

YOUTHPOWER

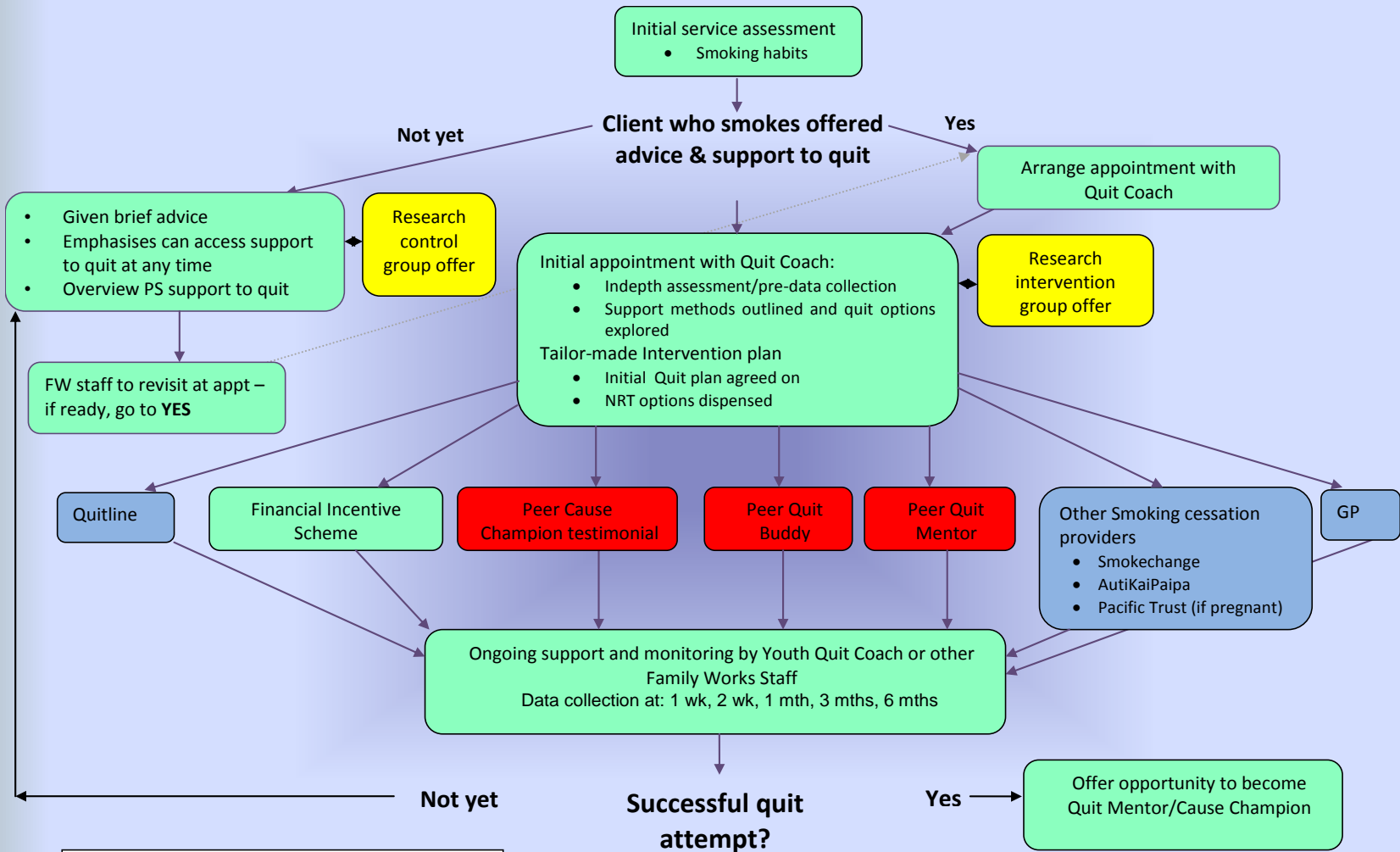
**Smoking cessation pilot
targeting 16 – 25yr olds**



YOUTHPOWER

Pilot to trial and evaluate Quit interventions within an existing social service practice (Presbyterian Support) that has had no smoking cessation focus or support





Key

- = External provider
- = FW open to all clients via PSUSI
- = FW open to youth clients via PSUSI

Interventions

- 1:1 Quit Support
- Peer mentors/Cause Champion/ Peer Quit Buddies
- Financial Incentive
- Incorporation \$\$\$ cost of smoking into existing Budgeting courses
- Embedding smoking cessation into culture of the organisation



Results

83 clients offered advice + support to quit (35 declined to take part, 48 showed some level engagement and interest)

- 31 enrolled in the programme (24 NZE, 6 Maori & 1 Maori Samoan) Only 1 male
- 24 set quit dates

1 client quit 3 months

3 quit 1 month

Data shows if not quit there is a ↓ level smoking

Peer Mentors/ Buddies

- 3 recruited and trained
- No clients have followed through with engaging mentor or peer quit buddy
- Utilising mentors now as cause champions and support at Holly House
- Youth didn't want to ask friends/ flatmates to quit with them however several have engaged family to quit with them

Financial Incentive

Week 1	\$30
Week 2	\$25
1 Month	\$75
3 months	\$75
6 months	\$150

- 100% uptake into incentive scheme

Participants perceived this as a reward vs reason to quit

- NRT provided for free

Budgeting Courses

- Incorporating cause champion testimonials and programme overview with emphasis on the \$\$\$\$\$ of smoking
- These are compulsory courses required by MSD as part of being on any type Youth Benefit

Embedding Smoking Cessation into Organisational Culture

- 14 staff trained as Quit coaches across 4 services
- Staff coaching + support about programme and how to refer (key to initial engagement)
- Referrals predominantly come from 2 services
- CEO recently approved incentive scheme for staff and families (2 staff and 2 family have

Non Quitters

- A lot of these clients have significantly reduced number of cigarettes smoked and remained engaged at some level

As part of assessment and quit plan now encouraging and supporting clients to cut down to an agreed nos/day and once they reach that we re visit the setting of a quit date

Wellbeing

- Assessment includes HONC and WHO 5 Index wellbeing questionnaire

Outcome is we have identified some clients as having mental health concerns and have been able to share information with PS staff, inform GP or make referrals where appropriate