

# Smoking Stopped - “A Smoking Gun”



ANNE CARROLL RN  
HIGHER GROUND



**METH**



# Antisocial Personality Behaviour



A pervasive pattern of disregard and violation of the rights of others





**The Twelve Steps of Narcotics Anonymous**

1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe in a Power greater than ourselves, called upon that Power and sought only its will.
3. We made a decision to turn our will and our lives over to the care of God as we understood Him.
4. We made a list of our wrongs and prayed for God to remove them.
5. We admitted the truth about our addiction to God, to ourselves, and to another human being.
6. We became entirely open to God, ready to have Him remove all our defects.
7. We humbly asked God to remove our defects and to give us the strength to live without our addiction.
8. We made a list of our defects and prayed for God to remove them.
9. We accepted the fact that God would remove our defects only as we became willing to let Him remove them.
10. We accepted the fact that God would remove our defects only as we became willing to let Him remove them.
11. We accepted the fact that God would remove our defects only as we became willing to let Him remove them.
12. We accepted the fact that God would remove our defects only as we became willing to let Him remove them.

**Rules of Group**

1. Confidentiality
2. Respect yourself & others
3. No acts / threats of violence
4. No sexually acting out
5. No intimidating behavior
6. Speak from the "I" e.g. I feel, I had, I am
7. Be on time



# HIGHER GROUND

DRUG REHABILITATION TRUST

## Therapeutic Community

- Promote Change & Personal Growth
- Forms a miniature society
- Distinctive roles & clear rules

[www.freebookmarkscalendars.com](http://www.freebookmarkscalendars.com)

# 2013

JANUARY						
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100%

Smoke Free Zone

# Staff Buy-In

- Success needs Staff Support
- To role model behaviour
- Health Professionals Behaviour & Attitudes affect Success
- De-normalize smoking
- Goal of 100% Smoke-Free Staff

## Staff Buy-In cont.

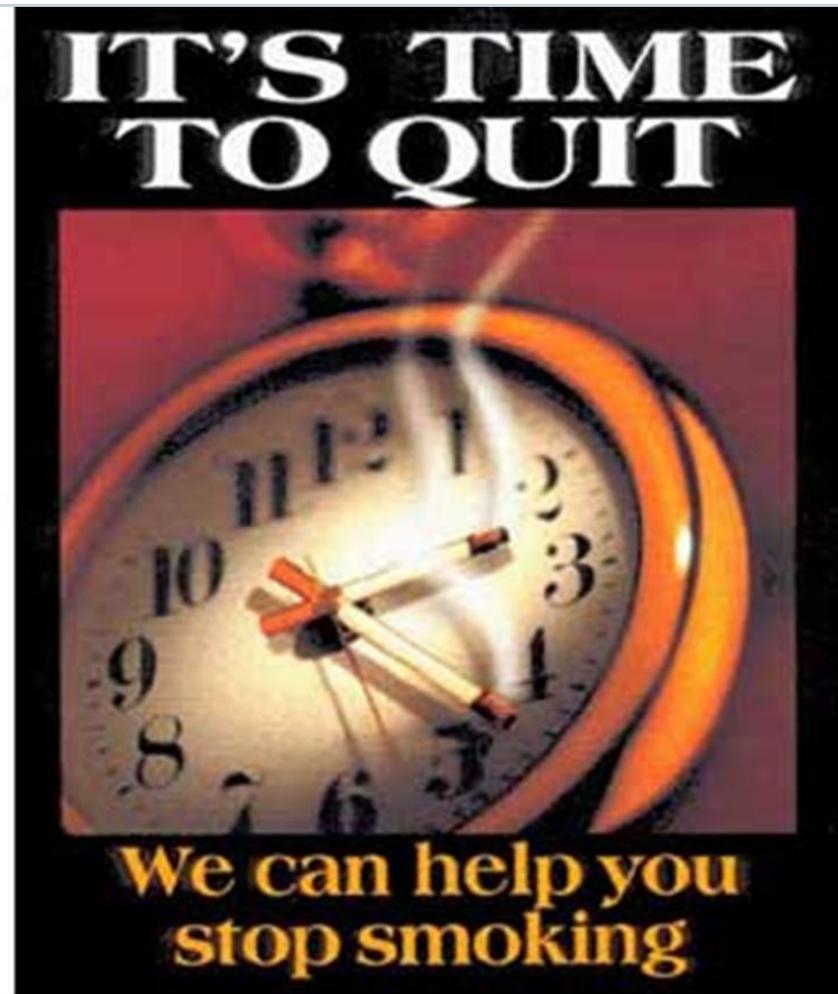


- Staff smoked along side clients as support
- Conveying smoking had a therapeutic value
- Smoking needed to be de-normalised
- The health risks exposed
- We offered smoking staff support to quit
- Currently HG has 3 smoking staff

# Six Months To GO

- Property Smoke-Free for all Staff
- Pre-Admission Clients Informed
- Cessation Support now standard practice

The  
Count  
Down  
Has  
Started



# Smoking Cessation Groups



- Withdrawal Techniques
- Processing Anger
- Self Soothing – calming activities
- Relaxation & Meditation
- NRT offered to all Smokers



