tom spoke about TIS being in its final year of funding and expressed how important it is for the TIS program to continue; teams need to continue their work, delivering services and especially collecting data on changes occurring in smoking



Tina Ewen welcomes participants to Country

amongst community members. He also reminded teams how important it is for teams to increase their networking opportunities with other stakeholders.

Professor Tom said it was great to see that teams in WA have been out and about in their communities, both rural and remote, holding activities and getting the quit message out using mediums such as radio, television and social media.

5. TIS Teams' Success Stories

Aboriginal Health Council of Western Australia (Tomorrows Dream) and Quitline Aboriginal Liaison Team (QALT)

TIS Team is currently made up of Samuel Stubbs, Dawn Flanagan, Zac Alexander and Shirley Newell. Highlights in the program include:

- the work alongside King Edward Memorial Hospital WANDAS Clinic and the information stall focussing on the effects of smoking during pregnancy,
- engaging with 1st year Notre Dame Medical students in relation to Tobacco use in Aboriginal communities,
- delivering a presentation to the Cancer Education Course,
- development of a TIS Virtual Reality Game – Smoking deterrent activity app, and combined health promotion with the AHCWA Ear Health Program and the development of the "Simon Says" series booklet, TIS edition,
- continues to work with school in Perth Metro,
- TIS Bus campaign targeting smoking in cars,
- development of a video in relation to second-hand smoke in cars,
- QALT Team had 2 Project Officers in the WA Quitline Enhancement Project – their role is to educate, develop resources and support to health professionals who refer to the Quitline.
- The team Supports TIS teams in WA
- Attend community events promoting the Quitline service and Quitskills Training with AHCWA member services
- Distribute resources and brochures to the Aboriginal and Torres Strait Islander communities.
- Highlighted plan for the remainder of the year.

Bega Garnbirringu Health Service

This TIS team highlighted the work they do at the Goldfields Rehabilitation Services Inc. The aim of the program is to provide smoking cessation education and support to the residents at the Rehab service in a six week smoke free program. A survey is conducted before and after each session by participants and smoking assessments are recorded at every session using the Smokerlyser.

The Course content includes;

- 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

Wheatbelt Aboriginal Health Service, Country Health WA



Participants from the Western Australia Country Health Service Wheatbelt Aboriginal Health Service

The team highlighted some of the successes they have had over the year in the Wheatbelt region with the Ngamari Free campaign.

- A 2022 calendar has been produced.
- Sponsorship with sporting clubs continue with the Ngamari Free logo on uniforms and events being smoke free.
- Continue to deliver a 5 stage tobacco education session in which a survey is conducted before and after the program.

Geraldton Regional Aboriginal Medical Service

This program is located in the Midwest Murchison and Gascoyne region of WA.

- Currently deliver activities to the PCYC, School Holiday Programs in remote locations.
- Work alongside STARS and Clontarf School programs
- Have initiated the Drum Beats Program
- Have held a number of Family Fun Days and community events with other stakeholders
- Supported the GRAMS Health Days.
- Smoke Free Communities
- Smoke Free Policies with organisations
- Radio promotion
- Social Media promotion
- Local newspaper promotion
- Early School education sessions

Mawarnkarra Health Service

Mawarnkarra is based in the Pilbara region of WA and provides a service to the surrounding towns of Wickham, Karratha, Newman, Onslow as well as smaller communities within the region.

- One of the very popular and successful events held this year has been the World No Tobacco Day. Three events were hosted over a week which included good forums to connect and build rapport with community.
- A community concert was a big success and featured local Indigenous artists and Yabu and JoKeria. Promotional materials were very popular.
- A family fun day in Roebourne was another successful event for young children and families. This was an event to show the community what supports are out there for people attempting to quit.
- The team continues to deliver education sessions in schools across the region and work closely with other support services and academies.
- A competition was held to design a no smoke t-shirt with many entries that were all very good. The winning entry will have the shirt designed and given out to the communities in the region.
- TIS resources are continually developed and distributed



The Mawarnkarra Health Service TIS team presenting their success stories

Puntukurnu Aboriginal Medical Service

Members of the TIS teams from Puntukurnu Aboriginal Medical Service and Kimberley Aboriginal Medical Service at the workshop

- The TIS team is currently sponsoring 4 sporting associations in the region and two are currently being completed with the local police which include the BSC and YMCA hoops programs
- Education session in schools alongside the Clontarf and Polly Farmer Foundations continues with activities that include a frisbee tournament, quizzes, bingo and word search about smoking.
- Successful work continues in the Jigalong Remoter Community School with activities that support

the smoking education sessions and the Path to a Healthy Body sessions. These sessions include information about the poisons that are in a cigarette.

