

Community mental health tobacco treatment training

Training guide: Module 2

Mental health, smoking and stopping: changing lives

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Mental health, smoking and stopping: changing lives

Importance:

- It is essential that health professionals delivering tobacco dependence services to people with severe mental illness (identified as 'tobacco treatment advisors' here after), understand the evidence around the harmful effects of smoking in persons with MH illness and in particular SMI.
- It is important for advisors to know about the patterns and prevalence of smoking amongst SMI clients, and how these contribute to health inequalities.
- It is important for practitioners to be aware of the benefits to cessation in general and specifically to individuals with SMI.
- It is important to understand how traditional approaches to treatment and reward in SMI populations has contributed to the current situation.

Purpose:

- To explain smoking prevalence, patterns of smoking and smoking cessation in people with SMI.
- To describe the harmful effects of smoking on health and how it relates to people with SMI.
- To highlight why smoking has affected the SMI population disproportionately and how approaches to treatment and reward have contributed to this.
- To outline the contribution of smoking cessation to reducing health inequalities.
- Describe the health benefits of cessation on mental and physical health.

Brief description of training module:

This module includes a film clip, slide quiz, and group discussion. Discussion questions will be included to encourage learners to make links between prevalence information and the SMI clients and clinical settings in which they work.

Optional:

This module includes an optional quiz. The quiz can be completed by learners at start of the session with responses reviewed at the end of the session.

Process:

- *Presentation*
- *Slide quiz*
- *Group discussion*

Resources:

- *PowerPoint presentation*
- *Quiz handout (optional)*

Presenter's notes

Presenter's notes are found in the notes view of the PowerPoint slides. The presenter's notes provide a suggested method for presenting training content and identify where course activities occur. The sources for information and data presented are also included in the presenter's notes.

Activity 1: Group debrief (Virtual course instructions)

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| Resources: Breakout rooms |
| Breakout room numbers and duration: 5 participants per group; 10 minutes |
| Duration: 20 minutes |
| Method: <ul style="list-style-type: none">• Explain that in a moment participants will be placed into breakout rooms in groups of 5 for 10 minutes.• Invite groups to discuss:<ul style="list-style-type: none">- The content from this section and address any experiences or concerns that they may wish to share about addressing tobacco use with patients.- For those who have been working in the field, ask them to identify what challenges they have faced working with patients.• Trainers should comment on experiences and reinforce that the NHSE initiative and local pathways are designed to ensure we give the best available treatment to people with SMI who smoke, with the understanding that it may take a little longer and require us to tailor treatment to help keep patients engaged early and throughout treatment.• Invite any questions or comments by participants in response to sessions this morning.• Close discussion after a few minutes. If more discussion is needed agree to revisit later in the programme. |

Activity 1: Group debrief (Face-to-face instructions)

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| Resources: None |
| Group numbers and duration: 5 participants per group; 10 minutes |
| Duration: 20 minutes |
| Method: <ul style="list-style-type: none">• Explain that in a moment participants will be split into groups of 5 for 10 minutes.• Invite groups to discuss:<ul style="list-style-type: none">- The content from this section and address any experiences or concerns that they may wish to share about addressing tobacco use with patients.- For those who have been working in the field, ask them to identify what challenges they have faced working with patients.• Trainers should comment on experiences and reinforce that the NHSE initiative and local pathways are designed to ensure we give the best available treatment to people with SMI who smoke, with the understanding that it may take a little longer and require us to tailor treatment to help keep patients engaged early and throughout treatment.• Invite any questions or comments by participants in response to sessions this morning.• Close discussion after a few minutes. If more discussion is needed agree to revisit later in the programme. |