KEEP  
CALM  
AND

Get Ready for  
Group Therapy

# 90 Days To Go



## Smoking reduction

- Progressively restricting time
- NRT – patches and lozenges
- Breathing & relaxation coaching
- Smoking cessation groups continued
- Meditation every morning
- Incentives – movie passes
- Introduced nicotine anonymous groups



NICOTINE  
ANONYMOUS

# CELEBRATION



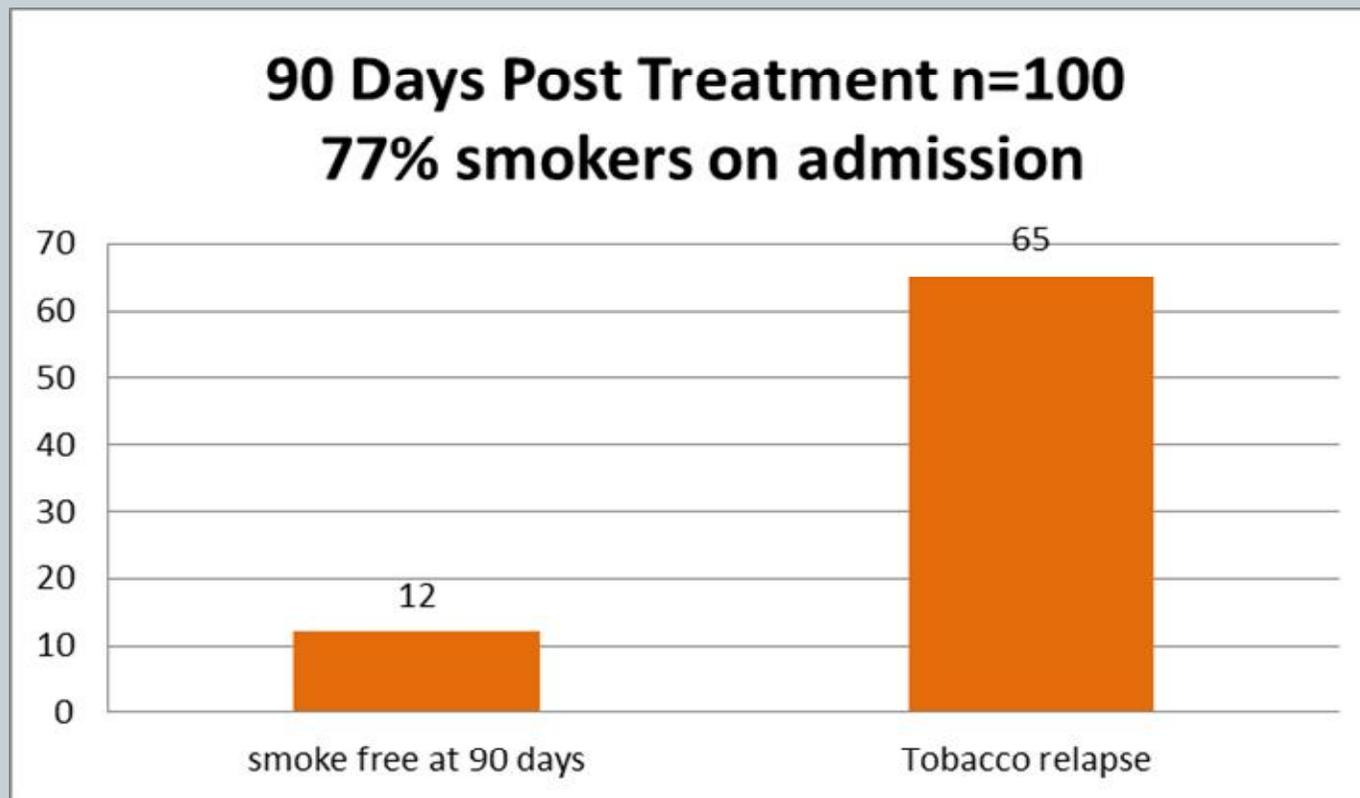
HIGHER  
**GROUND**

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**Smoking is prohibited  
on this property  
at all times**

# Follow-up Data



# Relapse Triggers

- Smoking cessation groups stopped
- Barriers common to vulnerable groups
  - Stressful life style
  - Acceptance from peers
  - A “feel-good” that is still legal
  - Accepted and cool around whānau and friends
  - Helps in awkward social situations
  - Lack of supportive accommodation
  - 12 Step Meetings normalised smoking

# Combined Addiction Treatment



- Combination treatment more effective
- AOD treatment applies to smoking
- Correlated behaviours
- Complete abstinence reduces risk of relapse
- No evidence of negative effect
- Complete abstinence may increase client's "sense of mastery" targets all addiction

# Conclusion

- Program completely smoke-free
- Residents have extended smoke-free experience
- Residents learning new ways to socialise–smoke-free
- Residents notice their health improvements
- Most are grateful for the opportunity
- We have laid the groundwork for further development

# References

1. One addiction at a time (2007 ) Retrieved from:  
<http://www.drugfoundation.org.nz/book/export/html/1622>
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