

Smoking and mental health: understanding the IMPACT Training Outline

This training will be suitable for staff working within third-sector community based mental health organisations, or in NHS in-patient facilities (please indicate your background when registering interest and we'll make sure you're in the right group!). Staff from other services which support people with lived experience of mental ill-health may also benefit from attending.

Aim

To train mental health support workers in how to effectively use the IMPACT Guidance pack on smoking and mental health.

Objectives

- to increase knowledge around the links between smoking and mental health
- to increase knowledge around the effect that smoking has on some mental health medications
- to enable workers to utilise the AID framework: Ask, Inform, Discuss
- to identify how discussions around smoking fit with existing workplace priorities
- to increase confidence in talking about smoking with people supported by mental health services
- to provide details on support available for those who wish to stop smoking.

Learning Outcomes

To equip workers supporting people with lived experience of mental health illness with the knowledge, skills and confidence to initiate a conversation on smoking and discuss options for supporting people who are ready to quit.

This course will be approximately 3 hours in length (1 x 1hr online + 1 x 2hr face-to-face) and will cover the following topics:

- Recapping the physical effects of smoking on the body
- The evidence which proves the relationship between smoking and mental health

- The specific and direct effect smoking has on medications
- How smoking contributes to the wider inequalities faced by people with lived experience of mental ill-health
- Asking the question! Reducing fears, increasing confidence, exploring attitudes and tackling the taboo, plus the role of the support worker in initiating the conversation around smoking
- What to expect next? The role of the support worker in providing ongoing support and advice following a quit attempt
- Nicotine-containing products: pharmacotherapy (Nicotine Replacement Therapy) and e-cigarettes, and non-nicotine containing products (Varenicline (“Champix”))
- What stop-smoking support options are available (NHS and others) and what they can provide.