- Children earn prizes for their work in competitions
- The team had developed radio advertisements that feature West Coast Eagles and Fremantle Dockers Aboriginal players.

Kimberley Aboriginal Medical Service

- Successes: Increase in smoking status being recorded, Increase in Social Media activity, Increase in remote engagement, Increase in client meetings
- Opportunities & Future Focus - Staffing- retention, Support for AMS clinics – BI Training & resources, Smoking in pregnancy, Monitoring & Evaluation of program
- In addition to increasing the number of smoking assessments completed this reporting period Broome Regional Aboriginal Medical Service (BRAMS) have worked to develop a two-hour brief intervention training package which guides health professionals on how to use the smoking assessment as a mechanism to engage clients in a conversation around their smoking behaviors and offer brief advice and a TIS referral
- The KAMS Population Health unit has employed a 'Health Promotion Social Media Officer' within this reporting period and this has allowed the KTIS team to better promote our message of the harmful effects of smoking within the community. Using the platforms Facebook and Instagram, we are able to promote our programs as well as showcasing our ambassadors which is having a positive impact in the region. The feedback we receive from community around SOLIDfits 'Champ of the week' which is posted on social media is very positive with family members and elders of the community commenting regularly
- Have increased their reach into the community



Participants from the Broome Regional Aboriginal Medical Service TIS team at the workshop

Ngaanyatjarra Health Service

NHS is an Aboriginal Community Controlled health service providing care to indigenous people living in communities across the vast Ngaanyatjarra Lands in remote Western Australia, near the Northern Territory/South Australian borders.

- The communities we service are scattered across the Great Victorian and Gibson Deserts and most are at least 800km from a regional center.
- The TIS team carries out regular school visits across the NG lands and covers numerous topics regarding smoking.

- There are a total of 8 sessions that are carried out over a period and cover different topics such as components of cigarette, effects of smoking on lungs, monetary effects of smoking etc.
- One of the sessions that run is called What's in cigarette.
- Involves identifying the different components of the cigarette and the chemicals present in a cigarette.
- This activity has been carried out in 3 NG school campuses so far : Warburton, Kiwirrikura and Warakurna.
- At the end of each session a feedback form is completed by students and an activity evaluation form is completed by TIS workers which highlights the success stories as well as the challenges faced during these sessions.

6. Wise Practices to address Vaping (Assoc Prof Penney Upton)

In response to requests from TIS Teams, Penney's presentation covered a range of issues about vaping / e-cigarettes, including:

- what are e-cigarettes?
- evidence that vaping is increasing in Australia
- emerging evidence to support population health promotion approaches to tackling vaping
- a summary of best practice approaches to tackling vaping (using similar methods and approaches to addressing tobacco use)
- discussion with teams about the extent of e-cigarette use in their communities and how they are tackling this.

7. Looking Forward: Indigenous Smoking priorities and opportunities (Katherine McHugh, Child and Family Health Section, Department of Health)

Katherine updated participants on the TIS program from the perspective of the Department of Health, including on:

- how tobacco use is tracking against 'big picture' goals;
- the emerging priorities and policy context, including the National Agreement on Closing the Gap, the draft National Aboriginal and Torres Strait Islander Health Plan 2021-2031, the draft National Preventive Health Strategy, and the National Tobacco Strategy 2020-2030 (in development); and
- key priorities for TIS (demonstrating impact and maximising impact)

8. Impact Evaluation – TIS regional grants on smoking outcomes (Raglan Maddox PhD MPH)

This presentation was delivered by Raglan Maddox from the Australian National University (ANU) about the impact evaluation being conducted by the Australian National University of TIS regional grants on smoking outcomes. Raglan reported that Smoking rates are declining for Aboriginal and Torres Strait Islander people but there is still room for improvement. The ANU team is working with TIS teams to measure the impact of the TIS program on smoking rates, attitudes to smoking and exposure to smoking.

