

PALM: A SMOKE FREE ADOLESCENT  
THERAPEUTIC COMMUNITY. A UNIQUE  
APPROACH TO IMPROVED HEALTH  
OUTCOMES FOR YOUNG PEOPLE.

Presented by Wesley Stokes  
Auckland October 2015

!

Aim of presentation is to share this challenge with other TCs and encourage others to continue being or go smoke free.

- Why
- The prep
- The big day
- Our Policy and procedures
- The outcomes.

• This guy is a non smoker!



# The PALM Program in short!





- ▣ A meta-analysis of 19 randomized controlled studies found that smoking cessation interventions provided during addictions treatment were associated with a 25% increased likelihood of long-term abstinence from alcohol and illicit drugs
  - (Prochaska, Delucchi & Hall., 2004)
- ▣ A study of 2,316 cigarette smokers in residential drug treatment showed that smoking cessation was associated with greater abstinence from drug use after completion of drug abuse treatment.
  - (Lemon, Friedmann & Stein., 2003)

# The prep

- ▣ The first big step!



- ▣ On the 1<sup>st</sup> of January 2008 PALM Sydney became a smoke free Rehab.
- ▣ On the 16 of May 08 PALM Sydney went back to allowing smoking but with restrictions.



## Staff feedback

“it was the constant sneakiness from YP and having to police the house which I felt created a divide between YP and aodws.”

“the inconsistency and lack of action when it came to smoking – we were a non smoking program but residents were still smoking and yet weren’t getting discharged.”

“I also don’t think that being completely non smoking is relevant to the real world, when the YP are at TAFE, or work they will still be able to smoke just on their breaks and in free time.”

Only 3 YP at a time in the smoking area – 1 smoke per YP (No halves) – other residents must not be past the yellow lines

WEEKDAYS

7:30AM- 7:45AM

After morning Rec 10:00am – 10:15am

After lunch wash is completed (earliest 12:45PM- 1.00PM)

3:00PM- 3:15PM

After dinner wash for next 15mins

After late chores and wind down for next 15mins

WEEKENDS

9:30AM- 9:45AM

After Lunch time first 15 mins only

3:00PM- 3:15PM

After dinner wash for next 15mins

After late chores and wind down for next 15mins

There is to be NO SMOKING during:

Morning exercise

In between morning meeting and first group

During group time – If the young person is sent out of group or leaves group they are not allowed to smoke

In between hand over and 3<sup>rd</sup> group

On Shop Runs

During Evening Rec

After Bed Time



## June 2014 meetings outcomes

- ❑ Brainstorming potential consequence system for residents that do smoke in PALM
- ❑ Leading up to this time let's change our language; stop referring to it as "smoke time" and "last smokes"
- ❑ Going to get yp into projects to make up for all this free time so instead call it "free time" or "project time"
- ❑ Staffs that do smoke will not be able to come into PALM smelling like smoke – that's mean! - And no smoking in the garage and leaving butts there please.
- ❑ Have more activities available like games, sport, art, music equipment and snacks.
- ❑ Consult all people coming in the future and change on welcome pack.
- ❑ Erect info about reducing smoking on walls and benefits of this.
- ❑ Book in smoking cessation training for all team.



## July 2014 more procedures developed

- ❑ Implement new reduced times for smoking. Take away after rec, before handover, after dinner smoking times.
- ❑ In groups for 15min – 1 smoke per YP
- ❑ Quit Smoking Groups for YPs.
- ❑ New activities to replace smoking i.e. girl and boys groups, girl pampering groups.
- ❑ More food to be ordered in replacement of smoking. Healthier food options and options of cooking group.
- ❑ Nicobait supplies to be ordered – mints, light patches. Start NRT program.

