



**ODYSSEY**

changing lives



# IS A SMOKEFREE ENVIRONMENT ACHIEVABLE WITHIN THE THERAPEUTIC COMMUNITY?



**HIGHER  
GROUND**  
DRUG REHABILITATION TRUST



# BACKGROUND

Long history of smoking in treatment

Maori / Pacific more likely to smoke

Treated alcohol & drug often in isolation of smoking

Overall poor health



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**KEEP  
CALM  
AND  
CARRY ON  
SMOKING**

# FAILURE TO STOP THE JUGGANAUGHT

- Concerted effort by providers to stop the change
- Staff buy in .....an issue
- Client buy in....an issue
- Board buy in ....an issue
- United we stand....divided we fall



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# THE CHANGE



# EMBRACING THE CHANGE

- NRT and other supports
- Client attitudes
- Shifting the culture.....**STAFF ATTITUDES**
- Monitoring
- Leadership



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# BENEFITS OF THE POLICY

Aside from health and financial benefits there have been other wins;

- More mixing amongst service users
- A cleaner environment
- “Clearer heads”
- Smoking often linked to other addictions
- Good opportunity to “give it a go” in a supportive environment



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# THE FUTURE

- Continuum of smokefree interventions / relapse prevention
- Case studies
- Human resource interventions
- Celebrating success
- Weight management
- Consistent key messaging



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