

Supporting People to Stop Smoking

3hour smoking cessation training session for community service workers.

Community service workers are in a pivotal position to have a conversation with their clients about smoking and to provide information and support on how to quit. They

- have existing connections with priority populations (as identified in the Tasmanian Tobacco Control Plan 2017-21), often seeing clients on a regular basis
- are trained in promoting positive behaviour change
- are committed to improving the wellbeing of their clients

Objectives of the training:

- Build the capacity of workers to deliver best practice, evidence-based smoking cessation support to their clients who smoke
- Give workers the confidence to have a smoking conversation with their clients and integrate smoking care into everyday care
- Assist workers to understand smoking as a social justice issue which impacts on the health, social and economic wellbeing of their clients

Training includes:

- Aspects of smoking – addiction, habits, emotions
- Dealing with withdrawals and relapse
- Pharmacotherapy products
- Resources and supports for people who want to quit
- How the Quitline 13 7848 supports people who want to stop smoking
- Smoking cessation brief interventions – how to have the conversation with clients in a non-judgemental way
- Making smoking care part of routine care – how can workers do this in their workplace?

Resources include:

- Community Service Workers Toolkit ‘Help Your Clients Quit for Good’
- Tackling Tobacco Smoking Care Pack
- Quit Tasmania smoking cessation resources
- Quitline referral form

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