# September first 2014, the big day



# Somewhere between the two



# Days events to celebrate

- ▣ De-butt group.
- ▣ Handing in smokes and lighters
- ▣ Community lunch
- ▣ Room searches

# Policy's and Procedures'



## We will provide information to clients on internal and external supports available to reduce and quit smoking by:

- ❑ Information and support on smoking cessation will be available to clients
- ❑ Residents/young people are required to complete a reducing smoking journal in their first few weeks at PALM
- ❑ Smoking cessation support groups will be available through the organisation's Therapeutic Community, fortnightly. This group is based on information about reducing smoking and also motivations of peoples wants or not wants to reduce or stop.
- ❑ Each young person will have a reduction or quite smoking goal on their action plan.
- ❑ Feedback around this goal is given by the therapeutic community on a regular basis.
- ❑ Nicotine Replacement Therapy (NRT) is available to all residents. The amount and type of NRT is assessed on an individual basis and in conjunction with their action plans. PALM staff will actively source opportunities for all clients to access subsidised NRT.

## Smoke free recognition, reward, incentive and accountability for residents and Community.

### On weekends;

- ▣ Smoke free from Friday E/S to Saturday E/S = Manly Ferry ride for McDonalds Ice Creams after dinner.

### During the week:

- ▣ No smoking on an E/S = A nice hot lunch the next day.
- ▣ No smoking on a D/S = Dessert after dinner that night.
- ▣ Please refer to Community Gotcha board in AODW office for keeping records if people remain smoke free.

## Individual

If a resident is smoke free for 4 days in a row they will be able to;

- ▣ Go shopping with their support worker or Counsellor Friday afternoon
- ▣ If they have no money, P/C can be used to buy a drink of choice.

## House accountability

- ▣ A house meeting is to be conducted if a resident is found to continuously be non-compliant with PALM's smoke free policy or if no one owns up if smoke can be detected.
- ▣ These are to be called Honesty Meetings.
- ▣ If there is a collective increase in non-compliance with PALM's smoke free policy and it is becoming a house issue, then a house meeting will be called to highlight the issue.

