Tobacco Cessation in an AOD withdrawal Facility 2016

Rose McCrohan
Manager / Nurse Practitioner
ReGen process

Organisational forums
Meetings – reference group

In the Withdrawal facility
Staff engagement and fair notification
Staff inclusion in process
Solutions – increased art and craft, activities
Other withdrawal services – used inhalers
100% by in , even from smokers
Why we had 100% by in

Staff exhaustion at people arriving with no tobacco, no funds, no friends and discharging within hours
Time spent attempting to access tobacco
Change of environment
Myths debunked about ‘too difficult’
Myth debunked that NRT is expensive
Residents were expecting it would occur

Articulated by most returning residents
Disclosure by many that they wanted it but were too afraid to ask because of workers responses that if was ‘too difficult’
What we planned for

Very generous NRT replacement options
Double number of patches
Gum
Inhalers
Option to bring in quick mist
Brief notice to the sector
Staff attitude about ease to do
Harm minimization – not abstinence
Our experience so far

Drug and alcohol clients do not want to spend the amount of money that they spend on tobacco.

Option of Inhalers is essential

Some clients want to break the habit of inhalation so opt for patches only

With everyone else doing it, it is easier for the group.
Our first week

I cried every day
The residents laughed daily
The war had ended
Our new Mother Baby Wing
Contact details

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