

Course Title: - Quit Now Training, 12th Feb 9.30-16.00, The Conference Room, Langdon Hospital

Course Summary :- Quit Now is a new initiative providing specialist stop smoking support to smokers with enduring mental health problems through pro-active counselling. The training will provide mental health practitioners with the skills and knowledge to offer smokers with mental health problems a stop smoking brief intervention and referral to the Quit Now project and local specialist services.

Appropriate for: - any staff working with smokers who have enduring mental health problems and would like to quit smoking.

Relates to: - Smoking Kills White Paper (1998) Target to reduce smoking prevalence from 28% to 21% by 2010. Supporting documents include Choosing Health 2004, The Smoke-free (premises and enforcement) regulations (2006), NHS Stop Smoking Services: service and monitoring guidance Oct 2007/08 (2007), The Future Vision for Mental Health: - A Vision for 2015, policy paper, SCMH (2006), NSF for mental health (1999).

Learning Outcomes: - By the end of the session you will

- understand the effects of smoking and stopping, while having an awareness of smoking prevalence in smokers with mental health problems
- understand stop smoking treatments and behavioural support available to smokers
- understand the interaction between smoking and mental health medications
- be able to offer a smoker brief intervention and how it can be incorporated in to your work as mental health practitioners
- be confident of referring patients to the appropriate stop smoking services for intensive support to quit smoking.

To book please visit <http://www.devonlearning.net/jointlearningprogramme/>

Relates to KSF competencies: - Communication level 3, Service Improvement level 2, Health and Wellbeing HWB4 level 3 or 4