9. Cultural & Indigenous Research Centre Australia (CIRCA) (Isabella Saunders, Senior Research Consultant)

Isabella of CIRCA reported on the findings of the mid-term evaluation of the TIS Program which will be released once approved by the Department of Health. The evaluation has looked at the implementation, appropriateness and outcomes of the TIS program, and has made a number of recommendations about how to further enhance the effectiveness of the TIS Program.

10. Workshop Wrap Up (Prof Tom Calma AO, National Coordinator TIS)

Professor Tom reflected on the workshop, congratulating all participants and especially the TIS teams for their informative presentations.

He said that it is clear from the teams' presentations that work on Tackling Indigenous Smoking has proceeded strongly even during COVID: teams have created some great resources. Sharing ideas has been great between teams and encouraged all teams to remember to ensure they are uploaded on to the TIS website.

Professor Tom noted that partnering with other agencies has been very good in Western Australia and should be maintained, along with the population health focus of the TIS program. He also encouraged all teams to use Quitskills wherever possible.

Participant Evaluation

Each jurisdictional workshop includes participant evaluation, with both quantitative and qualitative feedback. This assists the NBPU TIS to ensure that future workshops are of most use to TIS teams.

A total of 39 responses were received from 39 attendees (response rate of 100%). Overall satisfaction with the workshop and presentations was high, even though all presentations other than TIS team stories were delivered by Zoom due to COVID travel restrictions. Sessions were generally rated as very useful or somewhat useful (see *Figure 1*).

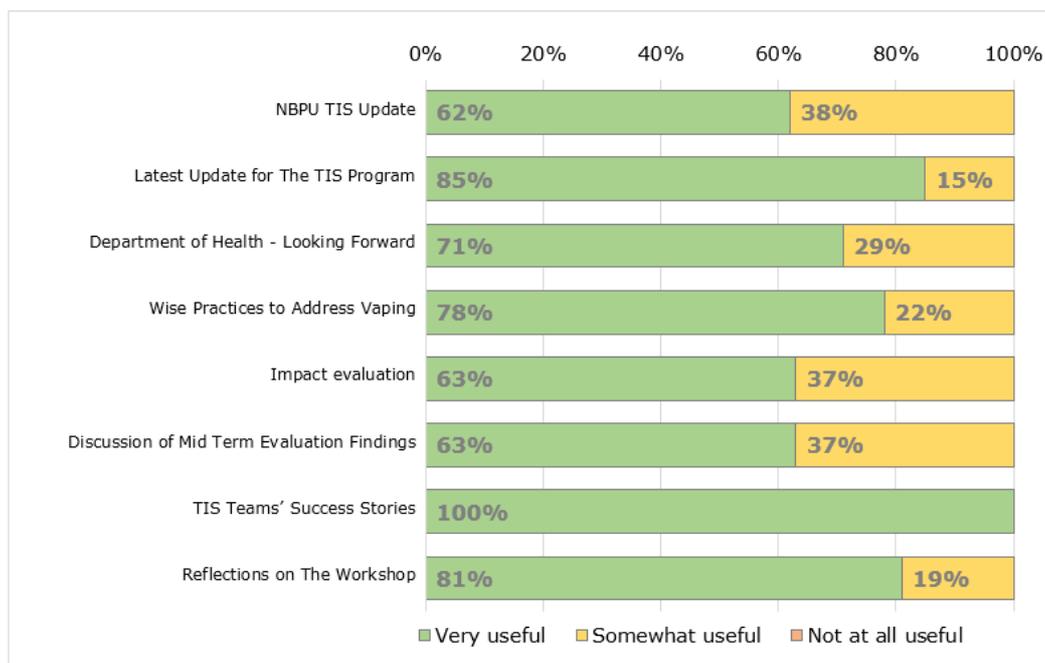


Figure 1: Participant evaluation of WA Jurisdictional Workshop, September 2021

Participants valued the update on the NBPU TIS program provided by the Unit manager:

Well presented

and the update on the TIS program provided by the National Coordinator:

Enjoyed this presentation and his updates

Excellent work very well spoken and presented

Was great to hear from Tom

Participants also gave positive feedback on the session addressing vaping:

Great to see TIS active in this space. Can't wait to see the work around this campaign.

