Smoking and mental health: understanding the IMPACT

'Training for Trainers' Training Outline

The IMPACT 'Training for Trainers' course is designed for all those who have a training remit within third-sector organisations or NHS services.

Previous knowledge of issues relating to smoking and/or mental health is not required, but there is an expectation that participants will undertake additional self-study around both topics once they have completed this course. Supplementary learning resources can be provided by ASH Scotland.

Aim

To train participants to deliver IMPACT training, complete associated administrative tasks, collate and report on evaluation feedback.

Objectives

- to increase knowledge around the links between smoking and mental health, and the effect that smoking has on specific mental health medications;

- to enable participants to deliver IMPACT training on this topic (in both third-sector and NHS in-patient settings), including the practical application of tools and techniques to start discussions around smoking and mental health;

- to provide resources and templates for the successful administration of IMPACT training sessions.

Learning Outcomes

To equip participants with the knowledge, skills and confidence to deliver a training session that will enable attendees to initiate a conversation around smoking and discuss options for supporting people who are ready to quit.

This course will be approximately 7 hours in length (1 x 1hr online + 1 x 6hr face-to-face).

Online e-learning:

- Two online modules ("Understanding Tobacco" and "Smoking and Mental Health"), undertaken in participants' own time ahead of the face-to-face session and taking around one hour to complete

Face-to-face session:

- An overview of what's included in the IMPACT training suite (e-learning and face-to-face session)

- A run-through of the whole two-hour face-to-face session that trainers will deliver, based on the IMPACT Guidance document (published in 2017)

- Administration of IMPACT training: pre-training survey; e-learning; face-to-face session; post-training survey; reporting.