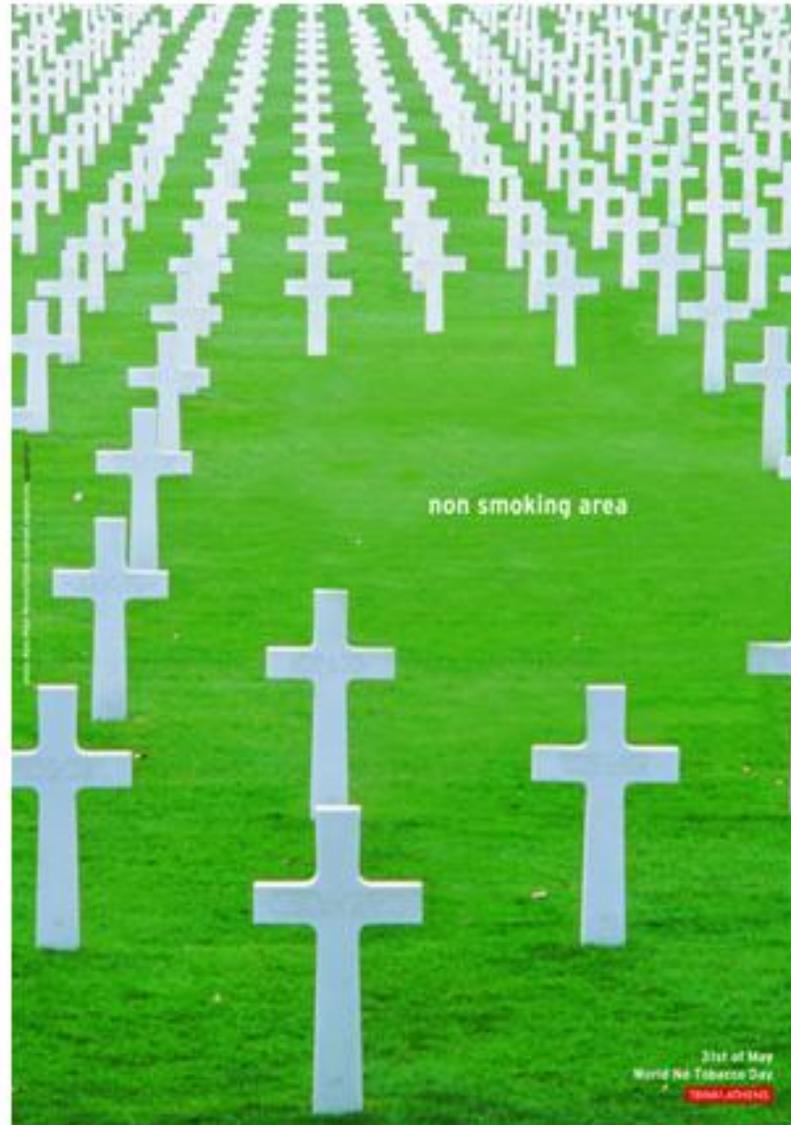
# Individual accountability

- ▣ On the spot consequence will include;
- ▣ Hand in a lighter
- ▣ A cleaning task
- ▣ Fill in DARN IT form.
- ▣ Random room search

## Darn it! – A smokers natural consequence

- ▣ What triggered you wanting a smoke?
  - ▣
  - ▣
  - ▣
  - ▣
- ▣ What were you feeling at the time you had the smoke?
  - ▣
  - ▣
  - ▣
  - ▣
  - ▣
- ▣ Next time you have a nicotine craving what could you do instead?
  - ▣
- ▣ Where did you smoke
  - ▣
  - ▣
  - ▣
- ▣ Complete a task from the big book of cancer.

# The Big Book of Cancer



31st of May  
World No Tobacco Day

© 2011 JTI Inc.

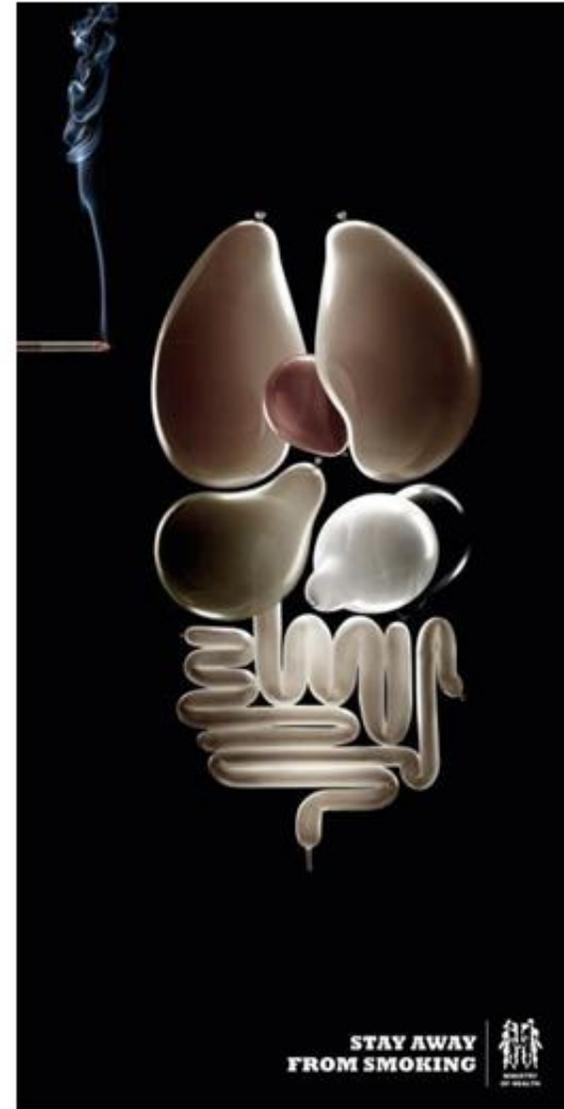
## The Cost of Smoking

With an apdw visit: <http://www.bupa.com.au/health-and-wellness/tools-and-apps/tools-and-calculators/cost-of-smoking>

Figure out how much you are spending per year on smoking.

Write down three things you could have bought with the money you spend on smoking this year





**A CHEAPER  
WAY OF  
LOOKING  
SMOKING  
HOT...QUIT!**

**READY TO BE TOBACCO FREE?**

**CALL 1-866  
NEW-LUNG  
(639-5864)**

**FOR FREE HELP IN QUITTING TOBACCO**



Tobacco Prevention and Control programs are made possible by Tobacco Settlement Revenue from settlements by the Courts of 34 States, Health Care Agency/Insurance Plan, Foundation Program.



