

# 'Smokefree Mental Health'

Tobacco Control Collaborating Centre newsletter

## Welcome

Welcome to the first issue of 'Smokefree' the Tobacco Control Collaborating Centre's smokefree mental health newsletter.

The Tobacco Control Collaborating Centre (TCCC) was set up by the HDA in June 2004 with the overall aims of increasing knowledge and skills for tobacco control policy implementation and practice development among public health workers, and providing those working in the field of tobacco control with an authoritative source of advice, information and resources. Since September 2005, the Centre has functioned as an independent unit and currently receives core funding from Cancer Research UK, the Chartered Institute of Environmental Health, the Department of Health, GlaxoSmithKline and Pfizer Consumer Healthcare. The Centre also receives funding from the NHS for specific projects on an ad-hoc basis. The Centre's Steering Group is chaired by Dame Helena Shovelton from the British Lung Foundation.

The Centre has recently been contracted to work with Care Service Improvement Partnership (CSIP) and the DH to support Mental Health Trusts and Independent Service Providers in becoming smokefree by 1 July 2008. The TCCC will offer:

- Telephone and email help lines;
- A quarterly mental health newsletter
- Two national conferences (see page 4)
- Regional one-day smoking cessation workshops across the country (see page 4)
- A resource and support pack on CD ROM
- An option to request a site visit from the TCCC to receive individual support and advice.

In order for us to offer this assistance we would like to establish contact with a **named contact within your organisation**, preferably the person who will be responsible for implementing smokefree legislation. If you would like to join the **TCCC Mental Health Network** please email [tcc@tobaccocontrolcentre.org.uk](mailto:tcc@tobaccocontrolcentre.org.uk)

## Message from Dr Jenny Bywaters

July 1 2007 marked an important milestone on the road to public health in England, but for those of us involved in mental health services, there is more work still to be done. Our staff do not yet enjoy clean air in their workplaces, and our service users are still liable to be treated, or even detained compulsorily, in places where they may be exposed to secondhand smoke.

The high rate of smoking amongst people with mental health problems makes a major contribution to their poor health and shorter life expectancy compared with the general population. Many people with mental health problems want to stop smoking, but we know that mainstream smoking cessation services do not always meet their needs, and admission to hospital in a crisis is usually not the optimal time to try and quit.

That is why we in the public mental health team at NIMHE/DH have adopted a twin-track approach:

- Together with the tobacco policy team, we have asked the Tobacco Control Collaborating Centre to work with mental health services over the next 12 months.
- We have also asked the CSIP Regional Development Centres to commission work to support smoking cessation for mental health service users at other stages in their care pathway, liaising with tobacco control colleagues working in the regions.

We are pleased to take this opportunity to endorse the programme the TCCC has put together, building on their previous experience in this field, and look forward to the next great public health milestone, July 1 2008, when mental health goes smokefree, and our staff and service users achieve equality with other staff and patients.

Dr Jenny Bywaters  
Senior Public Mental Health Advisor, NIMHE/DH

## Meet the Team

**Bryan Stoten**



**Co Director**

Bryan is the managing director of PMA and has been chair of a number of health authorities and trusts. He is a fellow at Warwick University's Business School, visiting professor at University of Central England and chair of the NHS Confederation.

He co-founded the health services' management centre and was director of programmes at INLOGOV, both based at Birmingham University.

**Hilary Wareing**



**Co Director**

Hilary has a wealth of knowledge of smoking cessation and tobacco control and has a public health background.

She has a strong background in health service research and management.

She was recently awarded an honorary lectureship from the School of Health & Social Care, University of Teesside.

**Paul Hooper**



**Project Manager**

Paul is well known in the field of tobacco and health and has knowledge and experience of local government and the NHS. He has considerable experience of working with the media.

In addition to his role as project manager for the centre, Paul is currently the regional tobacco policy manager for the West Midlands.

**Barbara Bailey**



**Administrator**

Barbara has been involved with a number of smoking-related projects.

She has a public relations background and is the project administrator for the TCCC.

