

# Helping people with mental illness to *Be Tobacco Smoke Free!*

## ONE DAY WORKSHOPS

Training for all those who work with people with mental illness and want to support them to quit or reduce tobacco.

### **Dates in 2010:**

28<sup>th</sup> July, Wednesday  
10<sup>th</sup> August, Tuesday  
1<sup>st</sup> Sept, Wednesday

### **Place:**

Diamond Clubhouse, 19 Kilkenny Rd Woodville Park  
Diamond Clubhouse, 19 Kilkenny Rd Woodville Park  
Glenside Learning Centre, Fullarton

**Time:** 9.00 am - 4.30 pm

**Cost:** Free

### **Registration:**

[www.health.sa.gov.au/mentalhealth](http://www.health.sa.gov.au/mentalhealth)

and then program and events and mental health training calendar.

Download registration form and fax to 83031455  
or email to [mhlearning@health.sa.gov.au](mailto:mhlearning@health.sa.gov.au)  
or phone: 82002000 or 82002006.



### **Topics covered will include:-**

- Tobacco and mental illness, the problem
- Steps to addressing tobacco
- Motivational Interviewing
- Brief intervention approach
- Special issues and mental illness
- Dealing with nicotine withdrawal
- Mental Health Services environment, policies and practices
- Services available and linking with them

**For more info. email: [maxie.ashton@health.sa.gov.au](mailto:maxie.ashton@health.sa.gov.au)  
or phone: 82002000 or 82002006**

## ***Learning objectives:***

### ***This session will enable participants to:-***

Have an understanding of the importance of addressing tobacco with people with mental illness

Effectively identify smokers with mental illness and describe the 5As model of brief intervention as recommended by the Smoking Cessation Guideline for Australian General Practice, 2003.

Understand the role of the health professional in assisting people with mental illness to address tobacco.

Understand the Stages of Change Model and how to apply it within a clinical setting, in particular in relation to nicotine addiction

Have an understanding of the special issues that arise for people with mental illness when addressing tobacco and how to effectively assist them.

Have an understanding of the effect of environmental factors on tobacco smoking and how policies and practices within mental health services can make it more difficult to address tobacco.

Describe services that are available and know how to refer people with mental illness to these services.

Be aware of effective pharmacology for helping people deal with nicotine withdrawal and its application with people with mental illness.