## How smoking affects your looks



### Bags under your eyes

Don't you hate it when you can't get a good night's sleep—and it shows on your face?

If you smoke, you're four times as likely as ~~non-smokers~~ to report feeling ~~upset~~ after a night's sleep, according to Johns Hopkins study.

Why the lack of shut-eye? It's possible that nightly nicotine withdrawal could be causing you to toss and turn. And unfortunately, poor sleep doesn't equal pretty.



### Psoriasis

An autoimmune-related skin condition (scaly skin)

According to a 2007 study, if you puff a pack a day for 10 years or less, psoriasis risk goes up 20%; 11–20 years and your risk is 60% higher; and for those who pass the two-decade mark, the psoriasis risk more than doubles.



### Icky teeth

Wouldn't you love to have a set of dazzling white, Hollywood-like choppers? If you smoke, you can kiss that dream good-bye.

It's the nicotine in cigarettes that can stain teeth.



So in addition to the escalating costs of buying and smoking your ciggy, add in the cost of tooth whitening. A professional procedure to clean your teeth costs an average of \$500 to \$1,000.



Smoking causes impotency.



Issued in Public Inter

### Smoking Causes Impotence – An Inability to get Erect

Both smoking and erectile dysfunction have often been associated – individually – with plaque build-up in the arteries, called atherosclerosis. The plaque obstructs blood flow through vessels, causing a host of circulatory problems throughout the body, such as erectile dysfunction.

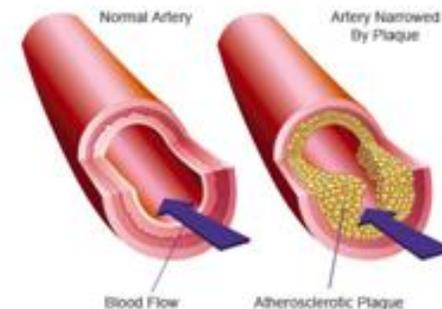
- Men who smoked more than 20 cigarettes daily had a 60% higher risk of erectile dysfunction, compared to men who never smoked.
- 13% of the past and present smokers had experienced erectile dysfunction.
- Men who currently - and formerly – smoked were about 30% more likely to suffer from impotence.
- Whereas among men who had never smoked, 12% had erection problems.

#### Effects of nicotine

Nicotine encourages the blood vessels to squeeze tight, potentially slowing the flow of blood to the penis. Even worse, a long-term habit can permanently damage arteries throughout the body, including those that feed the penis. Although impotence is largely a problem of older men, younger men who smoke may discover that they have weaker erections as a result of constricted blood vessels.

In another study they hooked up penile sensors to 42 male smokers and then showed them erotic movies. Some of the subjects smoked high-nicotine cigarettes before watching the movies, while others ate candy. The unsettling results: Just two cigarettes significantly reduced "penile diameter" during the show. In plain language, that means smaller, softer erections.

More recently, in a 2006 Australian study of 8,367 men, researchers reported that smoking increased the likelihood of impotence by 27 percent and concluded it was significantly associated with erectile dysfunction. They also discovered that the more a man smoked, the more likely it was that he would suffer from erectile dysfunction.



If blatant non-compliance with PALM's smoke free policy is occurring residents will be choosing;

- ▣ Warning
- ▣ Caution
- ▣ Borderline
- ▣ Discharge

# The outcomes



# In the Program

Over a 6 week period in August o September this year.

- ▣ Average people in program = 12
- ▣ Largest- 31 smoking caught a week. - smallest 4
- ▣ Over all average = 15 smokes (that we know of) a week.

Financial year stats; 2013-2014

Retention rates 40 days average in PALM.

Occupancy rates 74%

Financial year stats; 2014-2015

Retention rates 32 days average in PALM.

Occupancy rates 82%

THANKS FOR COMING



**noffs™**