She currently puts together '**Network News**' the main newsletter for the Centre and will also be responsible for '**Smokefree**'.

## What we've done (so far ...)

*You may not have heard of us but the TCCC has been working closely with a number of mental health service providers over the past couple of years. We have also been involved with the Department of Health and more recently Smokefree England in working towards achieving smokefree legislation. The Centre has now been contracted to work with CSIP and the DH to support all mental health trusts and independent service providers in becoming smokefree.*

*Here's a round up of just some of the work we have undertaken to date ...*

From the end of 2005 and throughout the first half of 2006, we worked closely with three Mental Health Trusts who agreed to be part of a pilot project and go smokefree ahead of the 'end of 2006' NHS deadline. **GlaxoSmithKline** was also involved with the pilot and was enormously helpful at every stage providing advice and support regarding Nicotine Replacement Therapy.

The pilot was used to develop a 'support pack', produced as a CD with copyable resources to offer practical assistance for all mental health service providers. (We are currently updating this CD to reflect

the legislation and will release the updated version at the Smokefree mental health conferences.)

The CD contains various materials including a smokefree policy, clerking guide, posters, leaflets, sample letters for staff and patients, and advice cards. You will automatically receive a copy of this CD if you are attending either conference, otherwise please contact the TCCC to request a copy. Contact Barbara Bailey at [tcc@tobaccocontrolcentre.org.uk](mailto:tcc@tobaccocontrolcentre.org.uk)

In October 2006, the TCCC hosted a national smokefree mental health conference in Birmingham which covered implementation of the Smokefree Premises and Vehicles Regulations under the Health Act 2006. Practical workshops took place during the afternoon giving everyone the opportunity to attend those sessions that were of particular relevance and interest to them.

The two national conferences which will be held in London and Manchester in November 2007 and January 2008 respectively, will build on this event and will cover such topics as smokefree regulations, prescribing NRT and risk management.

## Birmingham & Solihull Mental Health Trust - what worked for us

**Birmingham & Solihull Mental Health Trust (BSMHT)** was one of the mental health Trusts involved in the aforementioned TCCC smokefree pilot project.

The Trust became smokefree in September 2006, three months ahead of the December 31 deadline stipulated by the Choosing Health White Paper which required the NHS to be completely smokefree.

Naturally the Trust was delighted to be presented with a **National Clean Air Award** in recognition of its efforts.

The award was presented to the Trust by Caroline Flint, the then Minister of State for Public Health responsible for taking the Health Act 2006 through its Parliamentary stages.

The National Clean Air Award is an initiative by **The Roy Castle Lung Cancer Foundation** designed to recognise employers who implement no smoking policies in the workplace.

Glynis Markham, Director of Strategic Development for BSMHT, said: "We were delighted to receive this award which is the result of a great deal of hard work. It owes

a lot to the cooperation of both staff and service users, especially those who are with us for long periods. The result is a healthier environment for everyone.



Caroline Flint presents staff at the BSMHT 'Ardenleigh' site with their National Smokefree award

"Also, the opportunity to receive support and advice from the TCCC, who had an overview of what implementation entailed, and could alert us to the potential pitfalls and offer solutions was essential in providing a sounding board and accelerating our progress. Feedback from the site visits, which the TCCC carried out prior to us going smokefree, were invaluable in anticipating problems and developing solutions.

"Throughout the project we gave consistent and clear messages that being smokefree is not about peoples right to smoke but where they smoke, ensuring we addressed our corporate responsibility for protecting users, visitors and staff from the harmful effects of tobacco smoke."

BSMHT is one of the largest mental health Trusts of its kind in England and Wales, employing more than 4,000 staff and having in excess of 90 sites across the city. The Trust serves a population of 1.2 million.

