

## SERVICE DELIVERY ABSTRACT TEMPLATE

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### Challenging the Smoke in Addictions

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**Background:** New Zealand has a goal of being Smokefree by 2025. The mental health and addiction (MH&A) workforce<sup>1</sup>, and service users have historically had a high rate of smoking (about half of addiction service users smoke<sup>2</sup>). Waitemata DHB recognised that this goal will not be met for our MH&A service users unless the DHB takes a comprehensive approach to bringing about a culture change in these services.

**Description of intervention:** The DHB funded Specialist Smokefree Coordinators to work with DHB services and NGOs. The coordinators took a multi-pronged approach to support attitudinal and procedural changes to improve smokefree practice, including;

- Growing smokefree leaders in the MH&A sector
- Addressing the myths that MH&A service users can't and don't want to quit
- Training the MH&A workforce in brief interventions and stop smoking support
- Ensuring that both DHB and NGO premises have comprehensive smokefree environments policies, that go beyond what is legally required
- Developing tailored approaches to quitting that work for MH&A service users

**Effectiveness:** The project has produced innovative and successful methods and models that have facilitated noticeable changes in attitudes and knowledge.

**Conclusion and next steps:** The specialist roles have provided in depth insight into the challenges and barriers for this population. Determining tobacco addiction as a priority along with other substances/care needs remains a challenge. Further work is required to develop a sustainable model of stop smoking support for this population.

**Disclosure of Interest Statement:** Waitemata DHB is a government funded service, the authors have no conflicts of interest.

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<sup>1</sup> Edwards, R, Bowler, T., Atkinson J., and Wilson, N., ....

<sup>2</sup> Waitemata DHB Smoking Status Census 2015