Very useful, good presentation

Enjoy Pennys sessions a lot of information but really helpful

Was really good

And the session on the impact evaluation:

Always good to hear from Raglan

Great Presentation although saw it at Preventative Health Conference

Can talk!

Regarding the CIRCA presentation, it was noted that it:

Would be good to workshop how we improve their suggestions

As always, the sharing our stories sessions was very popular:

It's was good to see different programs from the Tis teams

Always good to hear from other Tis Teams & what they're doing

My fave by far. Always deadly to hear positive work in TIS

May favourite part of program

Well presented good jobs guys

Professor Tom's round up was also very well received:

Very good really enjoyed and got a lot of good ideas from the workshop

Great workshop

No qualitative feedback was provided on the Department of Health presentation.

Feedback on the venue was generally positive (84% of participants rated it as very good, 16% as okay) with comments including:

Very clean

Was really nice

However, some comments suggested possible improvements to the venue:

Need more seating and tables for extras that have joined us on the second day of the conference

Out of the city would have been better

One person also comment on some of the issues experienced around IT:

IT issues frustrating to watch. Someone with IT experience would be of benefit for future workshops like this.

The support and facilities at the venue do make a big difference to how well the 'Zoom to Room' approach works. However, it is not always evident in advance how effective technical support is when venues are chosen from a distance and there is no possibility of a site visit in advance of the workshop. Choosing and booking venues well in advance of the workshops will help overcome this and should be considered for next year.

Feedback on the catering was generally positive (56% very good; 41% okay; 3 % not good at all). The only comment on the catering was related to personal preferences and does not seem to reflect the overall positive rating of the food:

Don't like mushrooms.

ATTACHMENT A: Workshop Program

**W.A Tackling Indigenous Smoking
Jurisdictional Workshop Program**
Thursday 9 September 2021
Wattle Room -Doubletree by Hilton Northbridge



Time	Session	Facilitators/Speakers
8:50 – 8:55	Welcome and Housekeeping	Maxine Turner NBPU Senior Project Officer
8:55 – 9:05	Welcome to Country & Introductions	Maxine Turner NBPU Senior Project Officer
9:05 – 9:20	NBPU TIS Update	Eileen Van Iersel NBPU TIS Manager
9:20 – 9:50	National Co-ordinator - <i>Latest Update for the TIS Program and Q&A</i>	Prof. Tom Calma AO National Co-ordinator TIS
9:50 – 10:30	RTCGR / TIS Shared Success Story	Aboriginal Health Council of WA and QALT
Morning Tea Break		
10:45 – 11:10	RTCGR / TIS Shared Success Story	Bega Garnbirringu Health Service
11:10 – 11:35	RTCGR / TIS Shared Success Story	W.A Country Health-Wheatbelt Aboriginal Medical Service
11:35 – 12:00	RTCGR / TIS Shared Success Story	Mawarnkarra Health Service
12:00 – 12:20	RTCGR / TIS Shared Success Story	Geraldton Regional Aboriginal Medical Service
Lunch Break		
1:10 – 1:40	Wise Practices to address Vaping	Assoc. Prof. Penney Upton University of Canberra
1:40 – 2:05	RTCGR / TIS Shared Success Story	Puntuturmu Aboriginal Medical Service
2:05 – 2:35	Department of Health - <i>Looking Forward: Indigenous Smoking priorities and opportunities.</i>	Katherine McHugh – TIS Program Manager Department of Health
2:35 – 3:15	Impact Evaluation – <i>TIS Regional Grants on Smoking</i>	Dr Raglan Maddox PhD MPH Australian National University
Afternoon Tea Break		
3:30 – 3:55	RTCGR/TIS Shared Success Story	Kimberley Aboriginal Medical Service Inc.
3:55 – 4:15	RTCGR/TIS Shared Success Story	Ngaanyatjarra Health Service
4:15 – 4:45	Cultural & Indigenous Research Centre Australia (CIRCA)	Isabella Saunders - CIRCA Senior Research Consultant
4:45 – 5:00	National Co-ordinator's Wrap Up	Prof. Tom Calma AO National Co-ordinator TIS