## FAQs ...

We often receive queries at the Centre about smokefree legislation and enforcement so we've decided to answer some of the more commonly asked questions here:

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| <b>Q</b> 'During the course of my work, I visit patients in their own home, how does the law affect me?' | <b>A</b> The smokefree law does not prohibit people from smoking in their own private dwellings. You might find the Trade Union Congress (TUC) guidance helpful, which has been developed specifically for people who work in other people's homes.   |
| <b>Q</b> 'I'm still not clear about the exemption for mental health units, have we got an exemption?'    | <b>A</b> Residential mental health units may designate either individual bedrooms or rooms to be used only for smoking for use by persons over 18 years of age. This exemption applies only until 1 July 2008 when they are required to become smokefree.   |
| <b>Q</b> 'Where can I get more information and resources to help our organisation to become smokefree?'  | <b>A</b> You can visit <a href="http://www.smokefreeengland.co.uk">www.smokefreeengland.co.uk</a> for further information and resources. The TCCC can also provide further information and has a resource pack on CD ROM which has various smokefree materials. Email: <a href="mailto:tcc@tobaccocontrolcentre.org.uk">tcc@tobaccocontrolcentre.org.uk</a> . Alternatively ask you local council for advice and support. |

## National Smokefree Mental Health Conferences

The TCCC is hosting two **national conferences** which will aim to assist NHS Trusts and independent mental health units in becoming smokefree.

Supported by Care Services Improvement Partnership (CSIP) and the Department of Health the TCCC will determine the critical path for implementation and share issues and advice from Trusts that have already taken the steps to become smokefree.

Keynote speakers will include **Louis Appleby**, National Clinical Director for Mental Health, Department of Health, **Andrew Black**, Smokefree Policy, Department of Health, and **Hilary Wareing**, Co-Director of the Tobacco Control Collaborating Centre.

The first event will take place in London on 1 November, with the second being held in Manchester in the New Year.

The conferences will also include practical workshops which will address issues and topics including:

- Risk management
- Developing a policy
- Grounds/not grounds
- Pharmacy

To book a place contact Barbara Bailey on 01926 490190 or by email: [tcc@tobaccocontrolcentre.org.uk](mailto:tcc@tobaccocontrolcentre.org.uk)

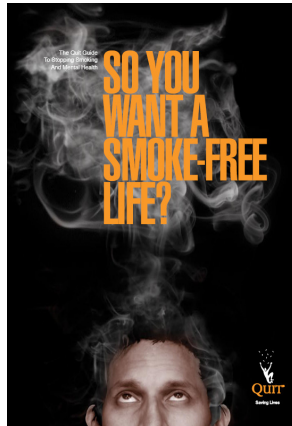
## Regional Workshops

The TCCC is delighted to be working with QUIT to put on a series of smokefree workshops across England.

We have contacted Regional Tobacco Policy Managers (RTPMs) and CSIP Leads in each region and details of these events will be cascaded through your networks shortly.

The workshops are aimed professionals wishing to develop smokefree policies and services and will address such concerns as:

- how do we get mental health staff behind the initiatives?
- what training do staff need and how can we best deliver it?
- What support do patients need when quitting?



The training will also provide an introduction to the Quitline and how to access the 'QUIT Now' project or a local stop smoking service.

Places are limited and are being funded by CSIP and the DH. If you would like further information we will forward a programme. We will also send your contact details to the appropriate region but this does not guarantee inclusion at the workshop.

If you would be interested in finding out more about these workshops please contact us at:

[tcc@tobaccocontrolcentre.org.uk](mailto:tcc@tobaccocontrolcentre.org.uk).

## Over to you ...

You've heard enough about the TCCC so now it's over to you. We would be very interested to hear about how your organisation is managing to become smokefree, or, if it already is, perhaps some of the challenges you faced along the way.

If you have any issues, news or events that you would like us to include in the next newsletter, we'd love to hear from you.

Please send details to the contact details shown below.

## Next Issue

The next issue of 'Smokefree' will be issued in December 2007. If you have any issues, news or events that you would like us to include, we'd love to hear from you.

Please contact Barbara at the Centre on 01926 490190 or email: [tcc@tobaccocontrolcentre.org.uk](mailto:tcc@tobaccocontrolcentre.org.uk)

The deadline for receipt of articles for the December issue is Monday 26 November 2007.

Please ensure all materials are sent to the Centre by this date.