

Way Station Inc.

Working toward a smoke and tobacco free campus by
May 2016

Current Tobacco Use Policy

- * Way Station Inc. seeks to educate participants about health issues and healthy living. Tobacco has been proven to be hazardous to one's health and is therefore discouraged. For purpose of positive role modeling and health promotion for our clients, staff are not permitted to smoke in front of or with clients. Education and support groups are offered to help both staff and clients stop the use of tobacco. Staff and clients who use tobacco are expected to be respectful towards non-smokers to protect their health and to avoid exposing others to second hand smoke. Staff are also expected to monitor their use of smoke breaks to not interfere with work productivity.

Getting Ready

- * WSI has used a variety of resources to develop the plan for becoming a smoke free campus.
- * The main source has been the ***Tobacco-Free Toolkit for Community Health Facilities*** from the Behavioral Health & Wellness Program at the University of Colorado Denver

Concerns

- * Having to be the “police”
- * Will clients still come into the program?
- * How will it effect our neighborhood?
- * How will it change the way we interact with clients?

Preparing the Staff

- * Announcement at an all staff meeting and via an email about 1 year prior to implementation.
- * Partnered with WSI health insurance provider to offer incentives and low cost programming to staff interested in making healthier choices.
- * Created a new policy for each of the roles and facilities concerning smoking and tobacco use.

Preparing the Clients

- * Started Smoking Cessation group along with already established health and wellness groups.
- * Partnered with Health Home Staff to ready themselves with assisting clients who are ready to talk about quitting.
- * Partnered with the Health Department to obtain materials and FREE Nicotine Replacement Therapy (NRT).
- * Announcement of the change made by the CEO about 1 year from the proposed date.

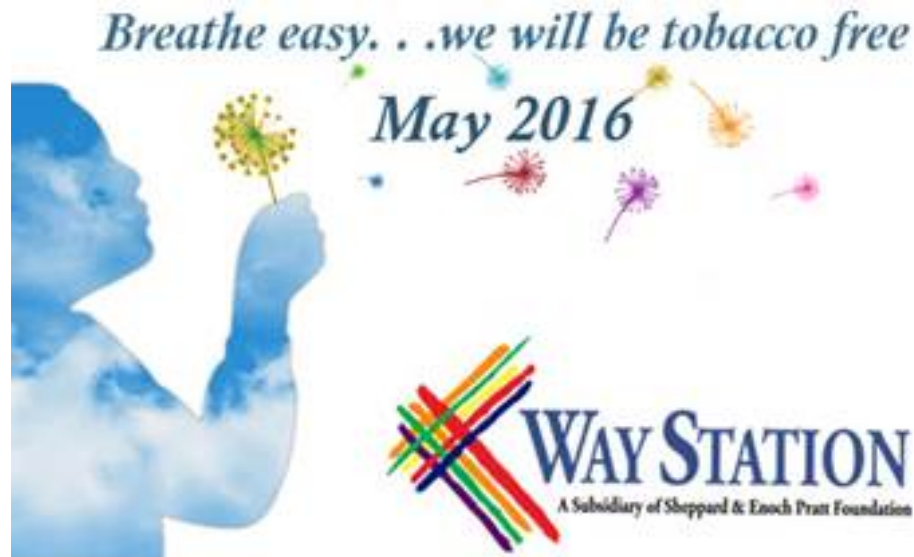
Tobacco-Free Committee

- * WSI Management began planning sessions and invited current and former smokers along with other key personnel. About 12-18 months prior to going smoke-free.
- * Discussed all possible concerns and potential problems up front.
- * Discussed the new policy and our message to staff and clients.
 - * We wanted this to be more positive as opposed to disciplinary in nature. The intention was for all staff and clients to find the healthiest version of themselves possible. A tobacco-free campus is a piece of that.

Tobacco-Free Committee

- * About 6 months out
 - * We started brainstorming signage for buildings and properties to inform anyone entering of our upcoming changes and other signage which will be more permanent.
 - * Brainstormed incentives to be handed out ahead of time for both staff and clients to prepare them in a positive and motivational way.

Potential Building Signs



Partnering with the Health Department

- * Reach out to your local HD!!
- * Free NRT
- * Displays
- * Presentations to clients
- * Much More!



VALENTINE'S DANCE!



It's our Valentine's Day Dance with a twist!

**FREE giveaways and info from your own Health
Department Prevention Specialist!**

**FREE raffle! Enter to win your own houseplant
for fresh air indoors from our Greenhouse !**

Dance your winter blues away!



Implementation of Smoking Cessation Support

Where are we now?

A Positive Support Approach

- * Build rapport and trust with warm regard
- * Meet individuals where they are in the process
 - * “Keep thinking about it”
- * What do I have to offer?
 - * Encourage & facilitate exploring new coping skills
 - * Day Program groups: relaxation, exercise, Nutrition, etc.
 - * Personal testimony from myself and others
- * Integration of wellness strategies and coping skills into each individual quit plan.



Smoking Cessation



Want to Quit Smoking? Thinking about quitting smoking? Thinking about thinking?

Please join the Smoking Cessation Support Group
on Thursdays at 9:45am
in the Relaxation Cabins
with Janet



“Breathe Easy”

a quiet group for relaxation
& stress relief



*Wednesdays at 12:15pm
in the Relaxation Cabins
behind the club
with Janet*



Walking Group

“The most important step you take is the next one.”

ready. set.
go!

*Walking groups are tailored to fit the needs
of members who want to join.
Walk with us today!*

PRACTICE
makes
PROGRESS,
NOT
PERFECT.

Smoking Cessation Support Group

from *May 2015 thru January 2016*

- * 33 total individuals attended over 8 months
- * Average number of individuals per group – four
- * Average number of groups attended - two to four
- * Highest number of groups attended – seventeen!!

**3 out of 4 believe they can quit one day
“with a plan and support”**