Attachment B: Attendance

#	Name	Organization
1.	Tom Calma*	TIS National Coordinator
2.	Dawn Flanagan	Aboriginal Health Council of Western Australia
3.	Rickesha Burdett	Aboriginal Health Council of Western Australia
4.	Samuel Stubbs	Aboriginal Health Council of Western Australia
5.	Tara Rowe	Aboriginal Health Council of Western Australia
6.	Alex Champion	Bega Garnbirringu Health Services
7.	Ana King	Bega Garnbirringu Health Services
8.	Annarella Mongoo	Bega Garnbirringu Health Services
9.	James Champion	Bega Garnbirringu Health Services
10.	Jardaye jones	Bega Garnbirringu Health Services
11.	Victor Smith	Bega Garnbirringu Health Services
12.	Ashley papertalk	Geraldton Regional Aboriginal Medical Service
13.	Azizah Roe	Geraldton Regional Aboriginal Medical Service
14.	Brent walker	Geraldton Regional Aboriginal Medical Service
15.	Carmel Narrier	Geraldton Regional Aboriginal Medical Service
16.	Denise Garlett	Geraldton Regional Aboriginal Medical Service
17.	Ben Phillips	KAMS (Broome Regional Aboriginal Medical Services)
18.	Cassandra Matsumoto	KAMS (Broome Regional Aboriginal Medical Services)
19.	Lattrell Matthews	KAMS (Broome Regional Aboriginal Medical Services)
20.	Melati Bin Aziz-Roe	KAMS (Broome Regional Aboriginal Medical Services)
21.	Deborah Gordon	KAMS (Derby Aboriginal Health Service)
22.	Glenys Gillespie	KAMS (Derby Aboriginal Health Service)
23.	Kate Black	KAMS (Ord Valley Aboriginal Health Service)
24.	Chloe Malay Murphy	KAMS (Yura Yungi Medical service)
25.	Maureen O'Meara	KAMS (Yura Yungi Medical service)
26.	Zenneth Cox	KAMS (Yura Yungi Medical service)
27.	Ben De Meo	Kimberley Aboriginal Medical Service (KAMS)
28.	Mandy McSherry	Kimberley Aboriginal Medical Service (KAMS)
29.	Chelsea Paterson	Mawarnkarra Health Service
30.	Jeramey Bonney	Mawarnkarra Health Service
31.	Reagan hick	Mawarnkarra Health Service
32.	Thomas Storey	Mawarnkarra Health Service
33.	Arzoi Singh	Ngaanyatjarra Aboriginal Medical Service
34.	Nicholas Haney	Puntuturnu Aboriginal Medical Service
35.	Tina Ewen	Puntuturnu Aboriginal Medical Service
36.	Alyssa Thompson	Western Australia Country Health Service (Wheatbelt Aboriginal Health Service)

Attachment B: Attendance

#	Name	Organization
37.	Connie Yarran	Western Australia Country Health Service (Wheatbelt Aboriginal Health Service)
38.	Ellen smith	Western Australia Country Health Service (Wheatbelt Aboriginal Health Service)
39.	Kelsey Osborne	Western Australia Country Health Service (Wheatbelt Aboriginal Health Service)
40.	Kristy Jetta	Western Australia Country Health Service (Wheatbelt Aboriginal Health Service)
41.	Katherine McHugh*	Department of Health
42.	Raglan Maddox*	Australian National University
43.	Isabella Saunders*	Cultural and Indigenous Research Centre Australia (CIRCA)
44.	Narelle Heydon	Department of Health WA
45.	Kostas Varnavides	Department Social Services
46.	Nigel Weaire	Department Social Services
47.	Tanya Huynh	Department Social Services
48.	Ashleigh Parnell	NBPU TIS
49.	Eileen Van Iersel*	NBPU TIS
50.	Glenn Clarke	NBPU TIS
51.	Kelly Franklin*	NBPU TIS
52.	Max Turner	NBPU TIS
53.	Penney Upton*	NBPU TIS
54.	Rod Reeve*	NBPU TIS
55.	Scott McClellan	NBPU TIS

* Participated by videoconference (Zoom)