

Quitting Together

ACT community services supporting clients to quit vaping and end nicotine dependence.

Why we want to work with your service

Community service organisations (CSOs) provide a safe therapeutic space for people to address issues related to social, emotional, physical, and mental health.

Smoking, vaping, and nicotine dependence worsen these dimensions of health, and impair treatment goals such as overcoming other drug dependence, finding stable accommodation, improving mental health markers, and improving health overall.

Cancer Council ACT deliver free brief intervention training and education sessions to help your staff and clients overcome the challenges associated with quitting nicotine, even those unique to your service and the people you support.

We also empower your staff to deliver quit support when they feel it is beneficial and appropriate, and to tailor it to suit the treatment priorities of your clients.

Our goal

Our goal is that quit support is available for people in the ACT most impacted by nicotine dependence when and where they decide to access it.

Our goal is also to ensure that CSO staff are able to provide nicotine dependence support that diverts their clients to safe and effective quit pathways that suit them best.

What is in this toolkit?

The information below will help you to get your service started with our “Quitting Together” program. The toolkit explains how to set-up the program in your service, and how we can support you once the ball is rolling.

If you have any questions, you can reach our prevention team at 6257 9999 or at VAPESupport@actcancer.org



Nicotine harms people who access community services



People with a history of **AOD dependence** are around

25%

more likely to quit another drug of addiction when offered support to quit nicotine.

The **direct cost** of smoking and vaping per year is around

\$12,000.

This doesn't include the downstream costs related to treating the physical and mental health impacts of nicotine dependence.

People with a **mental health diagnosis** are

more likely

to make a quit attempt but also to relapse to nicotine dependence - reinforcing why support in this group is vital.

It is estimated that for every **40 clients** you deliver brief intervention support to,

2 of your clients

will quit for good, and that as a result you'll prevent

1 death.



Nicotine harms people who access community services

Smoking or vaping; all nicotine dependence is harmful to health

Cancer Council ACT has a strong history of working with staff and clients at ACT community services to reduce the harms associated with nicotine dependence. However, new products such as e-cigarettes have made it much harder to address nicotine use in all its forms.

The “Quitting Together” program builds the confidence and capacity of staff and clients to make a quit attempt from smoking or vaping, and to provide support to clients or peers to do the same.

QUITTING TOGETHER

①



Snapshot survey

Where is your service at now?

②



Confirmation

Complete a registration and tell us what your service needs.

④



Evaluation

We'll measure the improvements in support for your clients to quit.

③



Delivery

Our experts deliver tailored brief intervention training to staff, and education to clients.



Help your clients end nicotine dependence

How to get your organisation or service involved in the “Quitting Together” program

Cancer Council ACT is supported by the ACT Health Directorate to deliver the “Quitting Together” program for free to ACT community services. Encourage your program manager or coordinator to submit an [Expression of Interest](#).

Need help getting support from within your organisation? We understand that quit vaping and smoking support isn't your core business but we also know it can drastically improve treatment outcomes for your clients. CCACT can talk to your staff and managers about why this free training and education will be beneficial to your team and the people you support. If you provide help to any of the groups below, we'd love to chat to you about our free services;

- People experiencing a mental illness
- People experiencing homelessness
- People with a history of AOD dependence
- Aboriginal and Torres Strait Islander peoples
- Pregnant women and young families
- Culturally and Linguistically Diverse people
- People in contact with the justice system

What other services are saying...

Feedback from staff was so positive around learning things they didn't know. Like NRT, having those conversations.

[Some of the highlights were] Having those practical ways for the Case Managers to approach discussions about tobacco use with clients where they don't feel discriminated against or judged.



Let's get started!

1. Express your interest

Still want to know more about how the program can fit your service or organisation? Submit an [Expression of Interest](#) and we'll set aside some time to work with you and your team to find the best solution for the people you support.

2. Register your service

If you are ready to get started with our free education and training sessions, we'll need to know a bit more about your service. Complete our [Registration form](#) and we'll be able to get straight to working with your team.

3. Book an education session

Already completed a registration? Why not have us come to your service and run a chat-style session with your clients. We are available within, and outside, regular business hours, and our team can deliver education that is trauma-informed, relevant to the group, and considerate of people at different stages of readiness to make a quit attempt. Find out more on our ["Quitting Together" portal](#).

4. Book a brief intervention training session

This is our flagship service and has the biggest lasting impact for your staff and clients. We'll run a free brief intervention training session for anyone at your organisation who may be interested in supporting people to make a quit attempt, and we'll tailor it to match the needs, motivators, and barriers of the people you support.

Your staff know your clients best, so we want them to be able to deliver safe and effective quit support when it is most appropriate. This training gives them the tools and the confidence to do so. [Book a free training session](#) on our portal.



Find out more at actcancer.org/VAPESupport

